



Childcare Policy 101

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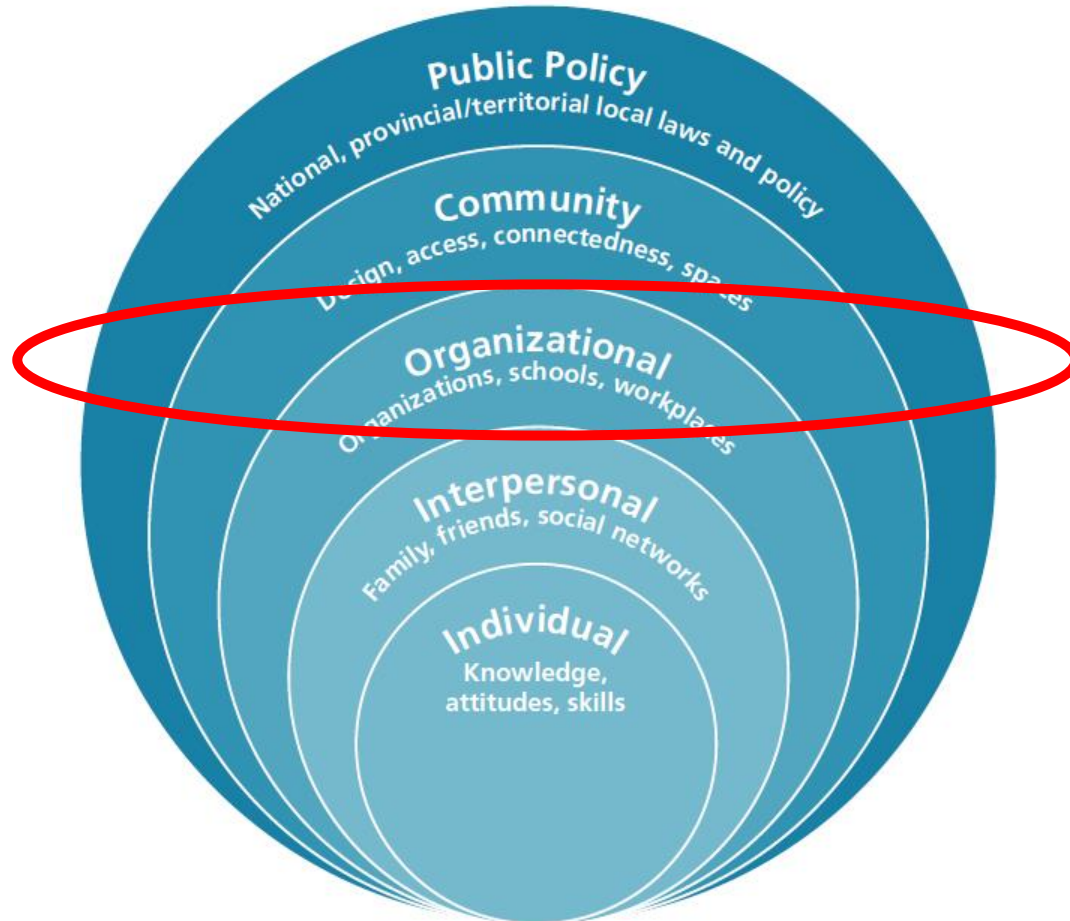
Outline

- Why policy? Why now?
- KFL&A Public Health project
- Policy Characteristics
 - *Examples from the field*

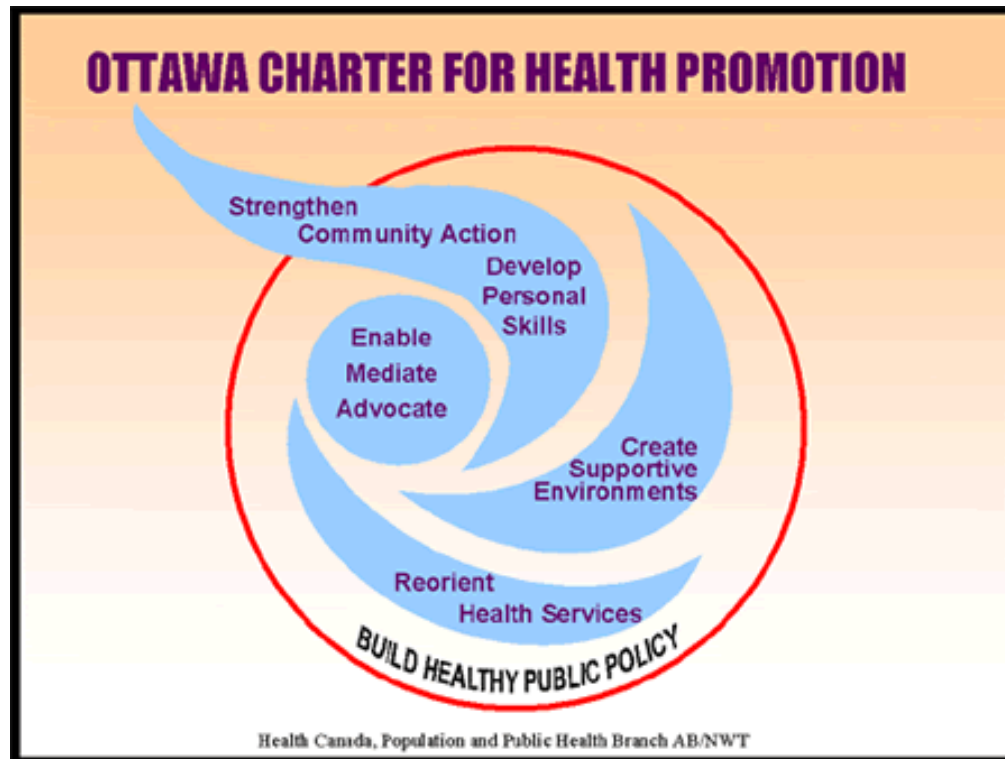
What is policy?

- A principle, value or course of action which guides decision-making
- Can specify expectations, regulations and guides informal (e.g., house rules) or more formal (e.g., healthy schools and workplaces) actions

Organizational



Policy in health promotion



Policy Resources - Public Health Ontario

“8 steps to developing a healthy public policy”

[http://www.publichealthontario.ca/en/eRepository/
Eight_steps_to_policy_development_2012.pdf](http://www.publichealthontario.ca/en/eRepository/Eight_steps_to_policy_development_2012.pdf)

Webinar

[http://www.publichealthontario.ca/en/eRepository/
Developing_health_promotion_policies_2012.pdf](http://www.publichealthontario.ca/en/eRepository/Developing_health_promotion_policies_2012.pdf)

Best Practice

- Interventions, programs, strategies or **policies**
- Use well documented research and evaluation methodologies

[Canadian Best Practices Portal – CBPP](#)

***Reference: Public Health Agency of
Canada***



KFL&A Public Health project

Background

Canadian Physical Activity Guidelines

FOR THE EARLY YEARS - 0 - 4 YEARS

Guidelines:

For healthy growth and development:

- Infants (aged less than 1 year) should be physically active several times daily – particularly through interactive floor-based play
- Toddlers (aged 1–2 years) and preschoolers (aged 3–4 years) should spend 180 minutes of physical activity at an average intensity each day
- A variety of activities in different settings
- Activities that develop movement skills
- Progression toward at least 60 minutes of daily physical activity provides health benefits

Being active as an infant means:

- Tummy time
- Reaching for or grasping balls or other toys
- Playing or rolling on the floor
- Crawling around the home

Being active as a toddler or preschooler

- Any activity that gets kids moving
- Climbing stairs and moving around the home
- Playing outside and exploring their environment
- Crawling, brisk walking, running or dancing

The older children get, the more energetic play they should engage in, such as hopping, jumping, skipping and bike riding.

All activity counts. Try these tips to get

- ☑ Create safe spaces for play
- ☑ Play music and learn action songs together
- ☑ Dress for the weather and explore the outdoors.

**Any way, every day.
Get active together!**

Canadian Sedentary Behaviour Guidelines

FOR THE EARLY YEARS - 0 - 4 YEARS

Guidelines:

- For healthy growth and development, caregivers should minimize the time infants (aged less than 1 year), toddlers (aged 1–2 years) and preschoolers (aged 3–4 years) spend being sedentary during waking hours. This includes prolonged sitting or being restrained (e.g., stroller, high chair) for more than one hour at a time.
- For those under 2 years, screen time (e.g., TV, computer, electronic games) is not recommended.
- For children 2–4 years, screen time should be limited to under one hour per day; less is better.

The Lowdown on the Slowdown: what counts as being sedentary

Sedentary behaviours are those that involve very little physical movement while children are awake, such as sitting or reclining:

- in a stroller, high chair or car seat
- watching television
- playing with non-active electronic devices such as video games, tablets, computers or phones

Spending less time being sedentary can help young kids:

- Maintain a healthy body weight
- Develop social skills
- Behave better
- Improve learning and attention
- Improve language skills

So cut down on sitting down. To reduce young children's sedentary time, you can:

- ☑ Limit use of playpens and infant seats when baby is awake.
- ☑ Explore and play with your child.
- ☑ Stop during long car trips for playtime.
- ☑ Set limits and have rules about screen time.
- ☑ Keep TVs and computers out of bedrooms.
- ☑ Take children outside every day.

**There's no time like right now
to get up and get moving!**



- **Healthy Living Habits in Pre-school Children from the KFL&A Region (2011)***
- **CSEP Early Years Guidelines**

*Carson et al., 2013. Paediatr Child Health

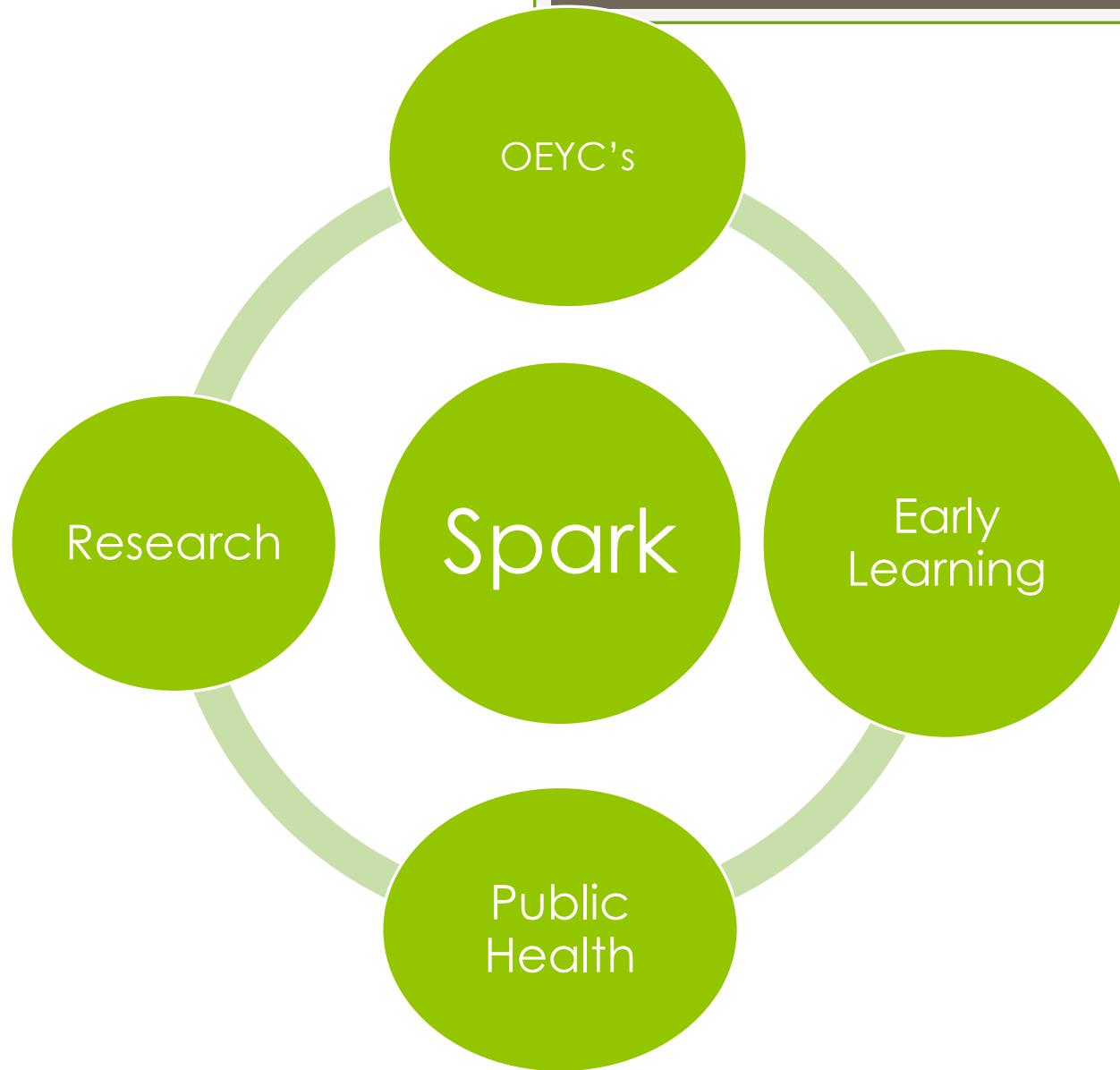
HSF Spark Development Grant

“Increasing Physical Activity and Reducing Sedentary Behaviour in Childcare Settings: Creating Supportive Environments”



**HEART &TM
STROKE
FOUNDATION**

This project was made possible through funding from the Heart and Stroke Foundation.



Partnership Activities

Summer
2012

- Review of literature
- Best Practice Policy Characteristics identified

2012-2013

- Drafted Policy
- Survey of stakeholders

November
2013

- Dissemination of policy
- Training

December
2014

- Follow up with ELP's

The Healthy Kids Strategy

- *“create healthy environments for preschool children, and develop the knowledge and skills of key professions to support parents in raising healthy kids”*
- Healthy Kids Panel Ontario Ministry of Health and Long-Term Care (2013).





Designing the Policy

KFL&A's Experience

Policy Goal –KFL&A

- To create a **positive culture and supportive environment** to increase and promote the amount of physical activity (PA), develop physical literacy (PL) and minimize the amount of sedentary behaviour (SB) in early learning programs.



Policy Characteristics



Policy Components and Examples

- KFL&A Spark Project
- Eastern Ontario Toolkit
- Flourish – Windsor Essex
- Healthy Beginnings For Preschoolers - BC



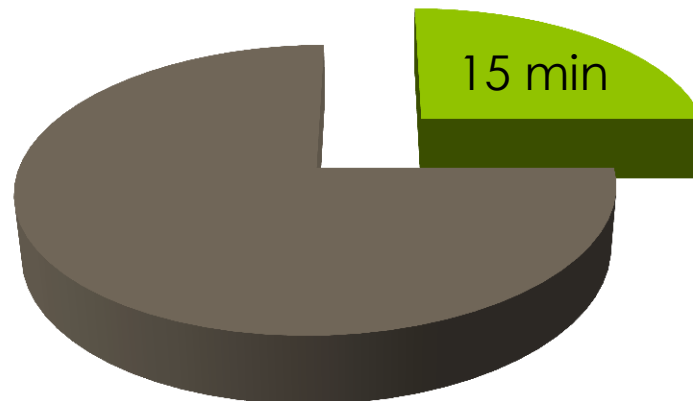


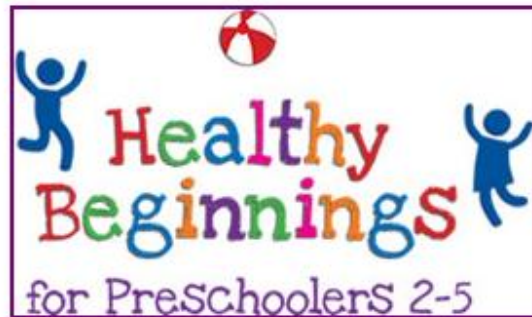
Frequency and Duration

- Policy provides a specific amount of daily time that children are able to partake in active play and how often
- “Toddlers and preschoolers should accumulate **at least 180 minutes** of activity; any intensity...”

KFL&A Example

- The amount of daily physical activity equates to about **25%** of the time the 1-4 year old child is awake (an average of at least 15 minutes per every hour).





- In a **full day**, children should accumulate **120 minutes** of moderate to vigorous physical activity daily, while in childcare.
- In a **half day**, children should accumulate **60 minutes** of moderate to vigorous

Outdoor Time

- Policy stipulates that children be provided with physically active play time outdoors, weather permitting



KFL&A

Policy Example

- **Weather**

- With inclement weather, program plans will be adjusted for indoor physical activities of **equal duration** to the time that would have been spent outdoors.

- **Settings**

- Places of interest



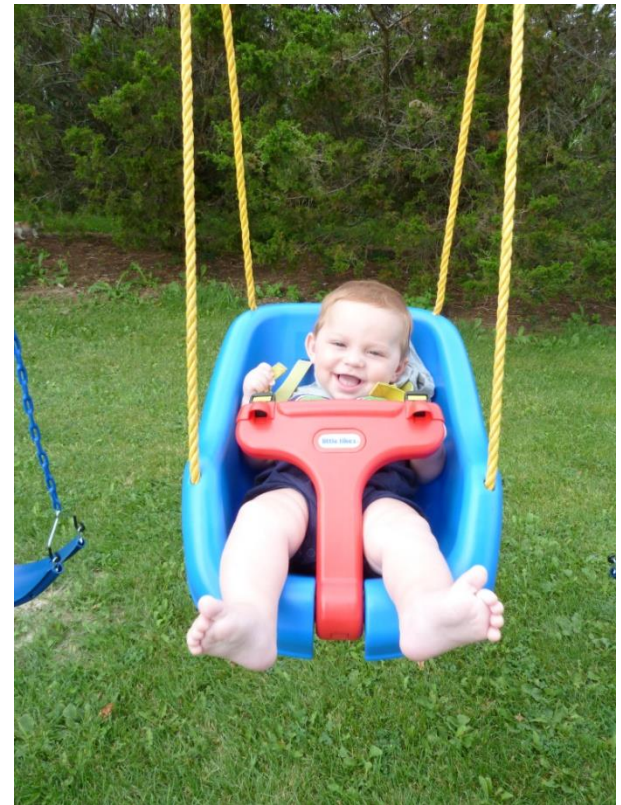
Equipment/ Environment



- Policy specifies that a variety of indoor and outdoor equipment be provided for the children
 - Age-appropriate, developmentally stimulating
 - Portable and fixed
 - Accommodates all children (number and nature)

Variety of Activities

- Policy stipulates that childcare educators incorporate many different kinds of physically active play and use sedentary time for appropriate learning



Policy Example

Flourish
A physical literacy resource for Early Childhood Educators in Windsor-Essex County.

- Indoor and Outdoor Environment
 - Safe, clean, engaging
 - Portable and/or fixed equipment
 - Encourages FMS and Physical literacy
 - Educators will monitor, enhance and participate

Structured vs unstructured

- Remove areas that encourage sedentary behaviour, such as chairs
- Use equipment associated with PA
- Planning structured and unstructured PA together



Sedentary Behaviour



- Policy specifies that childcare providers limit children's sedentary behaviour and screen time appropriately
- "Minimize time infants, toddlers and preschoolers spend being sedentary... ..no more than one hour"

Example – KFL&A



- **Sedentary behaviour**
 - Particular attention to infant development and confining equipment
- **Screen Time**
 - Follow SB Guidelines for the EY
 - Educational purposes only

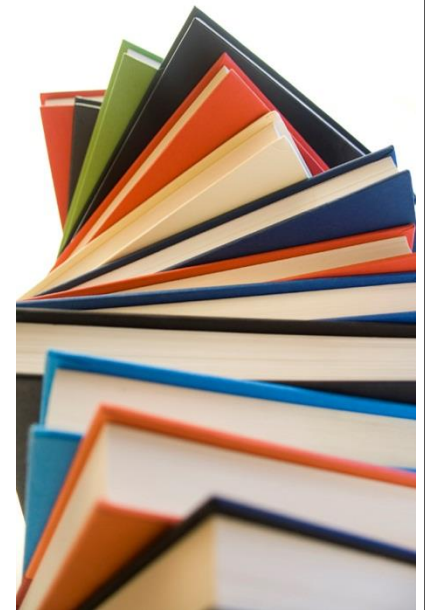
Daily Physical Activity Plan

- Policy states that childcare services create physical activity schedules so as to plan daily physical activities and reduce sedentary behaviours
- following best practices outlined in the Ontario Early Learning Framework.



Physical Activity Records

- Policy requires that childcare service providers record children's physical activity practices during care to monitor progress and inform parents
- **Example** - Movement Skills Observation Report



Dress Code



- Policy requires parents to outfit children with appropriate clothing for physically active play
- “All children are required to wear appropriate footwear, hats, and apply 15+ sunscreen on exposed skin at regular intervals when participating in outdoor activities...”

Culturally Sensitive

- Policy specifies that physical and sedentary activities are respectful for children of all cultures, fostering an inclusive environment
- “Include all children in physical activities by considering variations in ability and by catering for children from Aboriginal and ...cultural and linguistically diverse backgrounds”



Special Needs

- Policy requires adaptation to physically active play so as to create an inclusive atmosphere that facilitates physical activity for all children
- “Ensure inclusive practices for all children including those with special needs”



Disciplinary Action

- Policy prohibits using/reducing physical activity time as a form of discipline
- “Use or restriction of physical activity is prohibited as a strategy for discipline”





Physical Literacy

- Policy specifies that fundamental movement skills and fundamental sport skills that permit a child to move confidently and with control in a wide range of physical activity situations be included
- At **least two activities** will target basic movement skills



Self-Assessment Tool

- A self-assessment tool is included within the policy documents for childcare service providers to assess their current policies and practices
- Example – EOHU Toolkit



PHYSICAL ACTIVITY ENVIRONMENT
SELF-ASSESSMENT
AND PLANNING TOOLKIT
for Childcare Settings



www.EOHU.ca

Your health... our priority



Staff Participation & Training

- staff are active role models for physical activity
- professional development for program staff



Example – KFL&A & Flourish

A physical literacy resource for Early Childhood Educators in Windsor-Essex County.

Role Modelling

show enthusiasm for an active healthy lifestyle

emphasize fun and encourage children in their activities

Professional Development

Access resources

Attend events

Parent Involvement



- Incorporates parents/caregivers into the healthy lifestyle discussion,
- Provide education to parents and children regarding healthy physical activity and sedentary time
 - Examples- Newsletters, bulletin boards

Session Check in