

Because we care about the health and well being of the children in our care we follow the American Academy of Pediatrics' Recommendations on Television viewing:

Children under 2 should watch NO TV
Children under 5 should watch no more than
2 hours/day

Because we care about the health and well being of the children in our care we have policies and practices that encourage physical activity. We include at least three teacher led physical activities per week involving large muscles for our toddlers and preschoolers. We strive to follow the NASPE guidelines for young children.

National Association for Sport and Physical Education (NASPE) Guidelines for Physical Activity in Infants, Toddlers and Preschoolers

Infants

1. Infants should interact with parents and/or caregivers in daily physical activities that are dedicated to promoting the exploration of their environment.
2. Infants should be placed in safe settings that facilitate physical activity and do not restrict movement for prolonged periods of time.
3. Infants' physical activity should promote the development of movement skills.
4. Infants should have an environment that meets or exceeds recommended safety standards for performing large muscle activities.
5. Individuals responsible for the well-being of infants should be aware of the importance of physical activity and facilitate the child's movement skills.

Toddlers and Preschoolers

1. Toddlers should accumulate at least 30 minutes daily of structured physical activity; preschoolers at least 60 minutes.
2. Toddlers and preschoolers should engage in at least 60 minutes and up to several hours per day of daily, unstructured physical activity and should not be sedentary for more than 60 minutes at a time except when sleeping.
3. Toddlers should develop movement skills that are building blocks for more complex movement tasks; preschoolers should develop competence in movement skills that are building blocks for more complex movement tasks
4. Toddlers and preschoolers should have indoor and outdoor areas that meet or exceed recommended safety standards for performing large muscle activities.
5. Individuals responsible for the well-being of toddlers and preschoolers should be aware of the importance of physical activity and facilitate the child's movement skills