(Name of child care facility) is committed to our children’s health and

understands the unique needs of each child. We value our staff members and child care providers as positive role models who help children begin healthy habits at a young age. We promote both indoor and outdoor physical activity by following the guidelines below. This policy is for an 8-hour per day facility and is specific to each age group.

***For children birth through 11 months***

 Daily physical activity is planned and initiated:

* Staff members and child care providers will engage infants in short periods of tummy time (3 to 5 minutes) and increase the amount

of time as infants show enjoyment, or as appropriate for children with special health care needs (CSHCN).

* Staff members and child care providers will include activities that safely support infants’ developmental milestones.

 Sedentary time will be limited to less than 60 minutes at a time, except when sleeping.

 Screen time is not permitted except as appropriate for CSHCN.

***For children 12 months to 23 months:***

 Daily physical activity is planned and initiated:

* Staff members and child care providers will include at least 60

minutes per day in curriculum for physical activity and as appropriate for CSHCN.

* + At least 30 minutes will be adult-led and 30 minutes will be free- play as appropriate for CSHCN.
* Staff members and child care providers will encourage both moderate and vigorous levels of physical activity.

 Sedentary time is limited to less than 60 minutes at a time, except when sleeping.

 Screen time is not permitted except as appropriate for CSHCN.

***For children two years and older:***



**13**

 Daily physical activity is planned and initiated:

* Staff members and child care providers will include at least 60

minutes per day in curriculum for physical activity and as appropriate for CSHCN.

* + At least 30 minutes will be adult-led and 30 minutes will be free- play as appropriate for CSHCN.
* Staff members and child care providers will encourage both moderate and vigorous levels of physical activity.

 Sedentary time is limited to less than 60 minutes at a time, except when sleeping.

 Screen time is limited to three hours or less per week.

* Exceptions to screen time limits include: children needing assistive and/or adaptive equipment or when screen time engages children in physical activity or is used for educational purposes.

For more information on inclusion of children with special health care needs and disabilities, multi-age grouping, family engagement, language and cultural adaptations, and various settings including homes and center facilities related to **Standard 1: Physical Activity**, please visit the Empower website at [theempowerpack.org](http://azdhs.gov/prevention/nutrition-physical-activity/empower/index.php). Click on Standard 1.

**Physical activity will never be used or withheld as a punishment.**

(Name of child facility) is committed to our children’s health and

understands the unique needs of each child. We encourage all children to engage in a variety of fun physical activities based on their age and development. Children who are inactive for long periods of time are more likely to become overweight. We will promote physical activity by following the guidelines below. This policy is for an 8-hour per day facility.

 Infants will participate in tummy time and age-appropriate activity daily as enjoyed by the child and as appropriate for children with special health care needs (CSHCN).

 Children over the age of one are provided with at least 60 minutes of physical activity each day or as appropriate for CSHCN. This includes both adult-led and free-play activities according to the Empower guidelines.

 Staff members and child care providers encourage both moderate and vigorous levels of physical activity and as adapted for CSHCN.

 Every child has the opportunity to participate in both outdoor and indoor physical activity and as appropriate for CSHCN.

 Children are encouraged to be active throughout the day by exploring their environment.

 Sedentary activity is limited to 60 minutes or less at a time, except during nap time and as appropriate for CSHCN.

 Physical activity is never used or withheld as punishment.

 Screen time is not permitted for children under the age of two. Screen time is limited to three hours per week for children ages two and older, excluding those who need assistive and/or adaptive equipment or when screen time engages children in physical activity or is used for educational purposes.

 Screen time is not allowed during meal or snack time excluding those who need assistive and/or adaptive equipment.

For more information on inclusion of children with special health care needs and disabilities, multi-age grouping, family engagement, language and cultural adaptations, and various settings including homes and center facilities related to **Standard 1: Physical Activity**, please visit the Empower website at [theempowerpack.org.](http://azdhs.gov/prevention/nutrition-physical-activity/empower/index.php) Click on Standard 1.

**BREASTFEEDING**

SAMPLE POLICY #2

We at (name of child care facility) are committed to providing ongoing support to breastfeeding mothers including mothers with CSHCN or

disabilities. Research has documented a multitude of health benefits to both the mother and infant when the infant is breastfed.

**Policy:**

The (name of child care facility) adheres to the following guidelines:

 Breastfeeding mothers and mothers with disabilities or CSHCN are provided a place to breastfeed or express their milk.

* + Breastfeeding mothers, including staff members and child care

providers, are offered a private and sanitary place to breastfeed their babies or express milk. This area has an electrical outlet, comfortable chair and nearby access to running water.

(A bathroom is not acceptable.)

 A refrigerator or designated space within a refrigerator and/or freezer is made available for the storage of expressed breast milk.

* + Breastfeeding mothers, staff members and child care providers may

store their expressed breast milk in the child care facility’s refrigerator and/or freezer. Mothers should provide their own container(s), clearly

labeled with their baby’s first and last name and the date it was brought to the facility.

 Reassure nursing mothers that they are welcome by displaying breastfeeding promotion information.

* + The “Welcome to our breastfeeding-friendly Child Care Facility” sign, included in the Empower Pack, is on our doors or windows so that it is visible to our parents. Our goal is to encourage mothers to continue breastfeeding after returning to work or school.

For more information on inclusion of children with special health care needs and disabilities, multi-age grouping, family engagement, language and cultural adaptations, and various settings including homes and center facilities related to **Standard 3: Breastfeeding**, please visit the Empower website at [theempowerpack.org.](http://azdhs.gov/prevention/nutrition-physical-activity/empower/index.php) Click on Standard 3.

**BREASTFEEDING**

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SAMPLE POLICY #2

We at (name of child care facility) are committed to providing ongoing

support to breastfeeding mothers and will respect and encourage a mother’s decision to continue to breastfeed her child. In keeping with this philosophy, our facility will:

 Provide a welcoming atmosphere that encourages mothers to begin and continue to breastfeed, even after returning to school or work.

 Provide a designated area for mothers, including staff members and child care providers, to breastfeed their child on site (such as a rocking chair).

 Provide a refrigerator or designated space within a refrigerator and/or freezer for storage of expressed breast milk.

For more information on inclusion of children with special health care needs and disabilities, multi-age grouping, family engagement, language and cultural adaptations, and various settings including homes and center facilities related to **Standard 3: Breastfeeding**, please visit the Empower website at [theempowerpack.org.](http://azdhs.gov/prevention/nutrition-physical-activity/empower/index.php) Click on Standard 3.

**CACFP**

SAMPLE POLICY #1

We at (name of child care facility) recognize the importance of affordable child care while also providing quality nutrition to low-income families.

The Child and Adult Care Food Program (CACFP) helps Arizona child care

facilities improve and maintain the health and nutritional status of children while promoting the development of good eating habits. Also, CACFP helps cut the costs of care for low-income families.

**Policy:**

The (name of child care facility) will explore the CACFP program and check eligibility by:

 Having the director of the facility, designated staff member or child care provider visit he CACFP Website found at [theempowerpack.org](http://azdhs.gov/prevention/nutrition-physical-activity/empower/index.php) under Standard 4: CACFP.

 Having the director of the facility, designated staff member or child care provider call CACFP at 1-800-352-4558 or (602) 542-8700 to determine if this program is a good fit.

The (name of child care facility) (“is” or “is not”) participating in the CACFP at this time.



For more information on inclusion of children with special health care needs and disabilities, multi-age grouping, family engagement, language and cultural adaptations, and various settings including homes and center facilities related to **Standard 4: CACFP**, please visit the Empower website at [theempowerpack.org.](http://azdhs.gov/prevention/nutrition-physical-activity/empower/index.php) Click on Standard 4.

**CACFP**

SAMPLE POLICY #1

We at (name of child care facility) are committed to the health of all of our children. CACFP supports child care facilities by making child care more

affordable for many low-income families while promoting good eating habits that support a child’s individual needs. Eligibility for CACFP is determined by federal standards based on family income within established geographic boundaries. Our facility will check and document eligibility for CACFP.

At this time, the (name of child care facility), (participates or does not participate) in the CACFP.

For more information on inclusion of children with special health care needs and disabilities, multi-age grouping, family engagement, language and cultural adaptations, and various settings including homes and center facilities related to **Standard 4: CACFP**, please visit the Empower website at [theempowerpack.org.](http://azdhs.gov/prevention/nutrition-physical-activity/empower/index.php) Click on Standard 4.

**FRUIT JUICE**

SAMPLE POLICY #1

We at (name of child care facility) are committed to our children’s health.

We recognize the importance of staff members and child care providers

as positive role models for children as they learn to live healthy lives. The American Academy of Pediatrics recommends that preschool children drink no more than four to six ounces of 100% fruit juice each day, except as appropriate for CSHCN. If consumed in excess, children may fill up on juice and may eat less of nutritious foods during meals and snacks. Too much juice may also provide more calories than needed and expose children’s teeth to too much sugar. Fruits and vegetables provide more fiber and less sugar than 100% fruit juice.

**Policy:**

The (name of child care facility) adheres to the following fruit juice guidelines:

**Birth through 11 months:**

 Fruit juice will not be served, except as appropriate for CSHCN.

**All Children:**

 Fruit juice will not be served more than two times per week.

* Only 100% fruit juice with no added sugar will be served.
* Fruit juice will only be served with meals and snacks and not continuously throughout the day.

 One year to less than six years:

* No more than 4 ounces will be served at a time.

 Six years and older:

* No more than 6 ounces will be served at a time.

 Water will be used as the first choice for thirst, except as appropriate for CSHCN.

 Water will be offered throughout the day.

For more information on inclusion of children with special health care needs and disabilities, multi-age grouping, family engagement, language and cultural adaptations, and various settings including homes and center facilities related to **Standard 5: Fruit Juice**, please visit the Empower website at [theempowerpack.org.](http://azdhs.gov/prevention/nutrition-physical-activity/empower/index.php) Click on Standard 5.

**FRUIT JUICE**

SAMPLE POLICY #2

We at (name of child care facility) are committed to supporting your child in establishing lifelong healthy eating and drinking habits. Too much juice may be linked to weight problems and is associated with tooth decay and decreased appetite for other nutritious foods. Fruit juice should be offered as appropriate to a child’s unique needs. Children will be offered a variety of beverages that are nutritious for them, which may include water, milk, milk substitute and/or juice as appropriate. In keeping with this philosophy, our facility will:

 Not serve fruit juice to infants birth-11 months.

 Limit 100% fruit juice with no added sugar to no more than two times per week for all children one year and older.

 No more than 4 ounces will be served at one time for children one year to less than six years. No more than 6 ounces will be served to children six years and older at one time.

 Fruit juice will only be served with meals and snacks and not continuously throughout the day.

 Water will be used as the first choice for thirst and will be offered throughout the day.

For more information on inclusion of children with special health care needs and disabilities, multi-age grouping, family engagement, language and cultural adaptations, and various settings including homes and center facilities related to **Standard 5: Fruit Juice**, please visit the Empower website at [theempowerpack.org.](http://azdhs.gov/prevention/nutrition-physical-activity/empower/index.php) Click on Standard 5.

For more information on inclusion of children with special health care needs and disabilities, multi-age grouping, family engagement, language and cultural adaptations, and various settings including homes and center facilities related to **Standard 1: Physical Activity**, please visit the Empower website at [theempowerpack.org.](http://azdhs.gov/prevention/nutrition-physical-activity/empower/index.php) Click on Standard 1.

For more information on inclusion of children with special health care needs and disabilities, multi-age grouping, family engagement, language and cultural adaptations, and various settings including homes and center facilities related to **Standard 1: Physical Activity**, please visit the Empower website at [theempowerpack.org.](http://azdhs.gov/prevention/nutrition-physical-activity/empower/index.php) Click on Standard 1.

For more information on inclusion of children with special health care needs and disabilities, multi-age grouping, family engagement, language and cultural adaptations, and various settings including homes and center facilities related to **Standard 1: Physical Activity**, please visit the Empower website at [theempowerpack.org.](http://azdhs.gov/prevention/nutrition-physical-activity/empower/index.php) Click on Standard 1.

**FAMILY-STYLE MEALS**

SAMPLE POLICY

We at (name of child care facility) are committed to creating a pleasant mealtime for all children, staff members and child care providers. We recognize that family-style meal service has many benefits in child care settings, like allowing staff members, child care providers and children to eat together and creating a relaxed environment. Also, this method is ideal to provide a conversational environment where children not only develop good social skills, but can also learn good eating habits and that it may be different from one child to another.

**Policy:**

The (name of child care facility) subscribes to the recommendations below at mealtime for children one year of age and older:

 Food is placed on the table in child-sized serving bowls, plates or baskets. There are child-sized serving utensils for food.

 Staff members and child care providers sit, participate, and interact with children at mealtime.

 Food is passed from one person to another.

 Everyone serves him/herself (or receives assistance or accommodation as needed). Children choose what to put on their plates and how much to eat as appropriate for the child’s individual needs.

* + Staff members and child care providers provide appropriate utensil or supports to encourage self-service and selections for children with

CSHCN or disabilities.

 There are required amounts of food available for all children and adults.

 Encouraging words are used and negative facial expressions, body

language or verbal cues are avoided in regard to the food being served.

 Staff members and child care providers talk to the children about the food and encourage them to discuss the food texture, taste, color, shape, size, quantity, number, temperature, etc.

 Staff members and child care providers express positive attitudes toward various dietary needs.

 Staff members and child care providers do not use food as a reward or punishment.

**FAMILY-STYLE MEALS**

SAMPLE POLICY #1 CONTINUED

 Staff members and child care providers model family-style practices and good manners for children.

 Staff members and child care providers are prepared for spills and accidents (e.g., keep a towel and soapy water nearby).



For more information on inclusion of children with special health care needs and disabilities, multi-age grouping, family engagement, language and cultural adaptations, and various settings including homes and center facilities related to **Standard 6: Family Style Meals**, please visit the Empower website at [theempowerpack.org.](http://azdhs.gov/prevention/nutrition-physical-activity/empower/index.php) Click on Standard 6

**FAMILY-STYLE MEALS**

SAMPLE POLICY #2

We at (name of child care facility) are committed to supporting our child in establishing lifelong habits of healthy eating patterns. In keeping with this philosophy, our facility:

 Serves meals family-style whenever possible to support children in

learning to serve themselves and develop healthy relationships with food.

Our role as staff members and child care providers is to provide nourishing food appropriate to the child’s needs. The child’s role is to decide whether and how much to eat. We will never force a child to eat or discourage a child from eating food that is healthy for them.

 Staff members and child care providers model behaviors for healthy

eating and positive body image in the presence of children.

For more information on inclusion of children with special health care needs and disabilities, multi-age grouping, family engagement, language and cultural adaptations, and various settings including homes and center facilities related to **Standard 6: Family Style Meals**, please visit the Empower website at [theempowerpack.org.](http://azdhs.gov/prevention/nutrition-physical-activity/empower/index.php) Click on Standard 6