



# Early Childhood Outdoor Learning Environment Webinar

10:00 a.m.

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Louisiana's Health Initiative



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Well-Ahead Louisiana

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# Agenda

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- Welcome & Review Handouts – Antinea Johnson, WAL
- Outdoor Learning in Louisiana – Nancy Alexander, NSU
- Innovative & Emerging Strategies to Enhance Outdoor Learning Environments – Nilda Cosco & Robin C. Moore, NLI
- WellSpot Designation Program – Daisha Bonhomme, WAL
- Question & Answer



# Well-Ahead Louisiana

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- Well-Ahead Louisiana is an initiative started by the Louisiana Department of Health aimed at improving the health and wellness of Louisiana residents.
- Well-Ahead aims to provide Louisiana's Early Care & Education Community with research based obesity prevention practices to ensure our earliest learners are provided a quality healthy start.



# Purpose

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- The purpose for today's webinar is to examine up-to-date research based practices surrounding the Outdoor Learning Environment and compare them to Louisiana's current practices in the Outdoor Learning Environment.



# Handouts

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- Bulletin 137: Louisiana's Early Learning Center Licensing Regulations
- Go NAPSACC – Outdoor Play & Learning Self-Assessment

# Bulletin 137: Louisiana Early Learning Center Licensing Regulations

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## §1511. Procedures

**A.** An early learning center shall establish in writing and implement procedures for:

**1.** physical activity:

**a.** children under age two shall be provided time and space for age-appropriate physical activity, both indoors and outdoors, weather permitting, for a minimum of 60 minutes per day;

**b.** children age two and older shall be provided physical activity that includes a combination of both teacher-led and free play, both indoors and outdoors, weather permitting, for a minimum of 60 minutes per day;



# Bulletin 137: Louisiana Early Learning Center Licensing Regulations

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- **§1713. Supervision**

**A.** Children shall be supervised at all times in the center, on the playground, on field trips, on non-vehicular excursions, and during all water activities and water play activities.

**E.** While supervising a group of children, staff shall devote their time to supervising the children, meeting the needs of the children, and participating with them in their activities.





# Bulletin 137: Louisiana Early Learning Center Licensing Regulations

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## H. Play Yard

When children are at the play yard, the supervising staff member must be able to summon another adult staff member without leaving the children unsupervised.

## I. Water Activities

Staff shall actively supervise children engaged in water activities and shall be able to see all parts of the swimming pool, including the bottom.

# Bulletin 137: Louisiana Early Learning Center Licensing Regulations

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## **§1903. Physical Environment**

C. Indoor and outdoor areas shall be free of hazards.

### E. Outdoor Space

1. A minimum of 75 square feet of outdoor play space per child using the play space at any one time shall be available.

2. The minimum outdoor play space shall be available for at least one third of the licensed capacity.

3. Outdoor play space shall be available through a direct exit from the center into the outdoor play space or shall be attached to the center in a manner that ensures children are continuously protected by a permanent fence or other permanent barrier while going to and from the center to the outdoor play space.

# Bulletin 137: Louisiana Early Learning Center Licensing Regulations

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5. Outdoor play space shall be enclosed with a permanent fence or other permanent barrier in a manner that protects children from traffic hazards, prevents children from leaving the premises without proper supervision, and prevents contact with animals or unauthorized persons.
- Louisiana's Early Learning Center Licensing Regulations  
<http://www.doa.la.gov/osr/lac/28v161/28v161.doc>



# Go NAPSACC

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- Supports child care providers to build healthy eating and physical activity habits in children.
- Online platform that provides tools and resources to child care providers and technical assistance professionals.
- Go NAPSACC aims to support communities in giving children a healthy start.



# Go NAPSACC's Focus Areas

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1. Child Nutrition
2. Breastfeeding & Infant Feeding
3. Farm to ECE
4. Oral Health
5. Infant & Child Physical Activity
6. **Outdoor Play & Learning**
7. Screen Time



# 5 Step Improvement Process

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- 1) **Assess** – Take a self-assessment to find areas for improvement.
- 2) **Plan** – Use the action planning tool to get setup for success.
- 3) **Take Action** – Use the library of tips and materials to put plans into action.
- 4) **Learn More** – Take a GNS training to learn new skills to help kids be healthy.
- 5) **Keep it Up** – Assess again, celebrate progress and plan the next move!



# Go NAPSACC's Outdoor Play & Learning

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- Outdoor playtime is provided to toddlers and preschoolers 3 times per day or more.
- Preschool children are provided 90 minutes or more of outdoor playtime each day.
- Toddlers are provided 60 minutes or more of outdoor playtime each day.
- Infants are taken outdoors 2 times per day or more (Half-day: 1 time per day or more).



# Go NAPSACC's Outdoor Play & Learning

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- Free play – child directed activities.
- Structured learning opportunities – Teacher directed activities.
- Seasonal Outdoor Activities – Unique to seasons or weather.
- Walking trips – nature walks, exploring outdoors.
- Outdoor field trips – local parks, farms, gardens or nature centers.





# Go NAPSACC's Outdoor Play & Learning

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- Half  $\frac{1}{2}$  to  $\frac{3}{4}$  of the outdoor play space is shaded by structures or trees.
- Open areas for games and activities are large enough for all children to run around safely.
- Outdoor play space includes 8 or more play areas.
- Gardens growing fruits and/or vegetables to provide meals or snacks during 1 or more seasons.



# Go NAPSACC's Outdoor Play & Learning

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- The path for wheeled toys is paved and 5 feet wide or wider.
- The shape of the pathway is curved and looped.
- The pathway for wheeled toys connects to 3 or more areas of the outdoor play space.



# Portable Play Equipment

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6 – 8 of the following is recommended:

- Jumping toys: jump ropes, jumping balls
- Push-pull toys: wagons, wheelbarrows, big dump trucks
- Ride-on toys: tricycles, scooters
- Twirling toys: ribbons, scarves, batons, hula hoops, parachute
- Throwing, catching and striking
- Balance toys: balance beams, plastic “river stones”
- Crawling or tumbling equipment: mats, portable tunnels
- Loose Parts: sticks, shovels, pales



# Go NAPSACC's Outdoor Play & Learning

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- Portable play equipment is always available to children during outdoor active playtime.
- Amount of portable play equipment includes having something available for each child to play with.
- Teachers and staff receive professional development 2 times per year or more on outdoor play and learning.
- Families are offered education on outdoor play and learning 2 times per year or more.
- Written policy on outdoor play and learning



# Professional Development Topics

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- Recommended amounts of outdoor playtime for young children.
- Using the outdoor play space to encourage children's physically active play.
- Communicating with families about outdoor play and learning.
- Program policies on outdoor play and learning.



# Links to Handouts

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- Links to handouts are in the Q&A box below.
- Well-Ahead LA Early Childhood Page - <http://wellaheadla.com/Programs/Early-Childhood-Health>
- Louisiana Licensing Regulations - <http://www.doa.la.gov/osr/lac/28v161/28v161.doc>
- Go NAPSACC - <https://gonapsacc.org/>

# Outdoor Play & Learning in Louisiana



**Nancy Alexander**

**Director**

**Northwestern State University**

**Child & Family Network**

# Innovative & Emerging Strategies to Enhance Outdoor Learning Environments



**Dr. Nilda Cosco**  
**Director of Programs**  
**Natural Learning Institute**



**Robin C. Moore**  
**Director & Professor**  
**Landscape Architecture**  
**Natural Learning Institute**



# WellSpot Designation Program

**Daisha Bonhomme**  
**WellSpot Designation Manager**  
**Well-Ahead LA**

**Questions??**

**Antinea.Johnson@la.gov**

**Thank You**