



Infant & Child Physical Activity

More and more evidence shows that children who are active tend to have fewer behavioral and disciplinary problems, do better in school, and have longer attention spans in class. Physical activity also helps children build confidence, develop good sleep habits, develop motor skills, stay at a healthy weight, and improve social skills and brain development. Since many children are in child care throughout the week, it's important to provide children daily opportunities to be active in a safe play space.

Providers are encouraged to register for [Go NAPSACC](#) and complete the Go NAPSACC's physical activity module. This module uses tailored tools and best practices to guide child care providers toward increasing physical activity for children. To view the self-assessment, [click here](#). Below, are additional resources to support implementation.

Provide physical activity.

- [Best Practices for Physical Activity](#): Nemours Health and Prevention Services (NHPS) created these physical activity guidelines to help promote and support quality physical activity for children. The guide provides examples and rationale for the guidelines, sample child care and early education program policies, and family tip sheets.

Provide opportunities for free play and adult led activities.

- [OPEN Phys ED \(year 3-5\)](#): Resources for early childhood education providers to implement **adult led** movement-based activities that work toward developmental outcomes and indicators defined within the Head Start Early Learning Outcomes Framework. Registration is required, but resources are free.
- [CATCH Early Childhood](#): Resources for **adult led** curriculum for little ones to learn how to walk, run, jump, dance and move while playing and having fun.

Limit screen time.

- [Louisiana Screen Time Toolkit](#) This toolkit provides resources child care centers can use to write, implement and educate on the electronic devices policy and highlights resources that help to limit and reduce screen time in child care centers.

Limit sedentary time.

- [The Genius of Play](#): Experts agree that play has a profound impact on childhood learning. This resource provides child care providers with ways to incorporate play into the school day with play-based lesson plans.

Recommendations on the Amount of Physical Activity

- Babies (0-12 months old)** should get short, supervised periods of tummy time two or three times a day. Some babies do not initially like tummy time, so begin with only 3-5 minutes at one time. Gradually increase the time when you see baby enjoying it more.
- Toddlers (12-24 months old)** should have 60 minutes or more (for half-day programs, 30 minutes or more) of active play time every day, both indoor and outdoor. There should also be a combination of teacher-led/structured activities and free play.
- Preschoolers (2-5 years old)** should have 120 minutes or more (for half-day programs, 60 minutes or more) of active play time every day, both indoor and outdoor. There should be a combination of teacher-led/structured activities and free play.