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# **Caring for Our Children: National Health And Safety Performance Standards Recommended Standards in Nutrition and Physical Activity**

**Barbara U. Hamilton, MA**

Assistant Director, National Resource Center for Health & Safety in Child Care & Early  
Education

[barbara.hamilton@ucdenver.edu](mailto:barbara.hamilton@ucdenver.edu)



# Caring for Our Children (CFOC)

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## Partners:

- **American Academy of Pediatrics (AAP)**
- **American Public Health Association (APHA)**
- **National Resource Center for Health and Safety in Child Care and Early Education (at University of Colorado Denver) (NRC)**
- **Funded through Maternal and Child Health Bureau Cooperative Agreement (MCHB)**



# Caring for Our Children (CFOC)

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- **2<sup>nd</sup> edition (current edition) published in 2002**
- **3<sup>rd</sup> edition Revision process underway**
- **10 Technical Panels - 85 panel members - Content Experts from AAP, APHA and special subject specialists**
- **90 Stakeholders - Providers, Researchers, Educators, Regulators, Parents, Health consultants - currently reviewing work of Technical Panels**



# Regulation vs. Standard

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## Regulation

- **A requirement for legal operation**
- **Has the power of law**
- **Originates in an agency with governmental or official authority**
- **Such authority is usually accompanied by an enforcement activity**



# Regulation vs. Standard

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## Standard

- Defines best practice; not necessarily required for legal operation
- Legitimized or validated based on scientific or epidemiological data
- When evidence is lacking, represents widely agreed upon, expert opinion of state-of-the-art, high-quality level of practice
- Some states adopt or may even exceed parts of certain standards in their regulations



# Recommended Additions/ Enhancements in Nutrition Standards





## **Encourage breastfeeding :**

- Encourage mothers to breastfeed at the child care program**
- Train child care providers to support and advocate for breastfeeding**
- Implement policies and procedures on handling and feeding human milk safely -- reducing mother's anxiety and safe for infant**



- **Feed infants on cue by consistent caregiver**
- **Accommodate use of soy formula and soy milk when necessary**
- **Use of 2% milk for children 12 months to 2 years, for whom overweight or obesity is concern with written documentation from health professional**



- **Accommodate vegetarian diets**
- **Serve small size portions and permit one or more additional serving as needed**
- **Availability of nutritional age appropriate sized snacks**
- **Caregivers as role models in healthy eating habits**



- **Water available throughout the day**
- **100% Juice limited to 4-6 ounces – whole fruits encouraged**
- **Nutrition education offered to children & parents**
- **Food not used as a reward**
- **Provider sits with children during meal time and encourages socialization**
- **Provider does not force children to eat**

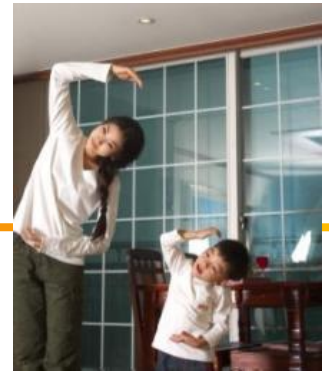


# Recommended Additions/ Enhancements in Physical Activity Standards





- **Promote development of infant movement skills**
- **Promote active daily play for 2-5 year olds with:**
  - **2-3 outdoor occasions**
  - **2 or more structured activities over course of day (indoor and/or outdoor)**
  - **Time for unstructured active play**



## **Caregivers and teachers encourage and participate in physical activities:**

- Lead structure activities**
- Wear clothing that permits safe and easy movement**
- Prompts children to be active**
- Annual training on age appropriate games and activities**



## **Provide safe, age appropriate play areas:**

- Include shade**
- Areas accessible & safe for children with special health needs for all children to play together**
- Helmets provided for children riding bicycles and other riding toys**
- Children and caregivers dressed appropriate for outdoor play**



- **No TV, video, DVD and computer use under 2 years of age**
- **2 years and older:**
  - **Total daily media time up to 1 hour per day and only for educational purposes**
  - **Computer use – 20 minute increments**
- **Caregivers as role models – no TV watching during day**



## **Limit restrictive movement**

- **Limit time in high chair to no more than 15 minutes (except for meals & snacks)**
- **Cribs are only for sleeping or resting**
- **Children should not be seated for more than 30 minutes at a time (except during meals)**
- **Restricting active play as a punishment is not allowed**



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- **Other related NRC resources:**

**Healthy Kids, Healthy Care – nutrition and physical activity sections for parents**

**[www.healthykids.us](http://www.healthykids.us) – English**

**<http://www.healthykids.us/spanish/> - Spanish**

**Parent’s Checklist for Good Dental Health Practices  
in Child Care**

**<http://nrckids.org/dentalchecklist.pdf> - English**

**<http://nrckids.org/dentalchecklistsp.pdf> - Spanish**