

Healthy Kids, Healthy Future

PALS

Physical Activity Learning Session



Session 2

Best Practice for Physical Activity in ECE Settings: Time and Space

**Boston Public Health Commission
Boston Healthy Childcare Initiative**



Who We Are



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**The Boston Health Commission
Division of Chronic Disease Prevention and Control
The Boston Healthy Childcare Initiative**



BHCCI Learning Agreement



- **Arrive on time**
- **Stay mentally and physically present**
- **Keep your cameras on and let us know if you need help setting up a zoom background**
- **If you multitask, you will not enjoy, learn, collaborate, and network with each other.**
- **We want to have a lively conversation. So, stay muted until you are ready to speak**



Icebreaker:

Share a type of physical activity that you have never tried

What will you learn in this session?



**With this training,
you will:**

Learn about and
practice skills for
meeting time and
space best
practices in the
ECE setting

Best practices for physical activity



- ● **Time** - Recommended duration of physical activity in ECE settings
- ● **Space** - Indoor and outdoor facilities
- **Type** - Structured, unstructured, indoor and outdoor physical activity
- **Daily Activities** - Integrating best practices into lessons, transitions, and other program operations
- **Providers** - The role of adults in leading, participating, role modeling, encouraging physical activity
- **Families** - Supporting and communicating with families
- **Training** - Ongoing professional development to promote children's physical activity
- **Policies** - Written policies that help support children's physical activity throughout the day

Reflect on best practices



Warm-Up Log

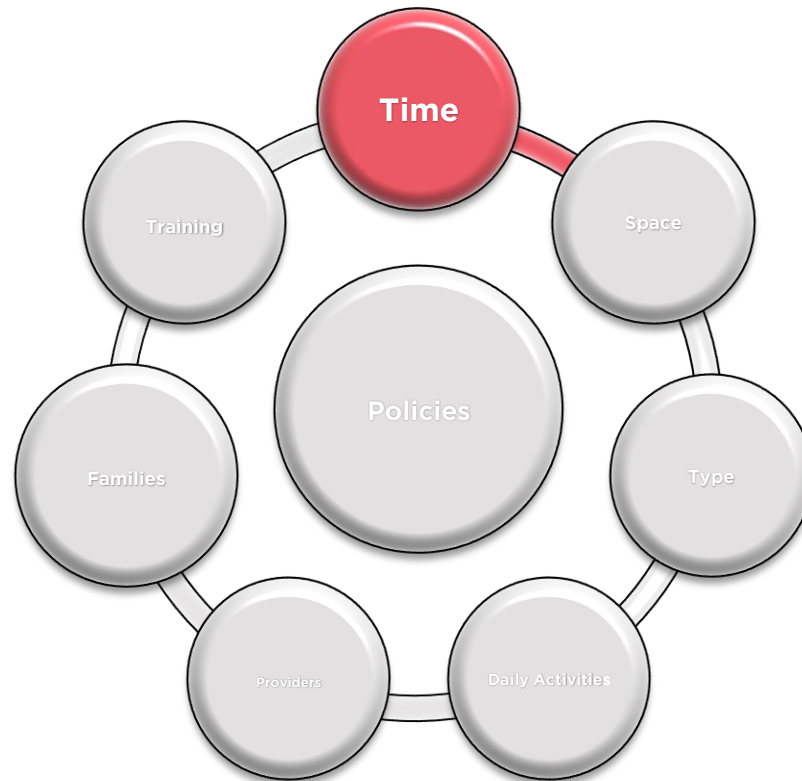
Best Practice	Strength	Area of Improvement	Notes
Time <ul style="list-style-type: none"> • Toddlers: 60-90 min/day • Preschoolers: 120min/day • Infants: Tummy Time • Outdoor Time: 2-3x/day 			
Space <ul style="list-style-type: none"> • Outdoor Space • Indoor space • Equipment 			
Type <ul style="list-style-type: none"> • Structured • Unstructured • MVPA • Outdoor 			
Daily Activities <ul style="list-style-type: none"> • PA throughout schedule • Transitions 			
Provider Practices <ul style="list-style-type: none"> • Lead • Participate • Role Model • Encourage • Classroom Management 			
Families <ul style="list-style-type: none"> • Developmental Milestones • Communication 			
Training <ul style="list-style-type: none"> • Providers • Resources 			
Policies <ul style="list-style-type: none"> • Program PA Policy 			

What are your strengths? What do you already do?

What do you not do yet?

What do you want to remember later?

Children are not getting recommended amounts of physical activity



What kind of activity do children need?

Infants

Infants need consistent, lively, developmentally appropriate physical activities



Toddlers/Twos

Toddlers need indoor or outdoor Moderate-to-Vigorous Physical Activity (MVPA)





What is tummy time for infants?

- **Tummy time is placing babies on their stomachs only while they are awake and supervised**
- **Tummy time should begin at birth**
- It prepares infants for sliding on their bellies and crawling and helps build upper body muscles
- They need many chances to have supervised tummy time every day

Infants need tummy time

Tummy time should happen on a firm surface (on a blanket on the floor, across the caregiver's lap or on the provider's chest)

You should increase the length of time and frequency as infants gain strength and enjoy the experience



Video: Tummy Time



Essential Tummy Time Moves To Develop Your Baby's Core



The American Academy of Pediatrics recommends placing babies on their backs to sleep and their tummies to play as part of a daily routine. Just a few minutes a day, a few times a day, can help your baby get used to Tummy Time and help prevent early motor delays. If you begin early (even from just a few days old) and maintain a consistent schedule, your baby will learn to love Tummy Time. This helps develop the muscles in their back, neck, and trunk on their way to meeting developmental milestones.

Here are the top five moves you can begin as soon as your baby is born:



Tummy to Tummy

Lie down on the floor or a bed, flat or propped up on pillows. Place your baby on your chest or tummy so that you're face-to-face. Always hold firmly for safety.



Eye-Level Smile

Get down level with your baby to encourage eye contact. Roll up and place a blanket under the chest and upper arms for added support.



Lap Soothe

Place your baby face-down across your lap to burp or soothe them. A hand on your baby's bottom will help them feel steady and calm.



Tummy-Down Carry

Slide one hand under the tummy and between the legs when carrying baby tummy down. Nestle your baby close to your body.



Tummy Minute

Place your baby on their tummy for one or two minutes every time you change them. Start a few minutes at a time and try to work up to an hour a day in short intervals by the end of three months. Don't get discouraged. Every bit of Tummy Time makes a difference!

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How long should children be active?

Infants

- **Tummy time:**
3-5 minutes in the beginning
- **Outdoor play:**
2-3 times a day



Toddlers/Twos

- **MVPA time:**
60-90 minutes every day
- **Outdoor play:**
60-90 minutes every day
2-3 times a day



Moderate to vigorous activity combines activity types

Moderate intensity

Causes children's heart to beat faster and their breath to be harder, but still allows them to talk easily

Can be a brisk walk

Vigorous intensity

Causes children's heart to beat much faster than normal and their breath to be much harder than normal leaving them "breathless"

Can be running





Toddlers need indoor or outdoor moderate-to-vigorous physical activity every day

Toddlers have a distinct gait or *toddle* displayed with the developing movement skills

They typically walk with legs wide apart and shift their weight from side to side using the arms to balance

They are developing balance, control, coordination, and strength

Preschoolers need more time for physical activity than toddlers

They typically have more stamina and have developed motor skills that support movement for increased durations of time

Best for preschoolers:

90-120 minutes every day

Physical activity can be accumulated in short 10- to 15- minute bursts across the child-care day

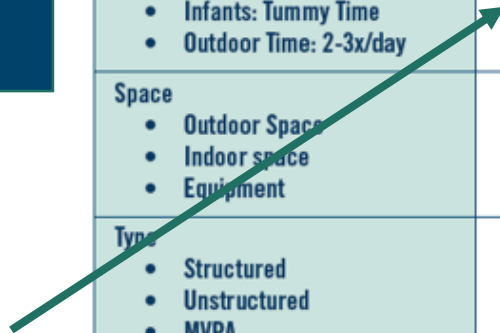


Reflect on best practices



Warm-Up Log

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Is time a strength or area of improvement?

Activity break!



Activity break!

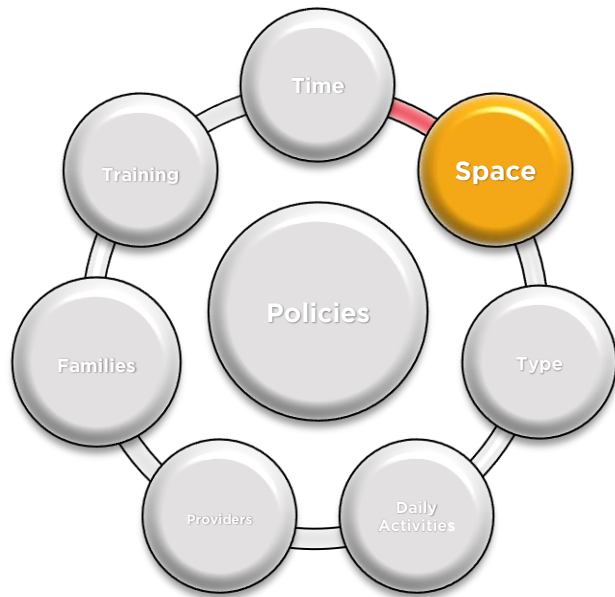


What developmental skills were used in this activity?

How could you modify this activity for different age groups? Different abilities?

What other materials can you use for this activity?

Break!



**Children need
space to
practice gross
motor skills**





Children need outdoor play spaces

Outdoor play areas should:

- Be next to the facility or be able to be reached by a route free from hazards
- Give freedom for gross motor movement without collisions among active children
- Meet playground size minimum, 75 square feet per child
- Meet the American Disabilities Act (ADA) requirements



Think about the weather

- **Take children outside in weather with:**
 - ❑ Wind chill above 15°F
 - ❑ Heat index below 90°F
 - ❑ Air Quality Index in a safe range (below 150)
- **Protect children from the sun, especially 10 am - 2 pm**
 - ❑ Use sunscreen
 - ❑ Have drinking water on hand
- **Ask families to send appropriate clothing so children can play outdoors in any weather**
 - ❑ Children need hats, coats, gloves, rain gear, sunscreen
 - ❑ Keep an extra supply of clothing



Challenge: Weather


“It’s too hot to be outside.”

“It’s too cold to be outside”

“It’s too rainy to be outside”

“It’s too smoggy to be outside”

Brainstorm solutions to these statements



**What are
Massachusetts'
regulations for
weather and
outdoor play?**

Understand the Weather

Wind-Chill



- 30° is *chilly* and generally uncomfortable
- 15° to 30° is *cold*
- 0° to 15° is *very cold*
- -20° to 0° is *bitter cold* with significant risk of *frostbite*
- -20° to -60° is *extreme cold* and *frostbite* is likely
- -60° is *frigid* and exposed *skin will freeze* in 1 minute

Heat Index



- 80° or below is considered *comfortable*
- 90° beginning to feel *uncomfortable*
- 100° *uncomfortable* and may be *hazardous*
- 110° considered *dangerous*

All temperatures are in degrees Fahrenheit

Child Care Weather Watch

Wind-Chill Factor Chart (in Fahrenheit)

		Wind Speed in mph								
		Calm	5	10	15	20	25	30	35	40
Air Temperature	40	40	36	34	32	30	29	28	28	27
	30	30	25	21	19	17	16	15	14	13
	20	20	13	9	6	4	3	1	0	-1
	10	10	1	-4	-7	-9	-11	-12	-14	-15
	0	0	-11	-16	-19	-22	-24	-26	-27	-29
	-10	-10	-22	-28	-32	-35	-37	-39	-41	-43



Comfortable for out door play



Caution



Danger

Heat Index Chart (in Fahrenheit %)

		Relative Humidity (Percent)												
		40	45	50	55	60	65	70	75	80	85	90	95	100
Air Temperature (F)	80	80	80	81	81	82	82	83	84	84	85	86	86	87
	84	83	84	85	86	88	89	90	92	94	96	98	100	103
	90	91	93	95	97	100	103	105	109	113	117	122	127	132
	94	97	100	103	106	110	114	119	124	129	135			
	100	109	114	118	124	129	130							
	104	119	124	131	137									



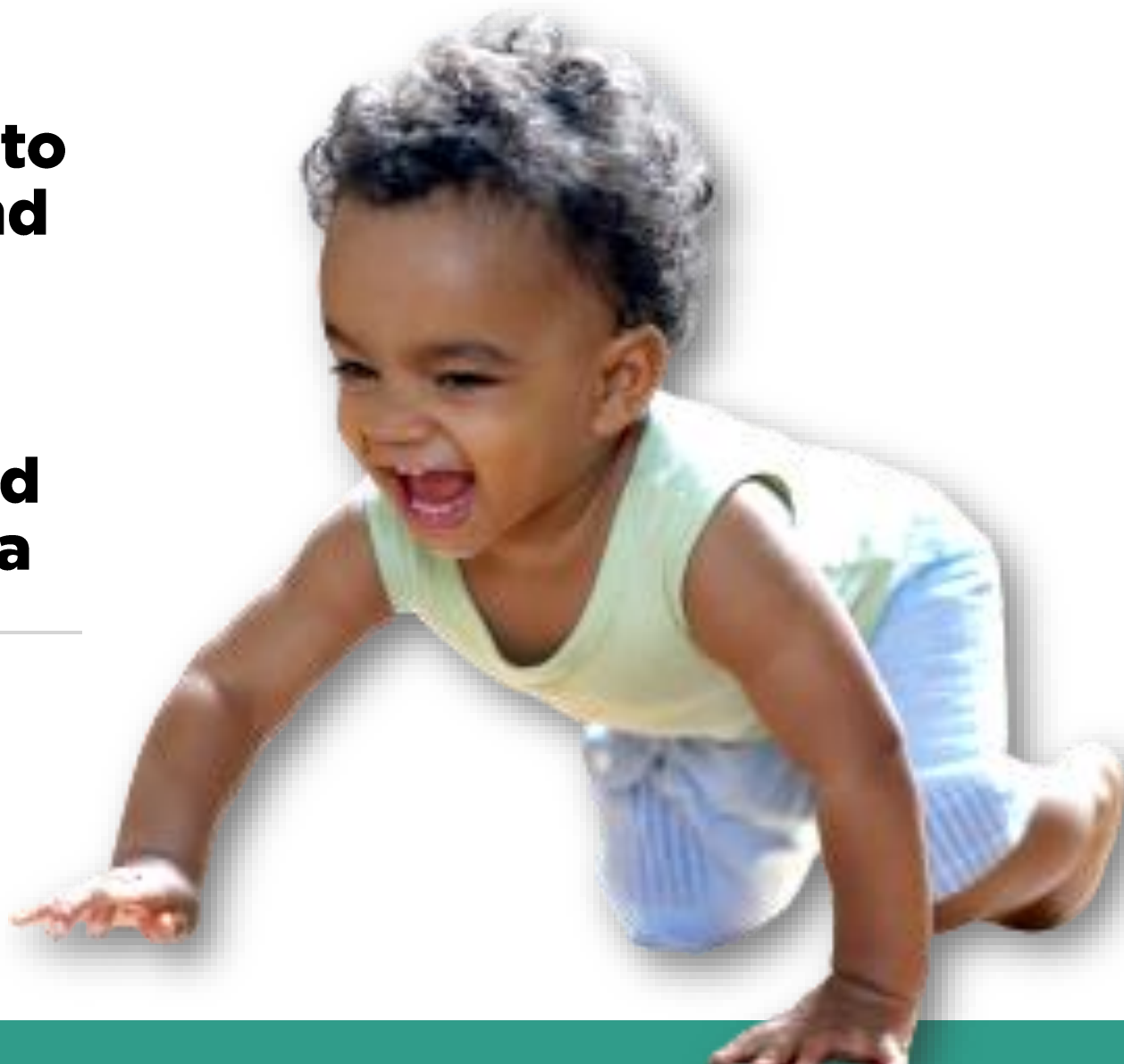
Video:

Encouraging physical activity using indoor spaces



How can you incorporate physical education into your classrooms and daily routines?

**Give infants
time each day to
move freely and
explore
surroundings,
with adequate
supervision and
in a secure area**





Select equipment that is safe and free of hazards

Equipment and materials must be:

- Age and developmentally appropriate
- Sturdy and safe
- Available indoors and outdoors
- Somewhat portable

You must regularly check and monitor equipment



**Choose equipment
that is inclusive**

Portable play equipment and loose play objects may promote more physical activity than fixed equipment

Consider using:

- Balls
- Bean bags
- Hula hoops
- Tricycles



Limit using equipment that restricts movement

- **Do not use restricting equipment longer than 15 minutes at a time** (except when napping or eating)
- **Overusing equipment can limit children's ability to build core muscles**
- **Equipment that restricts movement includes:**
 - Sit-in walkers and jumpers
 - Swings
 - Highchairs
 - Car seats in the classroom



Challenge: Space



“We just don’t have enough space for kids to be physically active.”

Brainstorm ways to overcome the challenge of limited space

Challenge: Space



“We just don’t have enough space for kids to be physically active.”

Solution 1: Be creative in your search and use of space

Solution 2: Seek special resources and training for promoting physical activity in small spaces

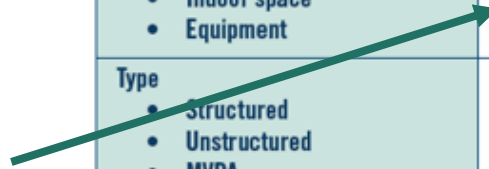
Solution 3: Create a list of games and activities for small spaces

Reflect on best practices



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Is space a strength or area that needs improvement for you?

Summary of best practices: Time & Space

Infants

Supervised tummy time frequently

3-5 minutes increasing as tolerated

Outdoors 2-3 times daily



Toddlers

60-90 minutes of MVPA

60-90 minutes of outdoor play

Outdoors 2-3 daily



Preschoolers

90-120 minutes of MVPA

60-90 minutes of outdoor play

Outdoors 2-3 daily





Parent Workshop



Questions?



**Thanks for
participating in
Session 2**



Next session:

December 7, 2022

6:30-8:30pm

Chronicdisease@bphc.org

