

Quality Care For Kids Newsletter

May 2024

National Physical Fitness and Sports Month

Children need active play every day to enhance growth and development. Each day children, birth to school age, should:

- Actively play outside 2 to 3 times, weather permitting.
- Participate in 2 or more structured teacher or adult-led activities that promote movement including running, climbing, dancing, skipping and jumping.
- Have many opportunities to develop and practice age-appropriate gross motor and movement skills.



Find activity ideas from Play Your Way!

<https://hhs.iowa.gov/programs/programs-and-services/healthy-eating-active-living/play-your-way>

Recommended physical activity per 8-hour day:

School-age children should have at least 60 minutes of vigorous activity.

Preschoolers should have at least 180 minutes of moderate to vigorous activity.

Toddlers should have at least 60 to 90 minutes of light, moderate and vigorous activity.

Infants should have supervised tummy time every day when they are awake. Caregivers should supervise and interact with the infant during tummy time. Start with short periods (3–5 minutes) increasing the amount of time as the infant enjoys the activity.

Sun Safety- Don't Fry Day is May 24th

- Limit sun exposure between 10 AM and 4 PM. UV rays are strongest during that time.
- Use sunscreen with an SPF of 15 or higher for children 6 months of age and older. Reapply every two hours.
- A parent or guardian must give written permission for sunscreen to be applied while at child care.
- Children should wear sun protective clothing, a hat with a brim to help shield their face and child safe sunglasses with UV protection.
- Keep infants younger than six months out of direct sunlight. Find shade under a tree, umbrella, or stroller canopy.

Go NAPSACC has free child care provider tools and training to support physical activity for young children. To receive a registration code and create an account, contact your CCR&R Consultant or Erin Olson at erin.olson@idph.iowa.gov

NAPSACC Registration:
<https://gonapsacc.org/register/program>



Scan the QR code to find your local CCNC or visit online at

<https://hhs.iowa.gov/programs/programs-and-services/child-care/hcci>