

## **VIRTUAL kit: ACTIVE PLAY EVERY DAY FOR INFANTS AND TODDLERS**

### **kit QT**

“Infants’ and young children’s participation in physical activity is critical to their overall health, development of motor skills, social skills, and maintenance of healthy weight. Daily physical activity promotes young children’s gross motor development and provides numerous health benefits, including improved fitness and cardiovascular health, healthy bone development, improved sleep, and improved mood and sense of well-being.” (Caring for Our Children, 3.1.1.1, 2019)

Specific recommendations from CFOC3 include:

- Taking infants outdoors 2 or 3 times daily, as tolerated (no minimum duration);
- Providing toddlers and preschoolers a total of at least 60-90 minutes of outdoor play daily.

When outdoor times are curtailed due to weather, the amount of active play provided indoors should *increase* to ensure the same amount of moderate to vigorous activity is provided every day. Some active play materials should be accessible throughout the day for infants and toddlers *indoors* as well as *outdoors*. For infants, this includes protected space with firm surfaces for tummy time, rolling, and scooting, as well as sturdy low furnishings or equipment to pull up on. Toddlers need cushions, mats or rugs for tumbling, jumping, or navigating a simple obstacle course. Toddlers also enjoy crawling through a tunnel, or cardboard boxes, throwing balls or beanbags at a target, or riding toys without pedals. Materials that take up space or need to be used with supervision can be put into an active play kit, stored in portable wagon or cart that can be set up for a small group of children in any open area (hallway, lunchroom, classroom, or outdoors). A portable active play kit allows the infant/toddler play yard to be set up in a dry, sunny spot in winter or a dry, shady spot in summer.

“Especially for children in full-time care and for children who don’t have access to safe playgrounds, the early care and education facility may provide the child’s only daily opportunity for active play. Physical activity habits learned early in life may track into adolescence and adulthood, supporting the importance for children to learn lifelong healthy physical activity habits while in the early care and education program.” (Caring for Our Children, 3.1.1.1, 2019)

### **SHOW ME NOW – I NEED IT TOMORROW**

Zero to Three: Top 5: Tips for Active Play, Indoors and Out

<https://www.zerotothree.org/resources/2639-top-5-tips-for-active-play-indoors-and-out>

Toddlers on the Move! (includes 2 min video)

[http://ectacenter.org/~pdfs/decrp/PGP\\_ENV3\\_onthemove\\_2018.pdf](http://ectacenter.org/~pdfs/decrp/PGP_ENV3_onthemove_2018.pdf)

Spending Time Outdoors Matters for Infants and Toddlers! 5:42 video and info sheet (benefits of outdoor play with great photos) <https://eclkc.ohs.acf.hhs.gov/video/spending-time-outdoors-matters-infants-toddlers>

News You Can Use: Take It Outside | ECLKC

<https://eclkc.ohs.acf.hhs.gov/learning-environments/article/news-you-can-use-take-it-outside#Introduction>

<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/take-it-outside.pdf>

Let's Talk About Movement | ECLKC - talks about IMIL, Little Voices Healthy Choices 8 min podcast with handout, transcript

<https://eclkc.ohs.acf.hhs.gov/video/lets-talk-about-movement>

I am Moving I am Learning Little Voices Healthy Choices

<https://eclkc.ohs.acf.hhs.gov/physical-health/article/little-voices-healthy-choices>

### **WHAT DOES THIS LOOK LIKE IN PRACTICE? (I HAVE A LITTLE MORE TIME TO READ ABOUT THIS)**

The Outdoor Environment: Designing for Engagement | VLS 7 min 42 sec

<https://www.virtualabschool.org/infant-toddler/learning-environments/lesson-3?module=4151>

Supporting Outdoor Play and Exploration for Infants and Toddlers (ECLKC)

<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/ehs-ta-paper-14-outdoor-play.pdf>

Head Start Body Start Infant Toddler Play Assessment

<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/infant-toddler-play-space-assessment.pdf>

GO NAPSACC! <https://gonapsacc.org/>

Kansas Early Learning Standards Documents: Physical Health and Development

<https://kskits.drupal.ku.edu/2-kels-documents-0>

### **WHAT DOES THE ECRC HAVE ON THIS TOPIC?**

Below are selected resources from the Early Childhood Resource Center. For additional resources go to the [KITS website](#) and access the Early Childhood Resource Center catalog by clicking on [ECRC](#), or call (620) 421-6550 ext. 1638 for personal assistance.

Barbre, J. (2013) Activities for responsive caregiving: Infants, toddlers, and twos. St. Paul, MN: Redleaf Press.

Cross, A. (2010) Ants in their pants: Teaching children who must move to learn. St. Paul, MN: Redleaf Press.

Cryer, D. (1987) Active learning for ones. Menlo Park, CA: Addison-Wesley Publishing Co.

Cryer, D. (1988) Active learning for twos. Menlo Park, CA: Addison-Wesley Publishing Co.

Green, J. (2017) I'm OK! Building resilience through physical play. St. Paul, MN: Redleaf Press.

Little, H., Elliott, S., Crawford, & Wyver, S. (2018) Outdoor learning environments: Spaces for exploration, discovery and risk-taking in the early years. Sydney, Allen & Unwin.

Sanders, S. (2002) Active for life: Developmentally appropriate movement

White, J. (2010) Babies outdoors: Play, learning & development. Newcastle Upon Tyne: GB Siren Film.

White, J. (2010) Toddlers outdoors: Play, learning & development. Newcastle Upon Tyne: GB Siren Film.

White, J. (2010) Two year olds: Play, learning & development. Newcastle Upon Tyne: GB Siren Film.

## **HOW CAN I FIND TRAINING/TRAINING MATERIALS ON THIS TOPIC?**

- **KCCTO COURSES**
  - I Need to Move! Promoting Physical Development
  - From the Start: Creating Healthy Spaces for Infants and Toddlers
  - Infant and Toddler Child Development
  - Exploring Our World: Creating Infant and Toddler Learning Environments
- **KCCTO-KITS ITSN Community Based Training**
  - From the Start: Creating Healthy Spaces for Infants and Toddlers
  - Academic AND Play-Based: Building Cognitive Skills Through Play
- Visit these links for collaborative training calendars:
  - [KCCTO Training Calendar](#)
  - [KITS Training Calendar](#)

To inquire about a specific class, contact the KCCTO office 785-532-7197 or visit [KCCTO.org](http://KCCTO.org)

## **WHAT IF I STILL NEED HELP?**

You may request technical assistance from the KCCTO-KITS Infant Toddler Network Specialists by calling the KCCTO office at 800-227-3578.

## **IF YOU THOUGHT THIS WAS HELPFUL YOU MIGHT ALSO LIKE**

Virtual Kit: Tummy Time

<http://kskits.org/sites/kskits.drupal.ku.edu/files/docs/TummyTimeVirtualKit.pdf>

Virtual Kit: Nutrition and Preventing Obesity

<https://kskits.drupal.ku.edu/virtual-kit-nutrition-and-preventing-obesity>

Virtual Kit: Intentional Planning for I/T TA packet

<https://kskits.drupal.ku.edu/intentional-planning-infants-and-toddlers>

## **EVALUATION**

Please take a minute to complete a brief survey to let us know what you think about this virtual kit, and what other topics you would like to see addressed in the future <https://www.surveymonkey.com/r/JKNQ75S>

## **REFERENCE**

American Academy of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care and Early Education. CFOC Standards Online Database. Aurora, CO; National Resource Center for Health and Safety in Child Care and Early Education; 2019. <https://nrckids.org/CFOC/Database/3.1.3.1> Accessed June 5, 2019.