

Washington State Foundational Quality Standards for Early Learning Settings

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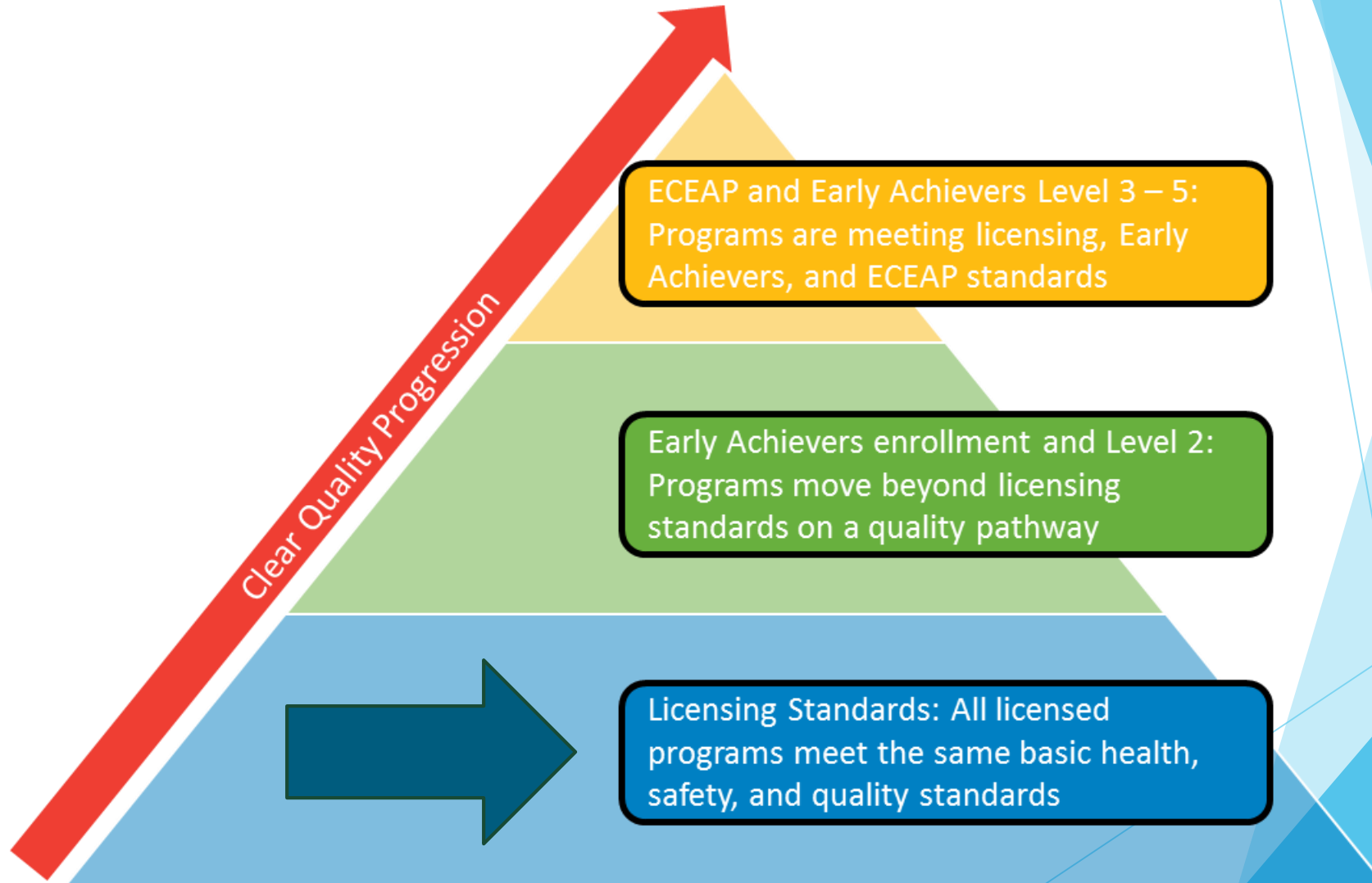
Early Start Act (2015)

The ESA required a single set of licensing rules for child care and preschool.
Must include:

- Minimum health and safety rules;
- Early Achievers to determine quality;
- Unique needs of family vs. center child care; and
- Continual promotion of safety.



Vertical Alignment: Progression of Quality



Negotiated Rulemaking

“To ensure that no one has been left out”

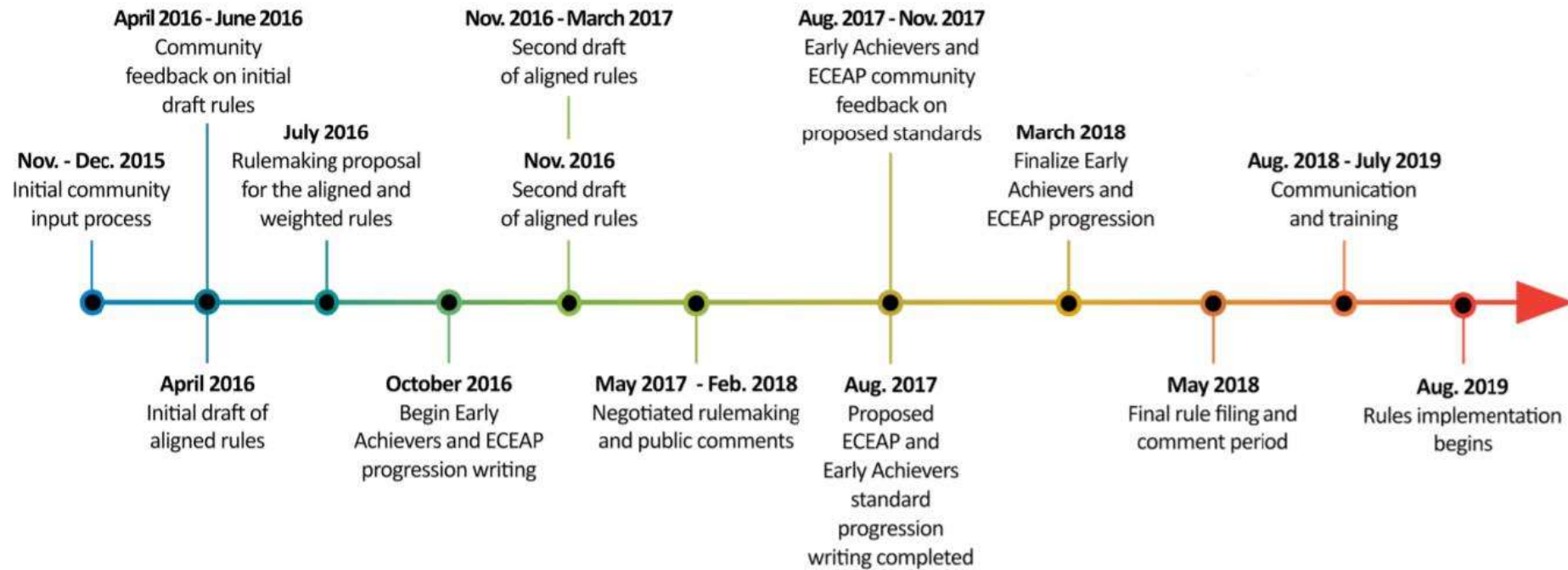
RCW 34.05.310

(1)(a) To meet the intent of providing greater public access to administrative rule making and to promote consensus among interested parties, agencies must solicit comments from the public on a subject of possible rule making before filing with the code reviser a notice of proposed rulemaking under [RCW 34.05.320](#)

- Family Home Providers
- Center Providers
- Head Start & ECEAP Providers
- Parents & Families: customers of the licensed providers
- Child Care Licensing/DCYF



Community and Communication



Guidance and Advocacy

Guidance:

- ▶ Caring For Our Children, 3rd Edition
- ▶ NAPSACC
- ▶ Healthy Kids, Healthy Future (formerly Let's Move Child Care)
- ▶ CACFP
- ▶ Other States
- ▶ Nutrition Colleagues
- ▶ Childhood Obesity Prevention Coalition- Early Learning Subcommittee

Advocacy

- ▶ Voices for Healthy Kids Grant awarded to the Washington State Childhood Obesity Prevention Coalition

Overview of New Nutrition and Physical Activity Regulations

Nutrition: Meals must meet USDA standard, sugar sweetened beverages are eliminated, only unflavored milk can be served, a fruit or vegetable must be included during at least one snack each day, water must be readily available, and breastfeeding mothers must be accommodated and supported.

Physical Activity: Early childhood education programs must offer a minimum amount of daily physical activity - specific to a child's age and program length - that must include time outdoors and also a mixture of activities.

Screen Time: Screen time is limited for kids over 2 years old, and intentional screen time is prohibited for kids under two years old.

Healthy Eating Regulations

- ▶ **WAC 110-300-0185**
- ▶ **Menus, milk, and food.**
- ▶ To ensure proper nutrition of children in care, an early learning provider must comply with the child nutrition requirements described in this section.
- ▶ (1) Meals, snack foods, and beverages provided to children in care must comply with the requirements contained in the most current edition of the *USDA Child and Adult Care Food Program (CACFP)* standards, or the *USDA National School Lunch and School Breakfast Program* standards.
- ▶ (a) An early learning provider must supply dated menus.
- ▶ (b) Food and beverage substitutions to a scheduled menu must be of equal nutritional value.
- ▶ (c) An early learning provider must only serve water, unflavored milk or one hundred percent fruit or vegetable juice.
- ▶ (d) An early learning provider must limit the consumption of one hundred percent fruit juice to no more than four to six ounces per day for children between one and six years old, and eight to twelve ounces per day for children seven through twelve years old.
- ▶ (2) An early learning provider must serve a fruit or vegetable as one of the two required components during at least one snack per day.

Active Play Time

- ▶ **WAC 110-300-0360**
- ▶ **Program and daily schedule.**
- ▶ (1) An early learning provider must have an established program and daily schedule that is familiar to children.
- ▶ (2) A schedule must be designed to meet enrolled children's developmental, cultural, and special needs. The daily schedule must:
 - ▶ (a) Be specific for each age group of children, when applicable;
 - ▶ (b) Offer a variety of activities to meet children's needs, pursuant to WAC [110-300-0150](#);
 - ▶ (c) Meet the following daily morning or afternoon active outdoor play time requirements:
 - ▶ (i) Twenty minutes for each three hours of programming for infants (as tolerated) and toddlers;
 - ▶ (ii) Thirty minutes for each three hours of programming for children preschool age and older; and
 - ▶ (iii) Programs that operate more than six hours a day must provide ninety minutes of active play for preschool age and up or sixty minutes of active play for infants and toddlers (thirty minutes of which may be moderate to vigorous indoor activities).
 - ▶ (d) Include scheduled and consistent times for meal service;
 - ▶ (e) Include routine transportation times, if applicable;
 - ▶ (f) Include rest periods, if applicable; and
 - ▶ (g) Include overnight care, if applicable.

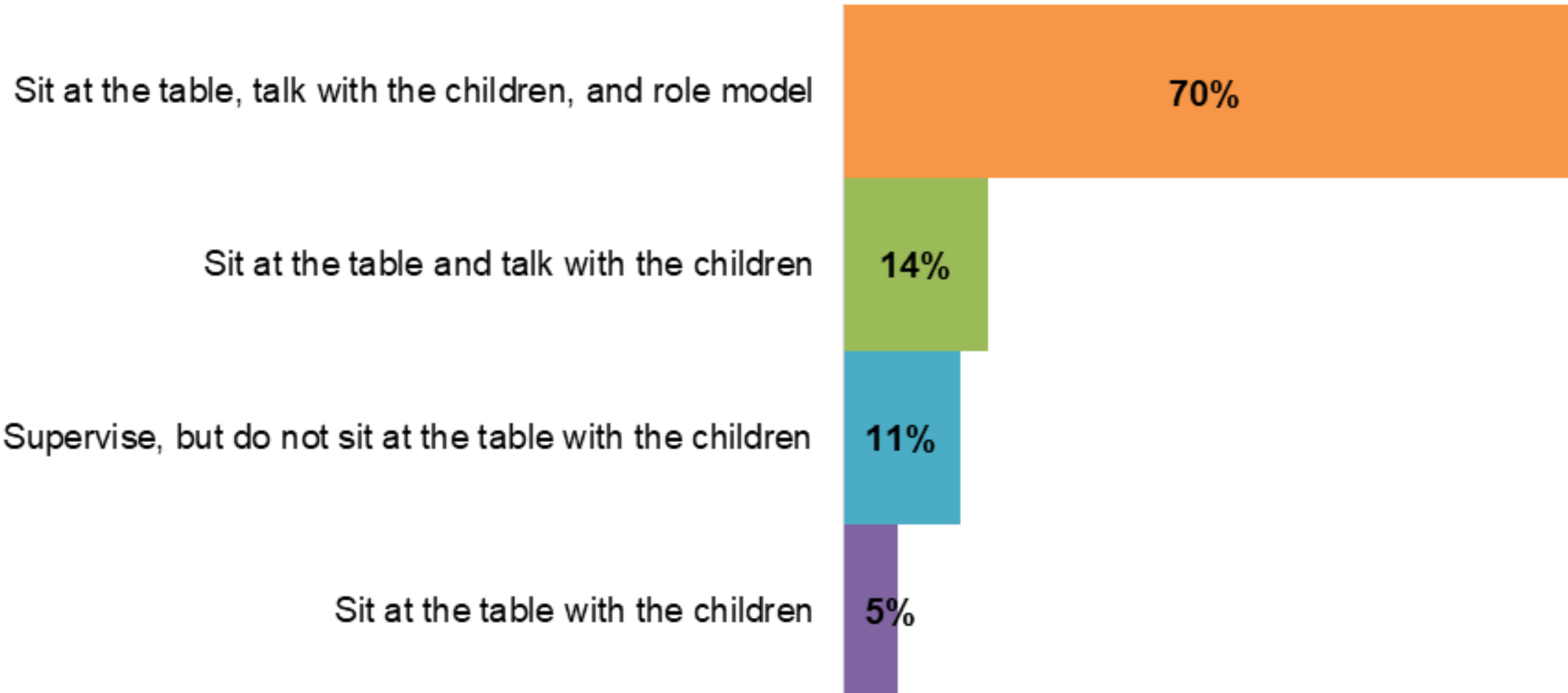
Best Practices Not Included

- ▶ While many of the proposed standards show real improvement for all topic areas, there are some specific areas that we were disappointed to see not addressed in the final rules. The changes we requested that were not fully addressed include:
 - ▶ • Limiting juice consumption to Healthy Eating Research guidelines,
 - ▶ • Limiting processed meats and fried (or pre-fried) foods,
 - ▶ • Requiring family style dining,
 - ▶ • Prohibiting food as reward,
 - ▶ • Clarifying language regarding defined time periods for physical activity, and
 - ▶ • Adding limiting language on the term ‘intentional’ in relation to screen time for children under 24 months of age

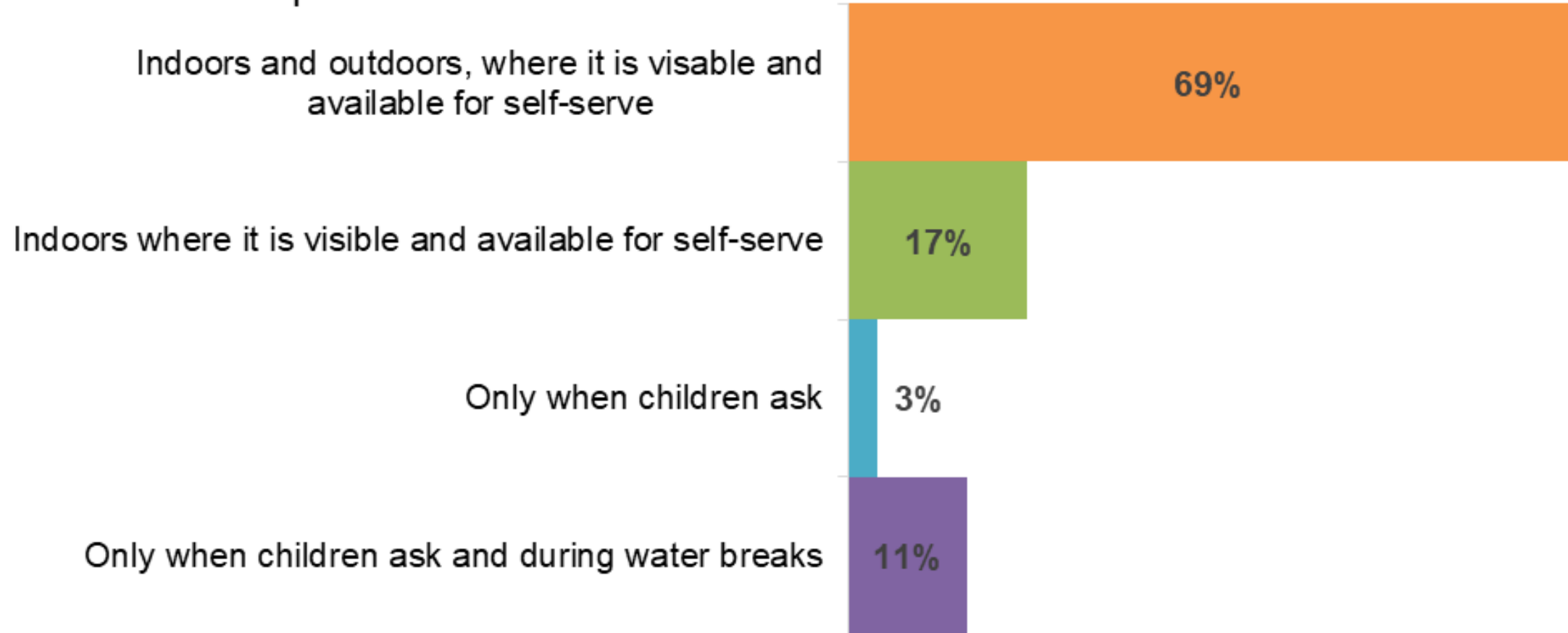
Tracking Practice Change

- ▶ 2013 and 2018 Washington State Survey of Nutrition and Physical Activity in Child Care
- ▶ 2023 Survey: Compare nutrition and physical activity practices after new foundational standards are implemented.

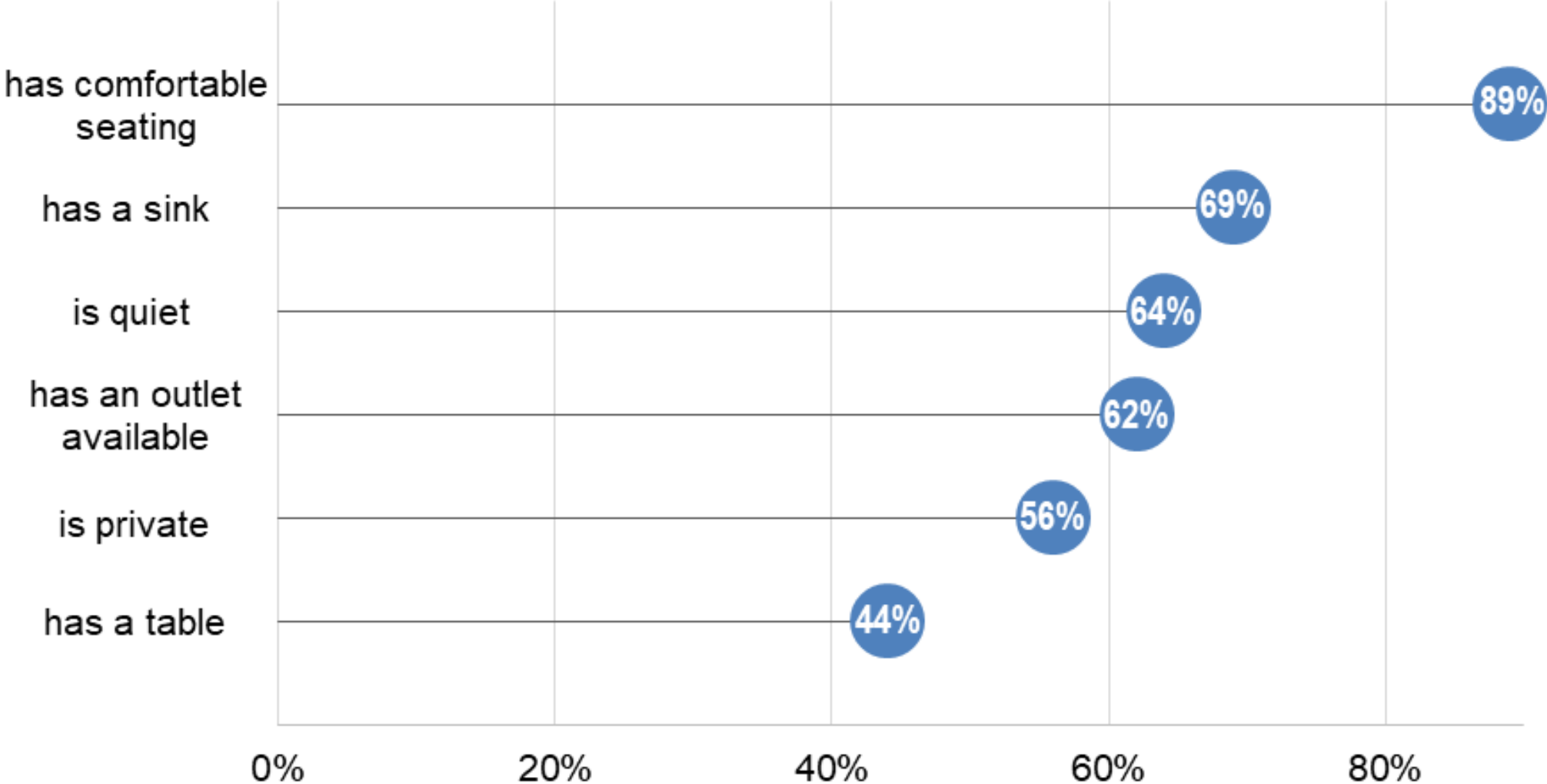
How do staff interact with children at meal time?



How is water provided?



Our facility's breastfeeding space...



Questions?

- ▶ Contact: Adrienne Dorf: Adrienne.dorf@dcyf.wa.gov