



Healthy Kids Healthy Future – Technical Assistance Memo Summary of Obesity Prevention Standards in State Quality Rating and Improvement Systems (QRIS) and Licensing Regulations

Introduction

Childhood obesity continues to be a national epidemic even among young children; thus, it is important to understand and share ways states are weaving prevention strategies into their early care and education (ECE) systems. The purpose of this summary is to identify how states are promoting healthy eating, breastfeeding, physical activity, and limited screen time in ECE through quality rating and improvement system (QRIS) standards and licensing regulations. Information in this document is current through January 2016.

While all states are listed in this document, detailed QRIS standards information is only included for states with current statewide implementation. States with local QRIS implementation (California, Kansas, and Florida), those in the planning phase (Alaska, Connecticut, Hawaii, South Dakota, West Virginia, and Wyoming), pilot phase (Alabama), or those in which legislation prevents implementation of QRIS (Missouri) are indicated as such.

It is important to note that this document is meant to supplement existing information on state QRIS and is not intended to provide extensive background or contextual information on state systems. Such information can be found in the [QRIS Compendium](#), in the Administration for Children and Families (ACF) [QRIS Standards, Levels, and Rating Systems](#) (September 2015) summary, and on state agency and organization websites. This is a working document and information was compiled beginning in summer 2015 from state websites and materials, as well as the sources footnoted. It includes information related to center-based care only. Since licensing regulations and QRIS standards are subject to change over time, users of the document should consult with state sources to confirm information is current.



Quality Rating
& Improvement
System (QRIS)



Licensing &
Administrative
Regulations

Why consider licensing regulations and QRIS standards?

In many states licensing and QRIS are closely tied together. For instance, in some states licensing serves as the first “level” of the QRIS, or is a prerequisite for participation in the QRIS. It is important to consider both systems (licensing and QRIS) for the most complete picture of how states are integrating childhood obesity efforts. The licensing regulations and QRIS standards information listed in this document mirror and summarize the wording in state documents. While states may be implementing similar regulations or standards, there are often important nuances in the way the information is presented.

Finally, in many states ECE providers are *required* to meet licensing regulations in order to operate a child care business. The degree to which QRIS standards are voluntary versus required depends on a couple of factors. The first factor is whether or not participation in the QRIS itself is required. In some states participation in the system is required, and in others it is voluntary. Second is the type of QRIS. Some states operate “block” systems in which all QRIS standards at a particular level must be met before the provider can achieve a higher level rating. Other states operate “points-based” systems in which providers may choose which QRIS standards they will achieve to earn a certain number of points toward a rating. Few states operate “hybrid” systems in which there are certain standards that are required at other level, while programs may also select standards to meet toward earning their quality rating. Knowing the type of system in each state and how it operates is an important factor for understanding whether or not ECE providers in the state are required to meet the regulations and standards listed in this document. As noted above, the QRIS Compendium is a valuable resource for this type of information.

For more information about this summary please contact Julie Shuell, Nemours, at julie.shuell@nemours.org. Please note this document will be updated over time at intervals to be determined. If your state has more current information than is presented in this table you may send updated information.

Last Updated: April 2019

State, QRIS Name	Licensing Interaction with QRIS ¹	Licensing Regulations Related to Healthy Eating, Breastfeeding, Physical Activity, and Screen Time (<i>for centers</i>) ²	QRIS Standards Related to Healthy Eating, Breastfeeding, Physical Activity, and Screen Time (<i>for centers</i>) ³
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¹ Information gathered from Administration for Children & Families, Office of Child Care, *QRIS Standards, Levels, and Rating Systems* - https://grisguide.acf.hhs.gov/files/QRIS_Levels_Rating.pdf

² Information gathered from Public Health Law Center, *Healthy Child Care – 50-State Review* <http://publichealthlawcenter.org/resources/healthy-child-care>, and state licensing regulations

³ Information gathered from summary compiled by Centers for Disease Control and Prevention (CDC), drawing from state websites and information in summer 2015

Alabama	N/A (QRIS in pilot phase)	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Programs should follow meal and snack patterns set forth for children ages 1-13 • Meals and snacks shall comply with meal and snack patterns of the Food and Nutrition Service, U. S. D. A • It is recommended that breast milk be served in place of formula from birth through 11 months • The feeding schedule shall be in accordance with each infant's/toddler's needs rather than according to the hour • No child shall be deprived of a meal or snack if he/she is in attendance at the time the meal or snack is served. • Each infant shall be held for bottle feeding. No bottles shall be propped • Fruit juice shall be full-strength. • Bread and bread alternates shall be made from whole grain or enriched meal or flour. • Vending machines shall be prohibited in areas used by the children. • Drinking water may be offered to each infant during the day. Drinking water shall be offered to each toddler during the day. • Drinking water shall be offered to each child during the day. • No infant/toddler shall be forced to eat. No child shall be forced to eat. • Food shall not be used as a punishment or reward. • The use of discipline associated with food is prohibited <p><u>Breastfeeding</u></p> <ul style="list-style-type: none"> • It is recommended that breast milk be served in place of formula from birth through 11 months. <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Required Equipment List: 0 up to 18 months. Minimum Equipment Required for Each Group of Children. Push and pull toys - 1; Large soft ball (8+ inches) • Required Equipment List: 18 months up to 2 years. Minimum Equipment Required for Each Group of Children. Active Play. Push and pull toys - 2; Large cars, trucks, boats, etc. - 2; Sit-on riding toys - 2; Large soft balls - 2; 	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Posts developmentally appropriate lesson plan in each classroom/program area, which includes weekly nutritional activities (Level 2) <p><u>Breastfeeding</u> - None</p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Developmentally appropriate daily schedule includes a minimum of 60 minutes of vigorous active play (Level 1) <p><u>Screen Time</u> – None</p> <p>http://alabamaqualitystars.org/ QRIS standards catalogued from documents dated 2016.</p>
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		<ul style="list-style-type: none"> • 6 years and older: Minimum Equipment Required For Each Group of Children. Games choose active or outdoor games suited to the age of the children - 1 per 5 children; • Minimum Equipment Required For Groups Of Twenty-Five Children Or Fewer On The Playground. Wheel vehicles to sit on and maneuver - 2; Wheel vehicles to pull or push - 2; Balls - 3; Climbing apparatus; Walking board; Crawl through equipment; Digging or sand area; Toys for digging • In accordance with recommendations from the American Academy of Pediatrics, each infant younger than twelve (12) months shall be placed in a prone (front) position part of the time he/she is awake and observed. Tummy time helps muscle development and reduces the tendency of back positioning to flatten the back of the infant's head. • Infants/toddlers shall have daily indoor opportunities for freedom of movement, outside their cribs, in an open, uncluttered space. • A variety of indoor and outdoor experiences shall be available. • Infants/toddlers shall spend time outdoors daily, when weather permits. <p><u>Screen Time</u></p> <ul style="list-style-type: none"> • Radio and television and videotapes shall be used only when they supplement and enhance the daily plan for the children. No child shall be required to watch television or videotapes <p>http://dhr.alabama.gov/services/child_care_services/Licensing_Overview.aspx <i>Licensing Regulations catalogued from documents dated 2007.</i></p>	

Alaska	N/A (QRIS in planning phase)	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • A child care facility shall ensure that snacks and meals meet the child care food program requirements of CACFP • An infant must be fed on demand • A child on bottle feedings must either be held or fed sitting up or, if unable to sit up, always be held by a caregiver during the feeding • Bottles may not be propped for a child • A child in care may not be disciplined in association with food • Except for medical reasons, a child care facility may not deny a meal or snack to a child, force-feed a child, or otherwise coerce a child to eat against the child's will for any reason. Mere encouragement to eat without any element of compulsion is not prohibited <p><u>Breastfeeding – None</u></p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Requires the facility to provide opportunities for at least 20 minutes of vigorous physical activity for every three hours the facility is open between the hours of 7:00 a.m. and 7:00 p.m. • Required to provide daily supervised outdoor activity when weather and the individual child's tolerance permit • A facility providing care for infants or toddlers may not routinely leave a child awake in a crib, swing, or similar device for more than 15 minutes without direct adult contact. • The facility shall allow infants and toddlers ample supervised opportunity during the day to explore and learn on their own outside of a play yard or other restraining device • A child care facility shall maintain a well-organized environment, arranged so that infants may explore safely and freely, to crawl, stand, and learn to walk <p><u>Screen Time</u></p> <ul style="list-style-type: none"> • Programs shall limit television, movie viewing, and computer and video game use to one and one-half hours in a 24-hour period, except for special occasions • Programs shall limit computer learning activities to two hours a day. 	<p><i>In July, 2016 Alaska launched Phase I of Learn & Grow. Learn & Grow currently does not have specific Health Eating or Physical Activity quality standards included. .</i></p> <p><i>QRIS standards do not include healthy eating, breastfeeding, physical activity or screen time standards.</i></p> <p><u>http://theadalaska.org/index.cfm/Early-Educators/Learn-&-Grow-(Alaska's-QRIS)</u></p> <p><i>QRIS standards catalogued from documents dated 2016.</i></p>
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		http://dhss.alaska.gov/dpa/Pages/ccare/default.aspx <i>Licensing Regulations catalogued from documents dated 2013.</i>	
Arizona Quality First	License required to participate in QRIS	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Program shall ensure that drinking water is provided sufficient for the needs of and accessible to enrolled children in both indoor and outdoor activity areas • If licensee prepares food, food is prepared according to meal pattern requirements • Milk served to an enrolled child older than two years of age is fat-free or 1% low-fat milk unless the child's parent requests otherwise • 100% fruit juice is limited to 4 ounces per day per child • A beverage sweetened with any kind of sugar product is not provided by the facility • Licensee shall ensure that a staff member teaches self-feeding skills and habits of good nutrition to each enrolled child as necessary • Meals are served family style <p><u>Breastfeeding</u></p> <ul style="list-style-type: none"> • Infant room must include one adult-size chair for use by a nursing mother when breastfeeding her infant <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Lesson plans provide opportunity for children to participate in structured large muscle physical activity <p><u>Screen Time</u></p> <ul style="list-style-type: none"> • Screen time prohibited in infant rooms • Screen time prohibited in activity area where child care services are provided to a 1-year-old child <p>http://www.azdhs.gov/documents/licensing/childcare-facilities/rules/bccl-child-care-facility-rules.pdf <i>Licensing Regulations catalogued from documents dated 2010.</i></p>	<p><i>QRIS standards do not include healthy eating, breastfeeding, physical activity or screen time standards. However, programs participating in QRIS must be enrolled in Empower, which includes extensive focus in these content areas.</i></p> <p>http://qualityfirstaz.com/ <i>QRIS standards catalogued from documents dated 2012.</i></p>

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<p>Arkansas</p> <p>Better Beginnings</p>	<p>License required to participate in QRIS</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> Meals and snacks must meet current USDA guidelines Drinking water shall be provided to children <p><u>Breastfeeding</u></p> <ul style="list-style-type: none"> Recommended that mothers be allowed and encouraged to breastfeed children at the facility <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> There shall be at least 1 hour of outdoor play in suitable weather Requires 30 minutes of moderate to vigorous physical activity per day Infants and toddlers must be offered time for gross motor play outdoors <p><u>Screen Time</u></p> <ul style="list-style-type: none"> Screen time prohibited for children under two years of age Screen time must not exceed 1 hour per day per child or group of children <p>http://humanservices.arkansas.gov/dccece/licensing_docs/2014%20A1%20CCC%20Clean%20Copy%20Final%20Filing.pdf Licensing Regulations catalogued from documents dated 2015.</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> Facility shares with families information regarding stages of development for children (Level 3) Administrator and kitchen manager (if applicable) participate annually in at least 2 clock hours of training on nutrition for children (Level 2) Shares with families information on nutrition and physical activity for children (Level 3) <p><u>Breastfeeding</u> - None</p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> Facility shares with families information regarding stages of development for children (Level 3) Caregivers plan and implement daily developmentally appropriate physical activities for all children (Level 2) Shares with families information on nutrition and physical activity for children (Level 3) <p><u>Screen Time</u> - None</p> <p>http://www.arbetterbeginnings.com/ QRIS standards catalogued from documents dated 2010.</p>
<p>California</p>	<p>N/A (Local implementation of QRIS; varies by region)</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> Where meal service within a center is elective, arrangements shall be made to ensure availability of a daily food intake 	<p>California's Quality Rating and Improvement System is administered locally in 49 counties. Participation in the five-level QRIS is voluntary. Participating sites are rated on three main categories: 1) Child Development and School Readiness, 2) Teachers and Teaching, and 3) Program and Environment. California's QRIS is funded via 3 state funding streams: The California Department of Education QRIS State Preschool Program and Infant Toddler Block Grants, as well as First 5 California IMPACT.</p>

		<p>meeting the requirements of above for all children who elect meal service in their admission agreement</p> <ul style="list-style-type: none"> • Drinking water from a non-contaminated fixture or container shall be readily available both indoors and in the outdoor activity area. Children shall be free to drink as they wish • The infant shall be fed in accordance with the individual plan. • For infants, the introduction of solid foods shall be in accordance with the individual plan. • Infants who are unable to hold a bottle shall be held by a staff person or other adult for bottle feeding. At no time shall a bottle be propped for an infant. • Between meals, snacks shall be available for all children unless the food a child may eat is limited by dietary restrictions prescribed by a physician. Each snack shall include at least one serving from each of two or more of the four major food groups • The licensee shall ensure that each child is accorded the following personal rights: To be free from corporal or unusual punishment, infliction of pain, humiliation, intimidation, ridicule, coercion, threat, mental abuse or other actions of a punitive nature including but not limited to: interference with functions of daily living including eating • All personnel shall be given on-the-job training in the areas listed below, or shall have related experience that demonstrates knowledge of and skill in those areas. Such training or experience shall be appropriate to the job assigned and shall be evidenced by safe and effective job performance. Principles of nutrition, food preparation and storage, and menu planning • Each center shall provide a variety of daily activities designed to meet the needs of children in care, including but not limited to: Eating <p><u>Breastfeeding</u></p> <ul style="list-style-type: none"> • If requested, arrangements for privacy shall be made for any mother who has reached an agreement with the infant care center to nurse her infant in the center. <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Each center shall provide a variety of daily activities designed to meet the needs of children in care, including but not limited to: Quiet and active play. 	<p>https://www.qualitycountsca.net/</p>
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		<ul style="list-style-type: none"> The outdoor activity space shall be equipped with a variety of age-appropriate toys and equipment. Confinement to cribs, high chairs, playpens or other similar furniture or equipment shall not be permitted as a form of discipline or punishment. <p><u>Screen Time</u> – None</p> <p>http://www.cclid.ca.gov/pg411.htm</p> <p><i>Licensing Regulations catalogued from documents dated 2005.</i></p>	
<p>Colorado Colorado Shines</p>	<p>Level 1 criteria equal to programs having license, in good standing</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> Staff members must sit with the children and encourage them to try a variety of food served. During meals, children should be 	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> The program provides materials and resources (including information about child nutrition, physical fitness, food banks) in a way that is accessible to all families, including families with high needs (1 point) Program offers nutrition information and education programs, annually, led by nutritionist or registered dietician (2 points) Program has a garden and serves fruits/vegetables from the garden for children to taste (2 points) <p><u>Breastfeeding</u> – None</p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> Program uses a curriculum that has been aligned with the domains of Colorado’s Early Learning and Development Guidelines and is age specific to the children it serves to include physical development and health (2 points) Classroom teachers lead children in structured physical activities daily (1 point)

encouraged to engage in conversation and to express their independence.

- Drinking water shall be readily accessible to children whenever the facility is operating.
- All meals and snacks provided by the center must meet current USDA child and adult care food program meal pattern requirements and be offered at suitable intervals.
- Centers must not provide sugar sweetened beverages to children.
- If 100% fruit juice, which is not a sugar sweetened beverage, is offered as part of meals and/or snacks, it must be limited to no more than twice per week.

Breastfeeding

- If the infant is breast fed the provider must not offer formula, water, or other liquids without discussing substitutions or supplementation with the infant's parent.
- The provider must make an area in the home available for a breastfeeding mother to breastfeed her infant while visiting the home during business hours.

Physical Activity

- The program must include outdoor play each day.
- Daily physical activity gross motor activities with or without equipment or materials must be provided outdoors or indoors during inclement weather, to preschool age and older children for no less than sixty (60) minutes total for full day programs. Activities do not have to occur all at one time.
- Daily physical gross motor activities with or without equipment or materials, must be provided outdoors or indoors during inclement weather to preschool age and older children for no less than thirty (30) minutes total for part day programs operating from three (3) to five (5) hours per day. Activities do not have to occur all at one time.
- Daily physical gross motor activities, with or without equipment or materials, must be provided outdoors or indoors during inclement weather, to preschool age and older children daily for no less than fifteen (15) minutes total for part day programs operating up to three (3) hours per day. Activities do not have to occur all at one time.

Screen Time – None

<http://coloradoshines.force.com/ColoradoShines/home>
QRIS standards catalogued from documents dated 2015.

- Daily physical gross motor activities with or without equipment or materials, must be provided to toddler age children outdoors for no less than fifteen (15) minutes for part day programs operating up to three (3) hours per day, no less than thirty (30) minutes total for part day programs operating from three (3) to five (5) hours per day, and no less than sixty (60) minutes for full day programs.
- When inclement weather limits outdoor activities, indoor physical daily gross motor activities, with or without equipment or materials, must be provided to toddler age children outdoors for no less than fifteen (15) minutes for part day programs operating up to three (3) hours per day, no less than thirty (30) minutes total for part day programs operating from three (3) to five (5) hours per day, and no less than sixty (60) minutes for full day programs.
- Supervised tummy time must be offered to infants one month of age or older up to twenty to thirty (20 – 30) minutes per day.
- Infants must be provided outdoor play at least three (3) times per week, weather permitting.

Screen Time

- Television and video viewing is prohibited for children less than two (2) years of age.
- All television, recorded media, computer, tablet and media devices are prohibited during snack or meal times.
- All media that children are exposed to must not contain explicit language or topics.
- For children two (2) years of age and older, television, recorded media and video time must be limited to thirty (30) minutes per week.
- For children two (2) years of age and older computer and tablet time must be limited to non-consecutive fifteen (15) minute increments not to exceed thirty (30) minutes per day.
- For children two (2) years of age and older, television, recorded media, computer, and media device may only exceed thirty (30) minutes per week for a special occasion.

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		http://www.coloradoofficeofearlychildhood.com/#/rules-and-regulations/c86y <i>Licensing Regulations catalogued from documents dated 2015.</i>	
Connecticut	N/A (QRIS in planning phase)	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Each child day care center and group day care home shall develop and implement a written plan for the daily program that includes a flexible schedule and shall be available to the parent(s) and staff. The plan shall include: (6) health education experiences that include modeling good health practices, sound nutrition • The program shall include: nutritious snacks and meals • Infants shall be removed from their cribs and held for all bottle feedings. They may be placed in chairs for all other feedings. • Drinking water shall be available and accessible. • Children shall have opportunities to choose among activities, including, but not necessarily limited to: nutritional snacks <p><u>Breastfeeding</u> – None</p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • The program shall include: active and quiet play • Infants and toddlers shall be removed from their cribs or playpens at other intervals during the day for individual cuddlings and for verbal communication. They shall be allowed to crawl and toddle as age and development permit. Each infant shall be placed in a prone (front) position part of the time when awake • The plan shall include: indoor and outdoor physical activities which provide opportunities for fine and gross motor development <p><u>Screen Time</u> – None</p> <p>http://www.ct.gov/oec/cwp/view.asp?a=4542&q=544636 <i>Licensing Regulations catalogued from documents dated 2015.</i></p>	N/A – QRIS in planning phase, set to release draft model in Spring 2017

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<p>Delaware</p> <p>Stars for Early Success</p>	<p>QRIS level 1 is equal to program being licensed in good standing</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Programs must ensure that drinking water is always available to children in their classrooms and outdoors and supplied to them on request or available for self-service as appropriate • Program shall encourage modeling healthy eating practices by adults when eating with children • Program must follow meal pattern requirements <p><u>Breastfeeding</u></p> <ul style="list-style-type: none"> • Program shall have and follow a policy to address the needs of a child who is breastfed, including allowing a mother to breastfeed her child at a designated place in the center that is clean, removed from public view, and not located in a bathroom or kitchen <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Program ensures that for children one year and older is provided with the opportunity for a minimum of 20 minutes of moderate to vigorous physical activity indoors or outdoors for every 3 hours the child is in attendance • Interactions with infants shall include tummy time for short periods of a few minutes while the infant is awake <p><u>Screen Time</u></p> <ul style="list-style-type: none"> • Screen time activities are prohibited for children younger than two years of age and require written permission from the parent/guardian for all other children • Screen time shall not exceed one hour daily per child or group of children <p>http://kids.delaware.gov/occl/regs-exempts.shtml Licensing Regulations catalogued from documents dated 2015.</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Program implements a supplemental curriculum to support children's literacy, math, social-emotional or healthy lifestyles (1-2 points) <p><u>Breastfeeding</u> – None</p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Program implements a supplemental curriculum to support children's literacy, math, social-emotional or healthy lifestyles (Level 2) <p><u>Screen Time</u> – None</p> <p>http://www.delawarestars.udel.edu/ QRIS standards catalogued from documents dated 2014.</p>

<p>District of Colombia Going for the Gold</p>	<p>QRIS level 1 is equal to program being licensed in good standing</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • The following methods of discipline shall not be employed: Forced feeding, or withholding of food • Each paid employee of a Child Development Center serving infants, toddlers, and/or preschoolers whose duties and/or responsibilities include the care of enrolled children shall participate in at least eighteen (18) hours of training annually in the fields of child and youth development and/or early childhood education. The required annual training shall include the following subject areas: Child health, including standard health care precautions • The Facility shall ensure that a Facility staff member removes each infant from his or her crib for all feedings, and that no infant is fed by means of a propped bottle. • Each Child Development Facility shall ensure that its planned menus, and the foods that are actually served by the Facility, are: varied, suitable to the ages and developmental levels of the children, and consistent with the meal pattern requirements specified by the United States Department of Agriculture's Child and Adult Care Food Program • Each Child Development Facility shall ensure that its daily menus conform to the current United States Department of Agriculture dietary recommendations for sugar, salt and fat intake. • A Licensee shall make drinking water continuously available to all children and serve drinking water on demand. <p><u>Breastfeeding</u></p> <ul style="list-style-type: none"> • The Facility shall provide a comfortable and secluded location on-site in which mothers can breast-feed their children <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • The following methods of discipline shall not be employed: outdoor activities or play • Each paid employee of a Child Development Center <i>servicing infants, toddlers, and/or preschoolers</i> whose duties and/or responsibilities include <i>the care of enrolled children</i> shall participate in at least eighteen (18) hours of training annually in the <i>fields of child and youth development and/or early childhood education</i>. The required annual training shall include <i>the</i> 	<p><i>Unable to locate QRIS standards.</i></p>
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		<p><i>following subject areas:</i> Developmentally appropriate programming for infants, toddlers, preschool and/or school-age children, as applicable;</p> <ul style="list-style-type: none">• Acceptable subject areas for continuing education and training, as required by this section, include the following: Use of physical space and play equipment; Planning programs and activities for children and families;• Each Child Development Center serving infants, toddlers, and preschoolers shall provide time each day for both quiet and active play, suitable to the ages and abilities of the children enrolled at the Facility.• Each Center serving children in a full-day program shall ensure that each child, including infants, toddlers, and preschoolers, has a minimum of two (2) hours of outdoor play or outdoor activity each day.• The program shall include outdoor play each day, except that in extremely inclement weather the program may substitute indoor gross motor play such as climbing, jumping, running, riding wheel toys, and sports;• The Facility shall develop a written activity plan for each group of children that implements the elements of the program of activities.• The Facility shall ensure that the daily activities for each group of children include both structured and unstructured times, and both staff-directed and child-initiated experiences• Each Child Development Facility shall provide a variety and sufficient quantities of materials, equipment and supplies for indoor and outdoor activities, consistent with the numbers, ages and needs of the infants, toddlers, preschool and school-age children enrolled• The Facility shall ensure that there are sufficient quantities of materials and equipment to: Avoid excessive competition among the children and long waits for use of the materials and equipment; and Provide for a variety of experiences and appeal to the individual interests of the children.• The use of infant walkers shall be prohibited• The Facility shall ensure that each infant is allowed to safely and comfortably sit, crawl, toddle, or walk, and to play according to his or her stage of development, in a designated	
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State, QRIS Name	Licensing Interaction with QRIS ¹	Licensing Regulations Related to Healthy Eating, Breastfeeding, Physical Activity, and Screen Time <i>(for centers)</i> ²	QRIS Standards Related to Healthy Eating, Breastfeeding, Physical Activity, and Screen Time <i>(for centers)</i> ³
		<p>play space apart from the infant's sleeping quarters, during each day.</p> <p><u>Screen Time</u></p> <ul style="list-style-type: none"> • A Licensee shall limit viewing of television, videos, or other visual recordings to no more than sixty (60) minutes total per day for children ages two (2) and older. • The only materials that may be viewed shall consist solely of developmentally appropriate educational programming or programs that actively engage child movement. A Licensee shall limit to a proportionate amount of any such viewing for children ages two (2) and older attending less than a full day program. <p>http://osse.dc.gov/publication/child-care-licensing-regulations</p> <p>http://osse.dc.gov/sites/default/files/dc/sites/osse/publication/attachments/Licensing_Regulations_29_DCMR_3.pdf</p> <p><i>Licensing Regulations catalogued from documents dated 2007.</i></p>	

<p>Florida</p>		<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Infants must be held for bottle feedings until they are developmentally ready to sit in an age appropriate chair with good head control. • There must not be any propped bottles. • Using or withholding food or beverages as a punishment is prohibited • If a child care facility provides food to children in care, it must provide nutritious meals and snacks of a quantity and quality to help meet the daily nutritional needs of the children. The USDA MyPlate is to be used to determine which food groups to serve at each meal or snack serving size and age appropriateness of the selected foods for children. • Clean, sanitary drinking water shall be readily accessible in indoor and outdoor areas, throughout the day <p><u>Breastfeeding</u> – None</p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Include both active and quiet play. Active play includes outdoor activities a minimum of twice per day, weather permitting • Provide adequate time and space for infants, birth to 12 months, in care to engage in activities that promote development of movement skills (tummy time, crawling, turning over, sitting, etc.). Infant seats (swings, bouncers, etc.) must be used only for short periods of time, no more than 15 to 30 minute intervals per infant and no more than two times per day that the child is in care. Infants in care shall be provided opportunities for outdoor time each day that weather permits. • Active play, both indoor and outdoor, must not be completely withheld from children who misbehave. <p><u>Screen Time</u></p> <ul style="list-style-type: none"> • Do not include the use of electronic media for children under two years of age. • Electronic media may only be used for educational purposes or physical activity for children 2 years of age and older for no more than 1 to 2 hours per day. 	<p><i>Florida does not have a statewide QRIS system. Local early learning coalitions in 14 counties are either operating or piloting voluntary QRIS programs.</i></p>
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		https://childcareta.acf.hhs.gov/sites/default/files/public/flcenterhandbookoct2017.pdf <i>Licensing Regulations catalogued from documents dated 2017.</i>	
Georgia Quality Rated	License required to participate in QRIS	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Meals and snacks must follow USDA Nutritional Guidelines • Programs should encourage children in developing good nutritional habits • Program will only serve foods and drinks with little or no nutritional value on special occasions and only in addition to the required nutritious meals and snacks • Drinking water shall be available to all children <p><u>Breastfeeding</u></p> <ul style="list-style-type: none"> • Programs shall encourage and support breastfeeding • Programs shall have a designated area set aside for breastfeeding mothers to breastfeed <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Activities should be planned for each group to allow for large muscle activities • Children should be allowed time to play on the floor daily • Infants shall have supervised tummy time on the floor daily when they are awake • The program must include outdoor play each day • Infants should spend one hour daily outdoors <p><u>Screen Time</u></p> <ul style="list-style-type: none"> • Screen time shall not exceed more than two hours daily per child or group • Screen time is provided only at times when alternative activities are available for children who choose not to participate <p>http://www.decal.ga.gov/ChildCareServices/RulesAndRegulations.aspx <i>Licensing Regulations catalogued from documents dated 2016.</i></p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Within the past year, the program has conducted the DECAL self-assessment for nutrition and physical activity practices and has developed a written improvement plan addressing at least one criterion for each of the two domain areas (1-3 points) • Program has created a family resource area for materials relating to health and safety (2 points) <p><u>Breastfeeding – None</u></p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Within the past year, the program has conducted the DECAL self-assessment for nutrition and physical activity practices and has developed a written improvement plan addressing at least one criterion for each of the two domain areas (1-3 points) • Program has created a family resource area for materials relating to health and safety (2 points) <p><u>Screen Time – None</u></p> <p>https://qualityrated.decal.ga.gov/ <i>QRIS standards catalogued from documents dated 2012.</i></p>

<p>Hawaii</p>	<p>N/A (Plans for QRIS on hold)</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Activities which promote physical development shall include: Opportunities for children to learn about the health, development, and care of the children's bodies, including exercise, nutrition, and hygiene • To renew a certificate of registration, the provider shall present written evidence attesting to increased knowledge in two or more of the following areas: Foods and nutrition • Minimum meal components and food amounts required by the United States Department of Agriculture (USDA) child care food program shall be met • Infants shall be personally attended while being fed. Infants unable to hold bottles shall have bottles held, not propped, by the caregiver. Parents or guardians may assume full responsibility for the infants' diet. • Food shall not be used as a punishment or reward • Water suitable for drinking shall be accessible to all children. <p><u>Breastfeeding</u> – None</p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • The program conducted in the facility shall provide for staff supervision at all times and an environment and experiences which are aimed at promoting the individual child's physical, intellectual, emotional, and social well-being and growth. This shall be done in the following ways: Activities which promote physical development shall include: Daily opportunities for running, climbing, and other vigorous physical activities; • The program provides a balance of active and quiet activities • Equipment for both indoor and outdoor play shall allow children to use small and large muscles for imaginative play and creative activities • Activities which promote physical development shall include: Opportunities for children to learn about the health, development, and care of the children's bodies, including exercise, nutrition <p><u>Screen Time</u> – None</p>	<p>N/A –A QRIS pilot was completed in 2014, but there are no current QRIS development efforts. After the reauthorization of the Child Development Block Grant in November 2014, Hawaii chose to focus on ensuring they meet licensing requirements in the state rather than focus on developing a formal QRIS system.</p> <p>http://humanservices.hawaii.gov/bessd/child-care-program/qrisc/</p>
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State, QRIS Name	Licensing Interaction with QRIS ¹	Licensing Regulations Related to Healthy Eating, Breastfeeding, Physical Activity, and Screen Time (for centers) ²	QRIS Standards Related to Healthy Eating, Breastfeeding, Physical Activity, and Screen Time (for centers) ³
		http://humanservices.hawaii.gov/bessd/child-care-program/child-care-licensing/child-care-regulations/ <i>Licensing Regulations catalogued from documents dated 2002.</i>	
Idaho IdahoSTARS Quality Rating & Improvement System	License required to participate in QRIS	<u>Healthy Eating</u> - None <u>Breastfeeding</u> - None <u>Physical Activity</u> - None <u>Screen Time</u> - None https://adminrules.idaho.gov/rules/2012/16/0602.pdf <i>Licensing Regulations catalogued from documents dated 2012.</i>	<u>Healthy Eating</u> <ul style="list-style-type: none"> • Items from the Nutrition and Active Physical Play Checklist are observed in practice (level 3) • Each center/classroom/home-based provider completes a Vision and Action Plan for Food and Nutrition annually (level 3) • Health information from a recognized health organization is available for parents (level 5) • Program hosts one health and safety class for children, parents and/or staff annually (level 5) • A Child Health Care Consultant visits once a year (level 5) <u>Breastfeeding</u> – None <u>Physical Activity</u> <ul style="list-style-type: none"> • Items from the Thinking Active Physical Play Checklist are observed in practice (Level 3) • The center/home-based provider completes a Vision and Action Plan for Active Physical Play annually (level 3) • Health information from a recognized health organization is available for parents (level 5) • Program hosts one health and safety class for children, parents and/or staff annually (level 5) • A Child Health Care Consultant visits once a year (level 5) <u>Screen Time</u> – None http://idahostars.org/?q=gris <i>Date of documents catalogued is unknown.</i>

<p>Illinois ExceleRate Illinois</p>	<p>License required to participate in QRIS, unless they are legally exempt</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Program must follow meal pattern and serving size requirements for child care programs • Programs shall make potable drinking water freely available to all children by providing drinking fountains and/or disposable cups for individual use. • Water shall be offered to infants and toddlers at frequent intervals. • Programs will not use food as a punishment or reward <p><u>Breastfeeding -None</u></p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Programs shall provide daily indoor and outdoor play in which children use both large and small muscles • Programs shall take children outdoors for a portion of every day • Infants shall have supervised tummy time every day when the infant is awake. Staff shall interact with an awake infant on his or her tummy for short periods of time (3-5 minutes) and increase the amount of time as the infant shows enjoyment of the activity. <p><u>Screen Time</u></p> <ul style="list-style-type: none"> • Media shall not be used as a regular daily routine • Children younger than 2 years of age shall not be allowed passive screen viewing. • Children 2 years of age and older, who are in the program for 6 or more hours in a day, shall have a passive screen viewing limit of no more than 60 minutes per day of age-appropriate and educational media. • Each uninterrupted, passive screen viewing session shall be limited to a maximum of 30 minutes. • Children attending a program for less than 6 hours in a day shall be limited to a proportionate amount of passive screen viewing. • TV, video or DVD viewing shall not be allowed during meal or snack time. • All screen time must be related to educational program planning developed by the center. 	<p>The structure of ExceleRate Illinois is such that individual standards are not specifically listed. Criteria that programs have to meet, which may cover aspects of healthy eating, breastfeeding, physical activity and/or screen time include:</p> <ul style="list-style-type: none"> • Program demonstrates progress towards meeting objectives of its Continuous Quality Improvement Plan based on self-assessment results. (Gold status) • Program implements a continuous quality improvement process that includes analysis of child and classroom data. (Gold status) • Program develops and implements Continuous Quality Improvement Plan using self-assessment results (Silver status) • Program administrator completes ExceleRate approved training on continuous quality improvement planning. (Bronze status) <p>http://www.exceleRateillinoisproviders.com/resources/standard-and-evidence-requirements QRIS standards catalogued from documents dated 2014.</p>
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State, QRIS Name	Licensing Interaction with QRIS ¹	Licensing Regulations Related to Healthy Eating, Breastfeeding, Physical Activity, and Screen Time <i>(for centers)</i> ²	QRIS Standards Related to Healthy Eating, Breastfeeding, Physical Activity, and Screen Time <i>(for centers)</i> ³
		<ul style="list-style-type: none"> <li data-bbox="716 264 1373 412">• The use of visual media, such as television, films and videotapes, shall be limited to developmentally appropriate programming, and an alternative activity shall be made available. Media may be used as a special event or to achieve a specific goal, but shall not be used as a regular daily routine. <p data-bbox="667 444 1381 500">http://www.illinois.gov/dcf/brighterfutures/childcare/Documents/CFS_105_0-52_Summary_for_DCC.pdf</p> <p data-bbox="667 505 1278 527"><i>Licensing Regulations catalogued from documents dated 2014.</i></p>	

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Indiana Paths to QUALITY	QRIS level 1 is equal to program being licensed in good standing	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Programs shall provide meals and snacks that meet dietary requirements • All fruit juice served shall be 100% pure fruit juice with no sugar added • Drinking water shall be freely available to all children during all hours • Programs shall not provide children with access to ades, drinks, soft drinks, or powders • If adults eat with the children, the center shall serve adults the same meal as the children. <p><u>Breastfeeding</u></p> <ul style="list-style-type: none"> • Programs shall support mothers who are breastfeeding <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Programs must organize active, physical activities separate from passive, quiet activities. • Programs shall provide education equipment and materials for large muscles and gross motor in each classroom • Programs shall provide many opportunities for active, large muscle play, both indoors and outdoors <p><u>Screen Time</u></p> <ul style="list-style-type: none"> • Programs shall not require children to sit in front of a television and shall offer other choices of activities • Television is prohibited in infant areas and in toddler areas • Television use must be for educational purposes and incorporated into lesson plans <p>http://www.in.gov/fssa/carefinder/2734.htm Licensing Regulations catalogued from documents dated 2013.</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Meal times are relaxed, with no scolding or nagging. Children are encouraged to sample new foods but allowed to eat the foods of their choice (level 2) <p><u>Breastfeeding</u> – None</p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Specific Infant/Toddler indicators must include: play areas are protected and have open spaces for exploring (Level 2) • Specific Infant/Toddler indicators must include: Children are offered a variety of outdoor play experiences (level 2) • Outdoor play is included daily when weather, air quality, or environmental safety conditions do not pose a health risk. Active indoor play may be a replacement when necessary (level 2) • Outdoor/large motor activities and plentiful play materials for a variety of skills are offered (for example, climbing, running, jumping, balancing, riding and playing with balls) (level 2) <p><u>Screen Time</u></p> <ul style="list-style-type: none"> • TV/VCR/DVD, if used, is primarily an educational experience. Caregiver discusses what is viewed with children, and provides an alternative activity; OR TV/VCR/DVD is not used at all (level 2) <p>http://www.in.gov/fssa/2554.htm QRIS standards catalogued from documents dated 2008.</p>

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Iowa Iowa Quality Rating System	QRIS level 1 is equal to program being licensed in good standing	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Programs must follow USDA CACFP guidelines • Children under age 2 shall be fed on demand • Programs shall allow snacks that do not meet CACFP guidelines provided by parents on special occasions such as birthdays or holidays • Programs shall ensure that suitable water and sanitary drinking facilities are available and accessible to children <p><u>Breastfeeding</u> – None</p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Programs shall provide children with a balance of active and quiet activities; individual and group activities; indoor and outdoor activities; and staff-initiated and child-initiated activities • Programs shall provide children with activities which promote fine and gross motor development • Programs shall not use infant walkers <p><u>Screen Time</u> – None</p> <p>https://dhs.iowa.gov/sites/default/files/comm204_0.pdf Licensing Regulations catalogued from documents dated 2015.</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Director, assistant director, or onsite supervisor completes a 3-semester-hour Health, Safety, and Nutrition class through community or 4-year college (must have been completed within the past 5 years) (5 points) <p><u>Breastfeeding</u> – None</p> <p><u>Physical Activity</u> – None</p> <p><u>Screen Time</u> – None</p> <p>http://www.dhs.state.ia.us/iqrs/ QRIS standards catalogued from documents dated 2011.</p>

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Kansas Kansas Quality Rating Improvement System (operates only in some areas of the state)	<i>Local implementation - QRIS level 1 is equal to program being licensed in good standing</i>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Staff shall sit at the table with the children • Children should be encouraged to serve themselves • Programs shall ensure that there is enough food prepared to allow children second portions of vegetables or fruit, bread, and milk • Drinking water shall be available to each child at all times <p><u>Breastfeeding</u> – None</p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Programs shall include daily learning experiences designed to develop large and small muscle skills • Infants and toddlers shall spend time outdoors daily • Children spending more than four consecutive hours at programs shall play outdoors for at least one hour per day <p><u>Screen Time</u> – None</p> <p>http://www.kdheks.gov/bcclr/regs.html Licensing Regulations catalogued from documents dated 2015.</p>	<p><i>The Kansas QRIS is now Links to Quality. Kansas is working to develop and implement a system of recognition for early child care providers. The system will utilize a block system and is comprised of 5 levels. Child care programs will be recognized for their quality levels in the areas of 1) Program Leadership, 2) Family Partnerships, 3) Learning Environment and 4) Workforce Development. A field test is set to begin spring of 2017.</i></p> <p>http://www.dcf.ks.gov/services/ees/Pages/Kansas-Quality-Rating-Improvement-System-(QRIS).aspx</p>

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Kentucky STARS for KIDS NOW Child Care Quality Rating System	QRIS level 1 is equal to program being licensed in good standing	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Programs shall provide meals and snacks that meet dietary requirements • Programs shall not use food as reward or discipline • Children ages 2 and up shall be served low fat 1% of fat-free skim milk • A serving of bread shall only consist of whole or enriched grain • Drinking water shall be freely available to a child throughout the day • Food shall not be used for reward or discipline. • Pasteurized whole milk for children ages 12 months to 24 months. • Pasteurized low fat 1% or fat-free skim milk for children 24 months to school-age. <p><u>Breastfeeding</u></p> <ul style="list-style-type: none"> • Breast milk or iron-fortified formula for a child age birth to 12 months. <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Programs shall offer a variety of creative activities including indoor and outdoor play that makes use of both small and large muscles <p><u>Screen Time</u></p> <ul style="list-style-type: none"> • Programs shall limit viewing or individual listening to two hours per day <p>http://chfs.ky.gov/dcbs/dcc/regul.htm Licensing Regulations catalogued from documents dated 2018.</p>	<p>QRIS system in place, however there are no obesity prevention standards present.</p> <p>http://chfs.ky.gov/dcbs/dcc/stars/default.htm QRIS standards catalogued from documents dated 2010.</p>

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Louisiana Quality Start	QRIS level 1 is equal to program being licensed in good standing	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Well-balanced and nourishing meals and snacks shall be provided as specified under USDA Child Care Food Program • Food shall not be sold to the children • Soft drink vending machines and other food dispensers for personnel use shall be located outside of the children's play areas • Drinking water shall be available indoors and outdoors to all children • Drinking water shall be offered at least once between meals and snacks to all children <p><u>Breastfeeding</u></p> <ul style="list-style-type: none"> • Parents shall be allowed to provide breast milk. <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Outdoor play space with a direct exit from the center into the outdoor play yard shall be available • Play equipment of sufficient quantity and variety for indoor and outdoor use encouraging physical play and quiet play/activities which is appropriate to the needs and ages of the children shall be provided • While awake, children shall not remain in a crib/baby bed, swing, highchair, carrier, playpen, etc., for more than 30 consecutive minutes <p><u>Screen Time – None</u></p> <p>http://www.louisianabelieves.com/early-childhood/child-care-and-development-fund-licensing <i>Licensing Regulations catalogued from documents dated 2017.</i></p>	<p><i>QRIS system in place, however there are no health & safety standards OR obesity prevention standards present.</i></p> <p>http://www.qrslouisiana.org/ <i>QRIS standards catalogued from documents dated 2012.</i></p>

<p>Maine Quality for ME</p>	<p>QRIS level 1 is equal to program being licensed in good standing</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • The facility shall serve well-balanced meals and snacks • Snacks shall be simple and nourishing and include items such as milk, fruit or fruit juice and crackers • Each lunch and dinner and breakfast plus a snack served shall provide one third (1/3) of a child's daily nutritional requirements and meet the special dietary needs of each child • Lunch, which includes a beverage, shall consist of food from each of the following groups: Vegetables or fruit or both; Meat, poultry, fish, cheese, eggs, or protein substitute; Enriched bread or equivalent serving of cornbread, muffin, biscuit, pasta, noodles, rice, etc.; Milk as a beverage • Fruit juice or a milk substitute shall be offered to children prohibited from drinking milk for medical reasons • Drinking water must be available to the children <p><u>Breastfeeding – None</u></p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Programs must have access to sufficient outdoor space • Materials provided and employed shall include a selection from the following areas: For infants, a variety of toys, music and books designed to stimulate curiosity, small and large muscle development, hand-eye coordination, and the senses of sight, sound and touch • Materials provided and employed shall include a selection from the following areas: For toddlers and preschool children, sufficient variety to offer activities in the following areas: toys, equipment and space that encourage gross motor development • Each infant/toddler's position and/or places shall be changed at least each half hour, when infant/toddler is awake • All children shall have a minimum of thirty (30) minutes out of doors each morning session and each afternoon session of more than three and one half (3 ½) hours or more, weather permitting • Gross motor activity will be substituted for outdoor time when weather does not permit outdoor time <p><u>Screen Time</u></p>	<p><u>Healthy Eating – None</u></p> <p><u>Breastfeeding – None</u></p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • The curriculum guides the development of a daily schedule that is predictable yet flexible and responsive to the individual needs of children. The schedule provides time and support for transitions, includes both indoor and outdoor experiences and is responsive to the child's need to rest or be active (step 2) <p><u>Screen Time – None</u></p> <p>http://www.maine.gov/dhhs/ocfs/ec/oc_chs/qualityforme.htm Date of documents cataloged is unknown.</p> <p><i>In 2016 Quality for ME underwent a revision through a process of gathering feedback from a stakeholder group, focus groups held around the state; and practitioner implementation groups. The revision recommendations have been submitted to the Maine Office of Child and Family Services, DHHS. Currently, the timeline for implementation is unknown.</i></p>
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		<ul style="list-style-type: none"> • Television viewing shall be limited to one (1) hour or less per classroom per day <p>http://www.maine.gov/dhhs/ocfs/ec/occhs/cclicensing.htm <i>Licensing Regulations catalogued from documents dated 2008.</i></p>	

<p>Maryland Maryland EXCELS</p>	<p>QRIS level 1 is equal to program being fully licensed, open, and operating</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Food and beverages for meals and snacks shall comply with the guidelines of the Child and Adult Care Food Program of the U.S. Department of Agriculture, as indicated on a chart supplied by the office • Milk shall be served at all meals • For meals and snacks, may serve milk family-style from a pitcher or similar container into which the milk has been poured from the original container • For each 40 children in care, or fraction thereof, there shall be at least one drinking water source that is safely accessible to children 2 years old or older without assistance from an adult • During meals and snacks, water may be served family-style from a pitcher if the water is poured into the pitcher directly from one of the supply sources listed at of this regulation • Programs may not force a child to eat or drink, punish a child for refusing to eat or drink; or withhold food or beverages as punishment <p><u>Breastfeeding</u> – None</p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Programs shall provide materials and equipment for vigorous play • Infant shall be taken outside daily <p><u>Screen Time</u></p> <ul style="list-style-type: none"> • Limited use of appropriate interactive technology may support but may not replace creative play, physical activity, hands-on exploration, outdoor experiences, social interactions, and other developmentally appropriate learning activities for children 2 years old or older. • Younger than 2 years old may not be permitted to view any passive technology. • 2 years old or older may not be permitted to view more than 30 minutes of age-appropriate, educational passive technology per week. 	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Information provided to families includes a mission and/or philosophy statement and policies and practices for: health and safety; positive behavior practices; inclusion of children with disabilities or special health care needs; (levels 2-3) • + communicating with families; physical fitness; nutrition; and curriculum and child assessment (levels 3-5) • Program provides whole grains, fresh fruits and/or vegetables at least three times a week, and limits fat, sugar and salt in food served by the program. The program monitors meals provided from home and supplements as necessary to ensure that children are receiving nutritious, balanced meals and snacks (3 times a week = level 4; 4 times a week = level 5) • Nutrition Policy, copy of a weekly menu served within the past month (levels 3-5) • Program provides fresh fruits and/or vegetables at least 2,3,4 times a week, and monitors meals provided from home and supplements as necessary to ensure that children are receiving nutritious, balanced meals and snacks (2 times a week = level 3; 3 times a week = level 4; 4 times a week = level 5) • The program participates in the Child and Adult Care Food Program (CACFP) AND/OR CACFP participation verified by MSDE or Ineligibility/Non-Participation form (levels 3-5) <p><u>Breastfeeding</u> – None</p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Information provided to families includes a mission and/or philosophy statement and policies and practices for: health and safety; positive behavior practices; inclusion of children with disabilities or special health care needs; (levels 2-3) • + communicating with families; physical fitness; nutrition; and curriculum and child assessment (levels 3-5)
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State, QRIS Name	Licensing Interaction with QRIS ¹	Licensing Regulations Related to Healthy Eating, Breastfeeding, Physical Activity, and Screen Time <i>(for centers)</i> ²	QRIS Standards Related to Healthy Eating, Breastfeeding, Physical Activity, and Screen Time <i>(for centers)</i> ³
		http://www.marylandpublicschools.org/msde/divisions/child_care/regulat.htm <i>Licensing Regulations catalogued from documents dated 2015.</i>	<p><u>Screen Time</u></p> <ul style="list-style-type: none"> • Statement of policy regarding screen time (levels 2-4) • Television, computers or other media devices are used only when directly related to facilitated learning experiences (levels 2-5) • No screen time for children under the age of 2 (levels 2-5) <p>http://www.marylandexcels.org/ <i>QRIS standards catalogued from documents dated 2014.</i></p>

<p>Massachusetts Massachusetts Quality Rating and Improvement System</p>	<p>QRIS level 1 is awarded to center-based and family child care providers that are licensed in good standing or meet licensing requirements if legally exempt</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Must design and implement a nutrition program that meets the U.S.D.A. guidelines for the nutritional and dietary needs and feeding requirements • Programs shall serve a variety of nutritious foods • Educators must offer water to children at frequent intervals and upon request by children • The following practices are strictly prohibited: depriving children of meals or snacks; force feeding children or otherwise making them eat against their will, or in any way using food as a consequence • All educators must receive training in USDA recognized nutrition requirements for the healthy growth and development of children <p><u>Breastfeeding</u> – None</p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • The following practices are strictly prohibited: depriving children of outdoor time • The licensee must ensure that materials and equipment encourage active physical play • Curriculum must provide for at least 60 minutes of physical activity in full day programs • Curriculum must provide for daily indoor and outdoor time which include both small and large muscle activities • For programs serving infants and toddlers, the curriculum must provide opportunities for infants and toddlers to move freely and achieve mastery of their bodies through self-initiated movement, including multiple opportunities to practice emerging skills in coordination, movement, balance, and perceptual-motor integration <p><u>Screen Time</u> – None</p> <p>http://www.mass.gov/edu/birth-grade-12/early-education-and-care/laws-regulations-and-policies/child-care-regulations-and-policies/ Licensing Regulations catalogued from documents dated 2010.</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • All Educators and Administrators are trained in: “Improving the Quality of Health and Safety Practice: Basics of Safe and Healthy Indoor and Outdoor Environments.” Training includes <i>The Basics of early Childhood Nutrition and Food Allergies</i> (level 2) • Annual consultation by a Health Consultant to monitor records, update health care policies and practices, identify program issues, assist programs in complying with health and safety requirements, and provide a written report to the program (level 2) <p><u>Breastfeeding</u> – None</p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • All Educators and Administrators are trained in: “Improving the Quality of Health and Safety Practice: Basics of Safe and Healthy Indoor and Outdoor Environments (level 2) • Demonstrates safe and healthy indoor and outdoor environments. (level 2) • Annual consultation by a Health Consultant to monitor records, update health care policies and practices, identify program issues, assist programs in complying with health and safety requirements, and provide a written report to the program (level 2) • There is access to space for indoor gross motor activities. (level 3) • Demonstrates stimulating/quality indoor and outdoor environments. (level 4) <p><u>Screen Time</u> – None</p> <p>http://www.eec.state.ma.us/docs1/board_materials/20101214_qris_standards_ctr_based.pdf QRIS standards catalogued from documents dated 2010.</p>
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<p>Michigan Great Start to Quality</p>	<p>Licensing is considered to be the level below a star rating. Quality standards are met to achieve the 2 Star level.</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Food and beverages provided by the center shall be of sufficient quantity and nutritional quality to provide for the dietary needs of each child according to the minimum meal requirements of the child and adult care food program as administered by the Michigan department of education based on USDA CACFP • Children 12 months of age until 2 years of age shall be served whole homogenized Vitamin D-fortified cow's milk • Beverages and food shall be appropriate for the child's individual nutritional requirements • A center shall make water available to drink throughout the day to children 1 year of age and older • The use of deep fryers is prohibited <p><u>Breastfeeding</u></p> <ul style="list-style-type: none"> • Breastfeeding shall be supported and accommodated • A designated place shall be set aside for mothers who are breastfeeding to use <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Children shall have access to equipment and materials in large and small muscle activity • Programs shall be planned to have a flexible balance of large and small muscle • Developmentally appropriate experiences shall be designed so that throughout the day each child has opportunities to be physically active • When awake, use of confining equipment for infants shall be minimized, not to exceed 30 minutes at a time • A center operating with children in attendance for 3 or more continuous hours per day shall provide daily outdoor play, unless prevented by inclement weather or other weather conditions that could result in children becoming overheated or excessively chilled • Excluding a child from outdoor play or other gross motor activities as punishment is prohibited <p><u>Screen Time</u></p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Center is participating in the CACFP in good standing and has a written nutrition plan; OR follow guidelines that meet the CACFP meal pattern requirements and have a written nutrition plan; OR for programs that serve a snack only - follow guidelines that meet CACFP meal pattern requirements; OR for programs that do not provide food - provide nutrition information to families if families provide meals from home (Center has 2 of the following = 2 points; Center has at least 4 of the following in place = 4 points) <p><u>Breastfeeding</u> – None</p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • A routine daily schedule that is predictable yet flexible; includes time for transition; includes indoor and outdoor activities and is responsive to each child's need to be active or resting (Center has 2 of the following = 2 points; Center has at least 3 of the following in place = 4 points) • 30 minutes of every 3 hours dedicated to active outdoor time, with appropriate indoor physical activities available when weather prohibits outdoor play (Center has 2 of the following = 2 points; Center has at least 4 of the following in place = 4 points) <p><u>Screen Time</u> – None</p> <p>http://greatstarttoquality.org/sites/default/files/Great%20Start%20to%20Quality%20Program%20Quality%20Indicators.pdf ORIS standards catalogued from documents dated 2016.</p>
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		<ul style="list-style-type: none"> • Use of media is prohibited for children under 2 years of age • Use of non-interactive media shall not exceed 2 hours per week per child • When media are available for children's use, other activities shall also be available to children <p>http://www.michigan.gov/lara/0,4601,7-154-63294_5529_49572_50051---,00.html</p> <p><i>Licensing Regulations catalogued from documents dated 2014.</i></p>	

<p>Minnesota Parent Aware</p>	<p>Combination: Full Rating Process Programs must be licensed and have no current negative actions to participate Building Block: Accelerated Pathway to Rating Head Start, accredited child care, school based pre-kindergarten, early childhood special education, and charter school programs are eligible for an Accelerated Pathway to Rating where two indicators are met to earn a 4-Star Rating</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • When food is provided by the license holder, menus must comply with the nutritional requirements of the United States Department of Agriculture, Food and Nutrition Service, Code of Federal Regulations • Each meal must provide one-third of the child's daily nutritional needs as specified by the United States Department of Agriculture, Food and Nutrition Service, in Code of Federal Regulations • Drinking water must be available to the children and offered at frequent intervals in single service drinking cups or from drinking fountains accessible to children • Full-strength juice is allowed to fulfill fruit/vegetable requirements • Programs shall not withhold food as punishment <p><u>Breastfeeding</u> – None</p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Programs serving infants shall have a minimum of two pieces of infant mobility equipment per group • Programs serving toddlers and/or preschoolers must have a minimum of three pieces of durable, indoor, large muscle equipment per group and three pieces of durable, outdoor, large muscle equipment per group • Programs serving school-age kids must have a minimum of three pieces of durable, outdoor, large muscle equipment per group and ten pieces of sports or recreational equipment, such as bats, balls, hoops, and jump ropes, per group • A child care program that operates for more than three hours a day must provide daily access to interest areas of the center that are supplied with the equipment and materials needed to carry out the activities <p><u>Screen Time</u> – None</p> <p>http://mn.gov/eligence/licenses/licensedetail.jsp?URI=tcm:29-10686&CT_URI=tcm:27-117-32 <i>Licensing Regulations catalogued from documents dated 2015.</i></p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • All lead teachers have completed at least 3 hours of training on child nutrition, or the program participates in the Minnesota Child and Adult Care Food Program (CACFP) (3 or 4 stars; 1 point for nutrition training or participating in CACFP) <p><u>Breastfeeding</u> – None</p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • All lead teachers have completed at least 3 hours of training within the past two years on obesity prevention, including developmentally appropriate physical activities for young children (3 or 4 stars; 2pts for obesity prevention training) <p><u>Screen Time</u> – None</p> <p>http://parentaware.org/ <i>QRIS standards catalogued from documents dated 2013.</i></p>
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<p>Mississippi Quality Stars</p>	<p>QRIS level 1 is equal to program being licensed in good standing</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • All meals, snacks, and vending services shall meet the standards from the Offices of Healthy Schools and Child Nutrition for the Mississippi State Department of Education as well as USDA Food and Nutrition Service guidelines • If children bring meals from home, meals shall meet nutritional requirements and the standards set forth in these regulations and the facility is required to supplement lunch items that meet requirements if a child's sack lunch does not meet the minimum nutritional standards for children. Parents shall be notified in writing if a child's sack lunch does not meet the nutritional requirements or the child and the notice shall contain instructions as to what foods are proper for a sack lunch • Mealtime should be used as an opportunity to teach nutrition and/or food concepts • A variety of fruits, vegetables, and whole-grain products shall be offered to children for meals and snacks • Infant feeding should be by hunger cues whenever possible • Family style dining is encouraged with serving platters, bowls, and pitchers on the table so that all present can serve him/her self • Children will not be encouraged to "clean your plate," but encouraging children to try two bites of each food served is acceptable • Age-appropriate solid foods (complimentary foods) may be introduced no sooner than when the child has reached 4 months of age, but ideally at six months • A caregiver shall sit and join the children while they are eating. When caregivers are allowed to eat with the children, which is encouraged, staff will eat items that meet nutrition standards. It is suggested that the staff eat the same food items that are served to the children • Caregivers shall not eat foods outside of the foods served in the facility in front of the children • The addition of fat, sugar, and sources of sodium shall be minimal in food preparation and service • Foods for a party or celebration shall meet the Office of Healthy School guidelines 	<p><i>There are not obesity prevention standards in MS QRIS for child care centers.</i></p> <p>http://www.earlychildhood.msstate.edu/programs/qualitystars/index.php</p> <p>http://earlychildhood.msstate.edu/programs/qualitystars/criteria/pdfs/Criteria_Overview_Chart.pdf</p> <p><i>QRIS standards catalogued from documents dated 2007.</i></p>
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- Juice shall not be served to infants (children less than 12 months of age)
- Breast or formula is served to at least 12 months. Cow's milk is not served until age one, unless provided with a written exception from the infant's physician. Children ages one to two, shall be served whole cow's milk, after age two, toddlers should be served fat free/skim milk. When there are children older than two in the classroom with younger children, all children shall be served the whole milk
- Drinking water shall be freely available to children of all ages and offered at frequent intervals. Extra water served with meals, snacks, and during and after physical activity is encouraged
- Food shall not be used as a reward or punishment
- Gardening is an excellent opportunity to incorporate physical activity with nutrition education. Facilities are encouraged to have gardening projects with the children. Produce that is grown in the gardens may be washed and handled properly to allow the items to be served for a snack time or education activity
- Use enriched whole-grain breads and bread alternative. Whole grain pasta, noodles, brown rice, wheat rolls, and cornbread are encouraged for the lunch/supper/dinner meals.
- Pre-fried items, such as hash browns, French fries, and tater tots are not recommended due to the fat and sodium content. Any pre-fried items served is limited to once a week.
- Cookies, pastries, packaged snack cakes and other high fat/sugar foods cannot be counted for any bread serving at the lunch/supper/dinner meal.

Breastfeeding

- When a pregnant mother is visiting the facility to consider enrollment, breastfeeding should be encouraged
- The mother may choose to come to the child care facility to nurse her infant, or may choose to supply bottles of expressed breast milk for the child care facility staff to feed the infant
- Encourage the mother to come to the facility to breastfeed and provide quiet, comfortable and private place to feed; Place to wash the hands; Pillow to support her infant if desired; A

comfortable chair, stool for feet while nursing; The mother may opt to nurse while in the infants room

- Breast-feeding mothers, including employees, shall be provided a sanitary place that is not a toilet stall to breast-feed their child or to express milk

Physical Activity

- In addition to the required outdoor playground area a licensed child care facility may also provide an indoor playground area
- Gardening is an excellent opportunity to incorporate physical activity with nutrition education. Facilities are encouraged to have gardening projects with the children
- Child care providers are to provide infants, toddlers, and preschool children with opportunities to be physically active throughout the day
- Toddlers and preschool children will be provided the opportunity for light physical activity for at least 15 minutes per hour when children are not involved in their scheduled rest period
- Toddlers should accumulate a minimum of 60 minutes of structured moderate to vigorous physical activity per day
- Preschoolers should accumulate a minimum of 60 minutes of structured moderate to vigorous physical activity per day
- Caregivers should join in and lead the structured moderate to vigorous physical activities in which the children participate
- Structured physical activity should involve the performance of large muscle activities
- Providers should limit the use of equipment such as strollers, swings, and bouncer seats/chairs for holding infants while they are awake
- Providers should implement activities for toddlers and preschoolers that limit sitting or standing to no more than 30 minutes at a time
- Toddler, preschool, and school age children shall have a minimum of two hours of outdoor activities per day, weather permitting
- Each infant shall have a minimum of 30 minutes of outdoor activities per day, weather permitting

Screen Time

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		<ul style="list-style-type: none"> • Television viewing (including video tapes and/or other electronic media, cell phone, or other digital media, e.g., computer, iPad®, iTouch®, etc.) by preschool children shall be limited to one hour per day and shall be educational programming only • Television viewing, including video tapes and/or electronic media, is not allowed for children under the age of two or for staff in the infant and toddler area • No media, e.g., televisions, videos, or DVD's may be viewed during meal and snack times <p>http://msdh.ms.gov/msdhsite/_static/30,0,183,225.html <i>Licensing Regulations catalogued from documents dated 2017.</i></p>	

Missouri	N/A (No QRIS in place)	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • The provider shall serve nourishing foods appropriate for the infant's nutritional requirements and developmental stages as specified by his/her parent(s) in a written diet plan • he provider shall supply and serve nourishing food according to the Meal and Snack Food Chart provided in this rule • Snacks of fruit juice, raw fruit or vegetable, milk, crackers, cheese, peanut butter or similar nutritious food shall be served • One (1) serving of fluid milk shall be served with each meal • Drinking water shall be located conveniently near playrooms and the playground so children may be free to drink as they wish • Mealtime atmosphere shall be enjoyable and relaxed. No child shall be forced to eat • Caregivers shall be alert to various needs of the child such as thirst, hunger <p><u>Breastfeeding</u> – None</p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Daily activities for preschool and school-age children shall include indoor and outdoor play periods which provide a balance of quiet and active play, and individual and small group activities • Daily activities for preschool and school-age children shall include a total of at least one (1) hour of outdoor play for children in attendance a full day unless prevented by weather or special medical reasons • Infants should be provided the opportunity for outdoor play when weather permits • Daily activities for infants and toddlers shall include encouragement in the development of motor skills by providing opportunities for reaching, grasping, pulling up, creeping, crawling, and walking • For every 10 children, programs must have at least 4 items out 40 items for large muscle activities • Supervised tummy time for children under one year of age to promote healthy development. 	N/A - No QRIS in place – Implementation of a QRIS in Missouri was banned in 2012 through legislative action
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		<u>Screen Time</u> – <i>None</i> http://health.mo.gov/safety/childcare/lawsregs.php <i>Licensing Regulations catalogued from documents dated 2016.</i>	

<p>Montana Best Beginnings STARS to Quality</p>	<p>Programs must be licensed/ registered with the State of MT to participate in the QRIS field test</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Programs shall serve meals and snacks which meet the requirements for meals • Breakfast for children who are between one and 12 years old must include one serving of fruit, vegetable, or 100% fruit or vegetable juice, one serving of enriched bread or bread alternate, and one serving of fluid milk • Lunch and supper for children who are between one and 12 years old must include one serving of meat or meat alternate, two vegetables or two fruits or one vegetable and one fruit, one serving of bread or bread alternate, and one serving of fluid milk • Snacks for children who are between one and 12 years old must include two of the following four food components: meat or meat alternate, fruit or vegetable or 100% fruit or vegetable juice, bread or bread alternate, or fluid milk • Serving sizes must be appropriate to the child's age as outlined in 7 CFR 226.19 and 226.20; • The specific nutritional requirements for children under one year old as outlined in 7 CFR 226.19 and 226.20 must be followed • If programs do not participate in the department's child care food program, they must obtain and follow guidance materials about child care food program meal requirements • Each day care center must ensure that each bottle-fed infant from newborn to one year of age is held upright during bottle feedings until the child is able to hold the bottle, and that bottles are not propped • Programs shall offer drinking water at regular intervals to infants and toddlers and ensure that drinking water is freely available to all children <p><u>Breastfeeding</u> – None</p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • the center provides a diversity of experiences during the day for each child with opportunity for quiet and active experiences, group and individual activities, the exercise of choice, and experience with different types of equipment • A day care center must have sufficient indoor and outdoor space for the number and ages of children in care 	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • The program has established policies addressing the health and wellness of children, staff, and families (5 stars) • If a program is not eligible for MT CACFP, the following indicators must be met: MENUS POSTED - Written menus must be posted for the current and future week at the entrance to the facility and visible to the public; 'DIVISION OF RESPONSIBILITY' in FEEDING- Ellyn Satter Institute 'Division of Responsibility' is followed in meal services to children; Special Dietary Needs Statement for Children and Protected Health Information form is completed for all children who require this (2 stars) • Adults, including program staff and visitors, participate in family style meal service with the children that is developmentally appropriate for the children in care (level 3) • Staff always sits with the children at the dining table for meals and shares the same food, except in cases of special dietary needs of staff (level 3) • Ellyn Satter Institute 'Division of Responsibility' is followed in meal services to children (2 stars) • Program participates in family style meal service (level 3) • All programs apply to participate in the Montana Child and Adult Care Food Program. This criteria is met if the program is currently participating in MT CACFP. For all programs, at least 1 person is in charge of food service/meal coordination. Other staff can assist in this role. (2 stars) • Direct food service staff attends an approved Food Safety Training (offered through County Health Dept., Sanitarian, or Extension Agency), in addition to the CACFP required training (4 stars) <p><u>Breastfeeding</u></p> <ul style="list-style-type: none"> • Breastfeeding is encouraged and the environment and program policies are designed to support this (2 stars)
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		<ul style="list-style-type: none"> • The equipment and furniture arrangement must permit unobstructed floor area sufficient to allow vigorous play appropriate for each group of children in care • There must be an outdoor play area on the facility property • Materials shall be provided for vigorous play • Programs shall have equipment and materials for large muscle development • All infants shall have ample opportunity during each day for freedom of movement, such as creeping or crawling or rolling in a safe, clean, open, uncluttered area • An infant or toddler who is awake shall not spend more than 30 minutes of consecutive time confined in a crib, playpen, jump chair, or highchair • Infants and toddlers shall be taken outside for some period during each day in good weather <p>Screen Time – None</p> <p>https://dphhs.mt.gov/qad/Licensure/LBCCL.aspx Licensing Regulations catalogued from documents dated 2012.</p>	<p><u>Physical Activity</u> – None</p> <p><u>Screen Time</u> – None</p> <p>http://dphhs.mt.gov/Portals/85/hcsd/documents/ChildCare/STARS/CenterStandards.pdf QRIS standards catalogued from documents dated 2017.</p>

<p>Nebraska Nebraska Step Up to Quality</p>		<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Meals and snacks shall meet established USDA requirements regarding food groups and serving sizes • Hold infants under six months of age or those not yet able to hold their own bottles. Bottles must not be propped and must be removed from sleeping infants • Denial of food as discipline is prohibited <p><u>Breastfeeding</u> – None</p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • The center must have space for free play • The licensee must ensure that a fenced outdoor play area is available • Programs must include indoor and outdoor play <p><u>Screen Time</u> – None</p> <p>http://dhhs.ne.gov/publichealth/Pages/crChildCareLicensingIndex.aspx Licensing Regulations catalogued from documents dated 2013.</p>	<p>The program lead designee completes an Action Planning Document based upon the Go NAP SACC Pre Self-Assessment (multiple points awarded depending on number of best practices meeting) <i>(note: Before programs are eligible to complete the Go NAP SACC Post Self-Assessment, the program lead designee must attend the Go NAP SACC Training and complete an Action Planning document based upon the Go NAP SACC Pre Self-Assessment)</i></p> <p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Families are provided health and safety workshops and/or resources annually in topics that include nutrition and obesity • Points are awarded based on the Go NAP SACC assessment (Nutrition: 30-49.9% of total best practices = 1 point, 50-69.9% of total best practices = 2 point, 70-100% of total best practices = 3pt) • The program provides a curriculum that incorporates nutrition and/or physical activity for children (2 points) • The program participates in the Child and Adult Care Food Program. When programs participate in the Child and Adult Care Food Program, children served in the program have their daily nutritional needs met (1 point) <p><u>Breastfeeding</u></p> <ul style="list-style-type: none"> • Families are provided health and safety workshops and/or resources annually in topics that include nutrition and obesity • Points are awarded based on the Go NAP SACC assessment (BF: 30-49.9% of total best practices = 1 point, 50-69.9% of total best practices = 2 point, 70-100% of total best practices = 3pt) <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Families are provided health and safety workshops and/or resources annually in topics that include nutrition and obesity
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			<ul style="list-style-type: none"> • Points are awarded based on the Go NAP SACC assessment (PA and ST: 30-49.9% of total best practices = 1 point, 50-69.9% of total best practices = 2 point, 70-100% of total best practices = 3pt) • The program provides a curriculum that incorporates nutrition and/or physical activity for children (2 points) <p><u>Screen Time</u></p> <ul style="list-style-type: none"> • Families are provided health and safety workshops and/or resources annually in topics that include nutrition and obesity • Points are awarded based on the Go NAP SACC assessment (PA and ST: 16-27 best practices = 1 point, 28-38 = 2 point, 39-54 = 3 point) <p>http://www.education.ne.gov/StepUpToQuality/pubs/standards.pdf <i>Date of documents catalogued is unknown.</i></p>

<p>Nevada Silver State Stars QRIS</p>	<p>A current license is required at all levels</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Programs shall meet the daily nutritional needs of each child • A licensee of a facility shall consult the Division or local licensing agency or some other public agency for nutritional information which is applicable to children of ages receiving care at the facility • Whenever possible, members of the staff of the facility must eat with the children and encourage them to eat a variety of food and observe table manners • A child who is fed with a bottle and does not hold his or her own bottle must be held by a caregiver while being fed with a bottle. The bottle must not be propped for feeding • Foods and beverages which are sweet or have little nutritional value must not be served to children except as an addition to the meals • Drinking water must be freely available to all children at all times • Staff shall offer each child drinking water at times other than during his or her regular feedings • Food must not be used as a basis for discipline or reward • Children should be encouraged, but must not be forced, to eat <p><u>Breastfeeding</u></p> <ul style="list-style-type: none"> • The staff of each facility shall develop with the parents of a child a plan for feeding the child, which must include, whether the child will be fed breast milk, formula or solid food; if the child will be fed breast milk or formula, and when to begin feeding solid food • Require each licensee that operates a child care facility to provide an appropriate private space on the premises of each child care facility where a mother may breastfeed. <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Each licensee of a facility shall provide an indoor area which is covered by a soft or nonabrasive material and is protected from traveled walkways where crawling children can be on the floor for at least a part of the day • A licensee of a facility shall provide opportunities for active play which builds muscles such as climbing, jumping, running and playing with toys which have wheels. The quantity and quality of 	<p><i>Center has a documented improvement plan based on a nutrition and physical activity self-assessment checklist</i></p> <p><i>(1 Star = Center has current child care license; 2 Stars = Centers must meet a minimum of four Quality Indicators from Health and Safety Category; 3 Stars = Centers must meet a minimum of eight Quality Indicators from Health and Safety Category; 4 Stars = Centers must meet a minimum of twelve Quality Indicators from Health and Safety Category; 5 Stars = Centers must be nationally accredited)</i></p> <p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Children up to two-years-old are served whole milk (1 point, total number of points qualifies providers for different star levels) • Children two-years-old and older are served skim or 1% milk (1 point, total number of points qualifies providers for different star levels) • Center is a Child and Adult Care Food Program (CACFP) sponsored site (1 point, total number of points qualifies providers for different star levels) • Health and Safety Assessment is completed by a child care health consultant (1 point, total number of points qualifies providers for different star levels) • Menus are evaluated by a nutritionist (1 point, total number of points qualifies providers for different star levels) <p><u>Breastfeeding</u></p> <ul style="list-style-type: none"> • Center supports breastfeeding by offering a designated location (1 point, total number of points qualifies providers for different star levels) <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Staff plan and implement daily developmental appropriate physical activities for all children (1 point, total number of points qualifies providers for different star levels)
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		<p>materials and equipment must be sufficient to avoid excessive competition between the children and long waiting periods to use the materials or equipment</p> <ul style="list-style-type: none"> • Each infant and toddler must be given undivided attention by the same caregiver for at least 30 minutes in the morning and 30 minutes in the afternoon, including periods of feeding and bathing. The caregiver shall, during this time both encourage the development of the child's coordination by allowing him or her to reach for, grasp, creep, crawl or pull up and give toddlers the opportunity to develop the large muscles of the body by activities such as climbing and walking • An infant who is awake must not be left in a crib for long periods without direct adult care and never for more than 30 minutes at a time • If the weather permits, all children must have a daily period of outdoor play • When weather permits, each toddler over 12 months of age must be taken outside for a portion of each day. If the weather is extremely hot, the toddler must be kept in a shaded area while outdoors • If the weather permits, all children must have a daily period of outdoor play. A licensed facility shall provide opportunities for moderate or vigorous physical activity which builds muscles • A licensed facility shall not withhold or use physical activity as a form of punishment. • Each facility must incorporate age appropriate instruction concepts and activities that foster the social, emotional, physical, linguistic and cognitive development of children, which must include without limitation, moderate or vigorous physical activity. • A designated indoor area that provides sufficient space for physical activity including without limitation climbing, basketball, dancing and gymnastics. • A separate designated indoor area that provides sufficient area for physical activity for infants and toddlers or a time in which the designated indoor area described is used only for infants and toddlers. • Require each licensee that operates a child care facility to provide physical activity that ensures all children receive daily period of moderate or vigorous physical activity that are 	<ul style="list-style-type: none"> • If a center has a written physical activity statement in their parents handbook (1 point, total number of points qualifies providers for different star levels) <p><u>Screen Time</u> – None</p> <p>http://www.nvsilverstatestars.org <i>QRIS standards catalogued from documents dated 2014.</i></p> <p><i>Family Child Care model launched in 2017 with limited number of programs.</i></p>
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State, QRIS Name	Licensing Interaction with QRIS ¹	Licensing Regulations Related to Healthy Eating, Breastfeeding, Physical Activity, and Screen Time <i>(for centers)</i> ²	QRIS Standards Related to Healthy Eating, Breastfeeding, Physical Activity, and Screen Time <i>(for centers)</i> ³
		<p>appropriate for the age of the child. Also, limits the amount of sedentary activity, other than meals, snacks, and naps.</p> <ul style="list-style-type: none"> • Moderate or vigorous physical activity means activity that significantly uses arms or legs, including without limitation brisk walking, skipping, bicycling, hiking, dancing, kicking a ball, gardening, running, jumping, playing tag, chasing games, soccer, basketball and swimming. <p><u>Screen Time</u> – None</p> <p>http://www.nevadaregistry.org/child-care-licensing/child-care-licensing.html</p> <p><i>Licensing Regulations catalogued from documents dated 2017.</i></p>	

<p>New Hampshire Licensed Plus</p>	<p>Licensed plus is the level between meeting basic licensing requirements and being accredited. (3 levels: licensed, licensed plus, and accredited)</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Child care personnel shall provide nutritious meals or snacks to any child in attendance whose parents are responsible for providing those foods, but have forgotten or failed to provide those meals and snacks • Programs which provide food shall ensure that meals and snacks meet the daily meal patterns listed in the United States Department of Agriculture (USDA) "Child Meal Pattern" and USDA "Infant meal Patter" (11/29/2016). • Child care personnel shall not prop bottles • Children shall have access to drinking water and be encouraged to drink water throughout the day • Providers shall not withhold food from children or forcibly feed children or discipline children for not eating • The curriculum shall provide a variety of hand-on activities to teach sound health and nutrition practices • Programs may only serve 100% fruit juice to children age one year and older, with no more than 4 ounces of 100% fruit juice served daily. • Frying shall not be allowed as a method of on-site food preparation. • Food shall not be used as a reward or punishment. <p><u>Breastfeeding – None</u></p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Programs shall be equipped with an outside play area • Programs shall provide each child with opportunities to safely practice the wide range of movements appropriate to their developmental level • Center based programs caring for children younger than 3 years of age shall provide stimulating activities for infants or toddlers, who are awake in infant seats, swings, high chairs, cribs, play pens or other similar equipment, and shall not keep them confined in such equipment for longer than 30 minutes • Professional development shall include trainings, workshops or college courses, totaling at least 2/3 of the total of professional development hours in indoor and outdoor learning environments 	<p><i>No obesity prevention standards in QRIS</i></p> <p>http://www.dhhs.state.nh.us/dcyf/licensedplus/index.htm</p> <p>http://www.dhhs.nh.gov/dcyf/licensedplus/documents/option1standards.pdf</p> <p><i>QRIS standards catalogued from documents dated 2014.</i></p>
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State, QRIS Name	Licensing Interaction with QRIS ¹	Licensing Regulations Related to Healthy Eating, Breastfeeding, Physical Activity, and Screen Time <i>(for centers)</i> ²	QRIS Standards Related to Healthy Eating, Breastfeeding, Physical Activity, and Screen Time <i>(for centers)</i> ³
		<ul style="list-style-type: none"> • Programs shall provide opportunity for at least 60 minutes daily of gross motor activity for children age 18 months and older, except preschools operating 5 or fewer hours per day shall provide at least 20 minutes of gross motor activity daily. • In the absence of extreme weather conditions, child care staff are encouraged to bring children outside, taking into consideration the child's health and requests from a child's parent. • Infants and toddlers shall not be confined to restrictive equipment, or be in cribs or playpens while awake, for more than 15 minutes in any 2 hour period. <p><u>Screen Time</u> – <i>None</i></p> <p>http://www.dhhs.nh.gov/oos/cclu/ <i>Licensing Regulations catalogued from documents dated 2017.</i></p>	

<p>New Jersey Grow NJ Kids</p>	<p>Level 1 requires meeting licensing standards.</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Programs shall ensure that food is in accordance with minimum Child and Adult Care Food Program's (CACFP) standards, contained in the Child and Adult Care Food Program • Unless contraindicated by the parent or health care provider, the center shall provide a variety of both fruits and vegetables and high portion of whole grains • The center shall develop mutually with each child's parent(s) and follow a feeding plan regarding the feeding schedule, specific formula, breastfeeding arrangements/accommodations, and/or expressed breast milk, nutritional needs, and introduction of new food for each child • Centers that provide meals shall ensure that milk is served at least once a day • A child who is too young to use a feeding chair or other seating apparatus shall be held when fed • When a child is feeding, the bottle shall not be propped at any time • Unless contraindicated by the parent or health care <i>provider</i>, <i>the center shall provide skim (fat-free) or one percent milk to children older than two years of age</i> • All food served to a child shall be appropriate to the child's developmental eating ability • Unless contraindicated by the parent or health care provider, the center shall not serve sugar sweetened or artificially sweetened beverages. Parents that provide such beverages for their children shall be provided with information regarding healthier options • Unless contraindicated by the parent or health care provider, the center shall not provide solid food to children under the age of six months • Unless contraindicated by the parent or health care provider, the center shall not provide cows' milk to children under the age of 12 months • Unless contraindicated by the parent or health care provider, the center shall limit foods that are high in solid fats, added sugar, trans fats, and sodium • Ensure that food and beverages are in accordance with minimum Child and Adult Care Food Program's (CACFP) 	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Families are provided health and safety workshops and/or resources annually in topics that include: preventative health care, mental/behavioral health issues, nutrition and obesity, medication administration policies and procedures, oral health practices, communicable disease prevention (level 2) • A community resource handbook or materials are available to all parents/families yearly that include: community and school based resources and or direct services to promote child/family safety, health, and stability (level 2) • Nutritious meals and snacks are encouraged and/or provided and are respectful of religious and dietary restrictions (level 3) <p><u>Breastfeeding</u></p> <ul style="list-style-type: none"> • Programs serving infants and toddlers must have a policy that supports breastfeeding friendly principles, including accepting and storing breast milk and providing a comfortable place for breastfeeding (level 3) <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Families are provided health and safety workshops and/or resources annually in topics that include: preventative health care, mental/behavioral health issues, nutrition and obesity, medication administration policies and procedures, oral health practices, communicable disease prevention (level 2) • A community resource handbook or materials are available to all parents/families yearly that include: community and school based resources and or direct services to promote child/family safety, health, and stability (level 2) <p><u>Screen Time</u> – None</p>
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standards, contained in the Child and Adult Care Food Program, 7 CFR, 226.20.

- Provide a variety of both fruits and vegetables and high portion of whole grains.
- Limit foods that are high in solid fats, added sugar, trans fat and sodium.
- Drinking water shall be made available to all children
- For school-age child care programs, Child care training shall include nutrition and good eating habits
- Each staff member shall complete at least two hours of staff development each year in each of the three following areas: health and safety procedures, including, but not limited to understanding the nutritional needs of children
- Staff members shall not force-feed or coerce a child to eat against his or her will or discipline children for failing to eat
- Staff members shall not withhold food from children

Breastfeeding – None

Physical Activity

- Centers serving children 18 months of age and older shall provide at least five of the following types of children's daily activities: large muscle and at least five types of supplies and/or equipment for each daily activity chosen by the center, as listed below: large muscle activities: rocking boat; wheel toys; climbers; slides; balance beam; barrels and/or large cartons; parachute; balls and beanbags; outdoor play equipment; gym mats; or other comparable supplies or equipment
- Programs shall provide a variety of children's planned activities geared to the ages and developmental levels of children served that promote large and small muscles, coordination, and movement skills
- Children are provided with daily structured and unstructured developmentally appropriate indoor and outdoor energetic physical activity as follows: at least 30 total minutes daily for children receiving child care less than four hours; and at least 60 total minutes daily for children receiving child care more than four hours

http://www.nj.gov/humanservices/dfd/programs/child/grow/gnjkids_self-assess110314.pdf

QRIS standards catalogued from documents dated 2014.

- Whenever feasible, and unless the child is eating, sleeping, needs to complete a seated activity, or is ill, children shall not be inactive for more than 30 minutes
- Centers serving children less than 18 months of age shall provide at least four of the following types of children's daily activities: large muscle and at least four types of supplies and/or equipment for each activity area chosen by the center, as listed below: large muscle activities: low climbers; slides; riding/rocking toys; foam or soft plastic balls; gym mats; play tunnels; or other comparable supplies or equipment
- Staff members shall provide all children who are developmentally able with opportunities to leave their cribs, playpens, or other Office of Licensing-approved sleeping equipment to crawl, toddle, walk, and play
- For early childhood programs and school-age child care programs, centers shall plan and implement programs that include recreational opportunities, including a mixture of indoor/outdoor and large muscle activities
- The center shall provide daily outdoor activities at an outdoor play area, park or playground, or on a walk, weather permitting
- For school-age child care programs, child care training shall include physical education or recreational activities for children
- Staff shall not withhold active play time as a means of discipline unless the child's actions or behavior present a danger to themselves or other
- Staff members shall not require a child to remain silent or inactive for an inappropriately long period of time for the child's age
- Staff members shall ensure infants have age-appropriate, supervised tummy time at least twice per day.

Screen Time

- The use of a television, computers, and other video equipment shall be limited to educational and instructional use, shall be age and developmentally appropriate, and shall not be used as a substitute for planned activities or for passive viewing
- Centers shall prohibit the use of television, computers, and other video equipment for children under the age of two.

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		<ul style="list-style-type: none"> <li data-bbox="716 261 1383 472">Centers shall develop a written policy regarding the use of television, computers, and other equipment for children over the age of two and maintain on file written plans for such use and the length of time for their use. In addition, centers shall develop a written policy for the use of such equipment as it pertains to children in care less than four hours and children in care more than four hours. <p data-bbox="667 505 1283 561">http://www.state.nj.us/dcf/providers/licensing/laws/ Licensing Regulations catalogued from documents dated 2017.</p>	

<p>New Mexico FOCUS on Young Children's Learning – set to replace AIM HIGH in the coming years</p>	<p>All licensed providers in Pilot Phase are required to comply with licensing regulations and earn a 2-star license to participate</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Foods served will meet the nutritional needs of the infant or toddler • Foods will be developmentally appropriate for each infant served • All foods prepared by the center will conform to the guidelines from United States department of agriculture's (USDA's) child and adult care food program (CACFP) for foods, meal patterns and serving sizes • A center shall vary snacks each day and shall include a selection of two different food group components from the four food group components • Each infant shall be allowed to form and observe his/her own pattern of feeding, sleeping and waking periods • Infants shall either be held or fed sitting up for bottle-feeding. Infants unable to sit shall always be held for bottle-feeding. Infants and toddlers shall not be placed in a laying position while drinking bottles or sippy cups • Adults must sit with the children at meal and snack times to assist children with eating, drinking, and self-feeding and to encourage family-style dining and socialization • Only 100-percent fruit or vegetable juice shall be served. The use of fruit drinks containing less than 100-percent juice or artificially flavored drinks for meals or snacks is prohibited • Only whole, pasteurized fluid milk shall be served to children between 12 and 24 months of age; reduced fat, low fat, or skim milk may be served to children who are two years and older • A wide variety of fruits and vegetables shall be served, with a preference for fresh or frozen fruits and vegetables over canned • A center shall make water freely available to children • Withdrawal of food or outdoor activities shall not be used as a disciplinary practice <p><u>Breastfeeding – None</u></p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Withdrawal of food or outdoor activities shall not be used as a disciplinary practice 	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Site Director, or staff person designated as the site's Education Coordinator, must have successfully completed: Family and Community Collaboration (3 credits) Health, Safety & Nutrition (2 credits) or Guiding Young Children (3 credits) (5 star) <p><u>Breastfeeding – None</u></p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Program will focus on at least one self-selected/self-identified area that will further strengthen services to enrolled children and their families and at least one self-selected/self-identified area that will strengthen program administration and staff support. This may include, but is not limited to the following: Healthy practices for children and families. This could include areas related to obesity prevention, physical exercise, developing healthy eating habits (5 stars) – Only for Family Homes* <p><u>Screen Time</u></p> <ul style="list-style-type: none"> • Program will follow the Caring for Our Children guidelines regarding screen time and media viewing. –Only for Family Homes* <p>https://www.newmexicokids.org/content/caregivers_and_educators/focus/</p> <p>https://www.newmexicokids.org/content/caregivers_and_educators/focus/docs/FOCUS_Criteria_Essential_Elements_of_Quality_01222015.pdf</p> <p><i>QRIS standards catalogued from documents dated 2015.</i></p>
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State, QRIS Name	Licensing Interaction with QRIS ¹	Licensing Regulations Related to Healthy Eating, Breastfeeding, Physical Activity, and Screen Time <i>(for centers)</i> ²	QRIS Standards Related to Healthy Eating, Breastfeeding, Physical Activity, and Screen Time <i>(for centers)</i> ³
		<ul style="list-style-type: none"> • Full-time children shall have a minimum of 60 minutes of physical activity daily, preferably outside • Part-time children shall have a minimum of 30 minutes of physical activity daily, preferably outside • Throughout the day, an educator will give each infant and toddler physical contact and attention. A caregiver will hold, talk to, sing to and take inside and outside walks with the child • Infants shall not be allowed to be confined to one area for prolonged periods of time unless the infant is content and responsive <p><u>Screen Time</u></p> <ul style="list-style-type: none"> • Media viewing will not be permitted for children under two years of age • Media viewing for children two years and older will be limited to six hours per month, but not to exceed one full length film in one day <p>https://www.newmexicokids.org/content/caregivers_and_educators/resources/NM_state_child_care_Regulations/ <i>Licensing Regulations catalogued from documents dated 2017.</i></p>	

<p>New York QUALITYstarsNY</p>	<p>Regulated providers receive a One Star rating</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • The program must provide sufficient and nutritious snacks to children • The center must share information on healthy food and beverage choices and the prevention of childhood obesity with the parent • If the program does not furnish meals, there must be adequate nutritious supplemental food available in the event that no meal is provided by the parent or if the meal provided by the parent is of inadequate nutritional value • Programs that provide meals and/or snacks to infants and children must be in compliance with the USDA Child and Adult Food Program (CACFP) meal patterns • There must be a sufficient amount of food available to children to permit second helpings of nutritious food • Fluid milk, 100% juice and/or water, are the only beverages a program may provide to children in care • When milk is served as a beverage, low-fat or fat-free milk (1% fat or less) must be served to children two years of age or older • Safe drinking water must be available to children at all times and must be offered at intervals that are responsive to the needs of the individual children • Withholding or using food as a punishment is prohibited • A staff person or volunteer must not force or bribe a child to eat nor use food as a reward or punishment • The thirty (30) hours of required training must address the following topics nutrition and health needs of infants and children; nutrition and health needs of infants and children include such things as healthy menu planning, obesity prevention, benefits of and how to encourage breastfeeding for mothers returning to work <p><u>Breastfeeding</u></p> <ul style="list-style-type: none"> • Every effort must be made to accommodate the needs of a child who is being breast-fed • The thirty (30) hours of required training must address the following topics nutrition and health needs of infants and children; nutrition and health needs of infants and children include such things as healthy menu planning, obesity 	<p><i>(Operating only in some areas of the state) As of August 2015, QUALITYstarsNY had participating programs in the following regions: Capital District, Finger Lakes, Hudson Valley, Long Island, North County, NYC, Southern Tier, and Western NY.</i></p> <p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Program adopts a formal obesity prevention program (1 point) • Program promotes the service or consumption of meals and snacks that meet the Child and Adult Care Food Program (CACFP) meal pattern for the ages served (2 points) • Teaching or administrative staff attends training regarding implementation of the obesity prevention program (1 point) <p><u>Breastfeeding</u></p> <ul style="list-style-type: none"> • Program adopts a formal obesity prevention program (1 point) <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Program adopts a formal obesity prevention program (1 point) • For children 12 months and older: program provides opportunities for toddlers and/or preschoolers to have at least 15 minutes of developmentally appropriate, structured, moderate to vigorous physical activity (both inside and outside) for every hour they are in care. For example, in a 3 hour program, children should have at least 45 minutes of physical activity in total, not necessarily continuously (1 point) • For children under 12 months: program provides infants daily opportunities to move freely under adult supervision to explore indoor and outdoor environments, including tummy time when awake (1 point) • Teaching or administrative staff attends training regarding implementation of the obesity prevention program (1 point)
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prevention, benefits of and how to encourage breastfeeding for mothers returning to work

Physical Activity

- Readily accessible outdoor play space which is adequate for active play must be provided. Outdoor space may include public parks, school yards or public play areas
- Each program must provide a sufficient quantity and variety of materials and play equipment appropriate to the ages of the children and their developmental levels and interests, including children with developmental delays or disabilities
- Climbing and large motor apparatus should be available either inside the child day care center or in the outdoor play space
- As age and development permit, children must be allowed freedom of movement and must be provided with an environment designed to develop such skills as crawling, standing, walking and running
- When care is provided to infants less than six months of age, the daily schedule must include short supervised periods of time during which the awake infant is placed on his or her stomach, back or side allowing them to move freely and interact socially, thus developing motor skills and social skills
- Except while sleeping, awaking or going to sleep, an infant must not be left in a crib, playpen or other confined space for more than 30 minutes at any one time
- Daily supervised outdoor play is required for all children in care, except during inclement or extreme weather or unless otherwise ordered by a health care provider
- Children must be allowed to choose between quiet activities and active play
- The thirty (30) hours of required training must address the following topics: principles of childhood development, focusing on the developmental stages of the age groups for which the program provides care; principles of childhood development include such things as meeting the physical, social and developmental needs of children, including those with special needs; behavior management and discipline; promoting play and physical activity; individual development variation and learning styles; infant and toddler brain development

Screen Time

- Program adopts a formal obesity prevention program (1 point)
- Program has a policy that details the use of TV/video for children, including that TV/video is never used during nap and meal time or for children birth to age 2. For children ages 2 to 5 there is no more than 30 minutes once a week of high quality educational or movement-based commercial-free programming (2 points)

<http://www.qualitystarsny.org>

<http://www.qualitystarsny.org/foundations-standards.php>

QRIS standards catalogued from documents dated 2014.

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		<ul style="list-style-type: none"> • The following forms of punishment are prohibited: demanding excessive physical exercise, prolonged lack of movement or motion, or strenuous or bizarre postures <p><u>Screen Time</u></p> <ul style="list-style-type: none"> • Television and other electronic visual media must not be used solely to occupy time • Children must not watch television or other electronic visual media during meals • Infants must not be exposed to television and other electronic visual medias <p>http://ocfs.ny.gov/main/childcare/daycare_regulations.asp <i>Licensing Regulations catalogued from documents dated 2017.</i></p>	

<p>North Carolina North Carolina Star Rated License System</p>	<p>A rating of one star means that a child care program meets North Carolina's minimum licensing standards.</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Meals and snacks served to children in a child care center shall comply with the Meal Patterns for Children in Child Care Programs from the United States Department of Agriculture (USDA) which are based on the recommended nutrient intake judged by the National Research Council to be adequate for maintaining good nutrition • The types of food, number and size of servings shall be appropriate for the ages and developmental levels of the children in care • When children bring their own food for meals or snacks to the center, if the food does not meet the nutritional requirements specified in this Rule, the center must provide additional food necessary to meet those requirements unless the child's parent or guardian opts out of the supplemental food provided by the center • Each infant will be held for bottle feeding until able to hold his or her own bottle. Bottles will not be propped • Infants shall not be served juice in a bottle without a prescription or written statement on file from a health care professional or licensed dietitian/nutritionist • The child care provider will provide only the following beverages: breast milk; formula; water; unflavored whole milk, for children ages 12-24 months; unflavored skim or low-fat milk for children two years old and older; or 100 percent fruit juice, limited to 6 ounces per day • Food that does not meet the nutritional requirements specified in this Rule, such as cookies, chips, donuts, etc., shall be available only for special occasions such as holidays, birthdays, and other celebrations • Drinking water must be freely available to children of all ages • Drinking fountains or individual drinking utensils shall be provided • Staff shall role model appropriate eating behaviors by consuming only food or beverages that meet the nutritional requirements specified in this Rule in the presence of children in care <p><u>Breastfeeding</u></p>	<p><i>No obesity prevention standards in QRIS system</i></p> <p>http://ncchildcare.nc.gov/providers/pv_sn2_ov_sr.asp QRIS standards catalogued from documents dated 2013.</p>
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- Parents shall be allowed to provide breast milk for their children. Accommodations for breastfeeding mothers shall be provided that include seating and an electrical outlet in a place other than a bathroom that is shielded from view by staff and the public which may be used by mothers while they are breastfeeding or expressing milk

Physical Activity

- While awake, each child under the age of 12 months shall be given the opportunity each day to play while positioned on his or her stomach
- When children two years old or older are in care, the schedule shall show blocks of time that are scheduled for activities for indoor and outdoor areas
- When children two years old or older are in care, the schedule shall include daily opportunities indoors and outdoors for free-choice activities, teacher-directed activities, and a minimum total of one hour of outdoor time throughout the day, if weather conditions permit
- When children are in care for four hours or less per day the center shall provide a minimum total of 30 minutes of outdoor time daily, if weather conditions permit
- All centers shall develop a written plan of developmentally appropriate activities designed to stimulate social, emotional, intellectual and physical development for each group of children in care
- Activities which allow children to choose to participate with the whole group, part of the group, or independently shall be identified. The plan shall reflect that the children have at least four different activities daily, at least one of which is outdoors, if weather conditions permit
- The learning environment consists of the indoor and outdoor area which encourages child initiated and teacher supported activities
- The center shall provide space and time for vigorous indoor activities when children cannot play outdoors
- When children under two years old are in care, the schedule shall include regular daily events such as arrival and departure, free choice times, outside time and teacher-directed activities.

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		<p>Interspersed among the daily events shall be individualized caregiving routines such as eating, napping and toileting.</p> <ul style="list-style-type: none"> • For children under two years of age, there shall be a minimum of 30 minutes of outdoor time throughout the day either as part of a small group, whole group, or individual activity, if weather conditions permit • For activities for children under two years of age, Each center shall have developmentally appropriate toys and activities for each child to promote the child's physical, emotional, intellectual and social well-being including appropriate books, blocks, dolls, pretend play materials, musical toys, sensory toys, and fine motor toys. • Hands-on experiences, including both familiar and new activities, shall be provided to enable the infant or toddler to learn about himself and the world both indoors and outdoors <p><u>Screen Time</u></p> <ul style="list-style-type: none"> • When preschool children two years and older are in care, screen time, including television, videos, video games, and computer usage is provided, it shall be offered only as a free-choice activity and used to meet a developmental goal • Screen time for preschool children two years and older should be limited to no more than a total of two and a half hours per week, per child. Usage time periods may be extended for specific special events, projects, on-site computer classes, or occasions such as a current event, holiday, or birthday celebration • When children are in care for four hours or less per day limited to a maximum of 30 minutes per child, per day • Screen time, including television, videos, video games, and computer usage, is prohibited for children under two years of age <p>http://ncchildcare.nc.gov/parents/pr_sn2_ov_lr.asp <i>Licensing Regulations catalogued from documents dated 2017.</i></p>	

<p>North Dakota Early Childhood Rating & Improvement System Pilot</p>	<p>Programs must be licensed for 1 year to meet the requirements at Step 1. All programs participating must be licensed and in good standing with no corrective action taken in the last two years.</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Food supplied must meet United States department of agriculture standards and must be properly prepared, sufficient in amount, nutritious, varied according to diets of the children enrolled, and served at appropriate hours • The operator shall ensure that infants are provided developmentally appropriate nutritious foods. Only breast milk or iron-fortified infant formula may be fed to infants less than six months of age, unless otherwise instructed in writing by the infant's parent or medical provider • The operator shall serve nutritious meals to children in care during any normal mealtime hour • The operator shall serve snacks to children in care in afterschool child care center programs • The operator shall serve snacks and meals to children in a manner commensurate with their age, using appropriate foods, portions, dishes, and eating utensils • The operator shall ensure that an infant is not fed by propping the bottle • The operator shall ensure that cereal and other nonliquids or suspensions are only fed to an infant through a bottle on the written orders of the child's medical provider • Drinking water must be easily accessible to the children and must be provided by either an angle-jet drinking fountain with mouth guard or by a running water supply with individual, single-serve drinking cups • The operator or staff member may encourage children to eat the food served, but the operator or staff member may not coerce or force-feed children • A staff member may not use deprivation of meals or snacks as a form of discipline or punishment <p><u>Breastfeeding</u></p> <ul style="list-style-type: none"> • The operator shall ensure that infants are provided developmentally appropriate nutritious foods. Only breast milk or iron-fortified infant formula may be fed to infants less than six months of age, unless otherwise instructed in writing by the infant's parent or medical provider 	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Score 3.5, 4, 4.5 or greater on Nutrition checklist (level 2) • Program is enrolled in Child & Adult Care Food Program (CACFP) (level 2) <p><u>Breastfeeding</u> – None</p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Score 3.5, 4, 4.5 or greater on Physical Activity Checklist (level 2) • Licensing also requires indoor and outdoor play. Programs must have an adequate supply of safe play equipment, toys and materials for indoor and outdoor activity (level 1) <p><u>Screen Time</u> – None</p> <p>http://ndc.ndgrowingfutures.org/ndc.default.aspx</p> <p><i>QRIS standards catalogued from documents dated 2012.</i></p>
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		<p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • The program must provide a balance of quiet and active indoor and outdoor group and individual activities. A time for supervised child-initiated and self-selected activity must be established • A staff member may not withhold active play from a child as a form of discipline or punishment, beyond a brief period of separation • The operator shall ensure that infants have frequent and extended opportunities during each day for freedom of movement, including creeping or crawling in a safe, clean, open, uncluttered area • Staff members responsible for caring for or teaching children shall take children outdoors or to other areas within the child care center for a part of each day to provide children with some change of physical surroundings and to allow them to interact with other children <p><u>Screen Time</u> – None</p> <p>http://www.nd.gov/dhs/services/childcare/licensing/ Licensing Regulations catalogued from documents dated 2016.</p>	

<p>Ohio Step Up to Quality (SUTQ)</p>	<p>Programs must be licensed and not have any serious risk noncompliance findings during their last licensing visit to participate.</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • A meal shall meet one-third of the recommended daily dietary allowances as most recently specified by the United States department of agriculture (USDA) child and adult care food program child care component. This includes at a minimum, one serving of fluid milk, one serving of meat or meat alternative, two servings of vegetables and/or fruits (one serving of each is recommended) and one serving of bread or grains. The sizes of individual food servings may be varied according to the developmental needs of the child being served, but additional amounts of food shall be prepared and ready to serve in order to meet one-third the recommended daily dietary allowance for each child in attendance. • A snack shall provide nutritional value in addition to calories and contain at least one food from two of the four basic food groups. The basic food groups are: (a) Meat/meat alternate. (b) Bread/grains. (c) Fruit/vegetable. (d) Milk. • A breakfast shall include, at a minimum, one serving each of fluid milk, fruit or vegetable, and bread or grains. • For children under twelve months of age the center shall use formula or breast milk unless otherwise directed in writing by a licensed physician. • For children older than twelve months but under twenty-four months of age, the center shall provide and use whole homogenized vitamin D fortified cow's milk, unless otherwise directed in writing by a licensed physician • Each infant shall be removed from his or her crib for all feedings. Infants shall be held or fed sitting up for bottle feedings. At no time shall a bottle be propped for an infant. • Only one hundred percent, undiluted fruit or vegetable juice shall meet the fruit or vegetable requirement for meals or snacks. • For children over twenty-four months of age, the center shall provide fluid milk that is vitamin D fortified. Low fat and skim milk shall be vitamin A and vitamin D fortified • Drinking water shall be freely available to children. • In-service training for licensed child care centers (G) Child development topics relate to all of the following. (5) Nutrition. 	<p><i>No specific obesity prevention strategies in Center or Home QRIS standards</i></p> <p>http://www.earlychildhoodohio.org/sutq.php</p> <p>http://www.earlychildhoodohio.org/files/sutq/ProgramStandards081913.pdf</p> <p><i>QRIS standards catalogued from documents dated 2013.</i></p>
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- All employees and child care staff members shall not: Punish children for failure to eat or Withhold any food, including snacks and treats, rest or toilet use.

Breastfeeding

- Center policies and practices shall support parent preferences in infant feeding, including breastfeeding and shall recognize the center for disease control's determination that handling and storage of breast milk does not require the use of universal precautions and that breast milk is not considered a biohazard.
- Center policies and practices shall also support the introduction of solid foods as long as developmentally appropriate and not detrimental to the health of the child.

Physical Activity

- The center shall ensure that equipment, materials, and furnishings provided for both indoor and outdoor play are sufficiently varied to meet the developmental needs of the children and in sufficient quantity for the total number of children the center is licensed to serve
- Equipment and materials shall be available and representative of all of the following categories for each age group. (1) Infant: (f) Gross motor activities
- Equipment and materials shall be available and representative of all of the following categories for each age group. (3) School child:(c) Sports and gross motor equipment
- The center shall provide outdoor play each day in suitable weather for any toddler, preschool child, and school child in attendance for more than four consecutive daylight hours. When weather is not suitable for outdoor play, indoor large muscle activities must be provided.
- Providing outdoor play in suitable weather for any infant over 12 months of age, toddler, preschool, and school-age child in attendance 4 or more consecutive hours.
- The program shall provide an opportunity for indoor gross motor play such as, climbing, jumping, running, riding wheel toys, or music and movement on days when outdoor play is not provided
- Allow infants to safely and comfortably sit, crawl, toddle, walk and play according to the infant's stage of development.

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		<ul style="list-style-type: none"> • Provide each non-crawling infant the opportunity for tummy time each day. <p><u>Screen Time</u></p> <ul style="list-style-type: none"> • Not have screens (television, computer, etc.) on during meals and snacks. <p>http://jfs.ohio.gov/cdc/providers.stm <i>Licensing Regulations catalogued from documents dated 2017.</i></p>	

<p>Oklahoma Reaching for the Stars</p>	<p>All licensed providers are automatically designated as one star in Reaching for the Stars</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Children remaining in the center over a four-hour period are served a balanced meal that provides at least one-third of their total daily nutritional requirements • Meals and snacks are required to meet the current Child and Adult Care Food Program (CACFP) guidelines per Oklahoma Administrative code (OAC) 340 Appendix LL. • When infants and toddlers show evidence of wanting to feed themselves, they are allowed to do so • Infants shall be held while being bottle-fed unless they are able to hold their bottles securely without assistance • Bottles are not propped at any time. • Second servings are available for children • Before physical activity, children are well-hydrated and encouraged to drink water during the activity • Safe drinking water is freely available to children at all times. Children are encouraged to drink water throughout the day • Milk is required to meet the current CACFP milk guidelines per OAC 340 Appendix LL. • Fruit juice is required to meet the current CACFP fruit juice guidelines per OAC 340 Appendix LL. • The program does not provide drinks sweetened artificially or with sugar, including soda. • The program does not provide caffeinated drinks, including soda and energy drinks. • Prior to or within three months of employment, the person primarily responsible for food preparation is required to receive training in: (A) nutrition planning; (B) age-appropriate food selection • Professional development. Requirements pertaining to professional development are contained in this subsection. (1) Orientation. Within one week of employment and prior to having sole responsibility for a group of children, each staff member, including auxiliary staff and permanent substitutes who have been employed 40 hours, receives orientation. (A) Orientation includes a review of: (xii) the methods used to inform staff of any special health, nutritional, or developmental needs of children assigned to the caregiver 	<p><u>Healthy Eating</u> – None</p> <p><u>Breastfeeding</u> – None</p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Health and safety checklists for both indoor and outdoor spaces are completed annually and kept on file at the center (1 star plus) • The indoor & as weather permits, outdoor environment are utilized daily for all children to engage in physical activity (1 star plus) • The daily schedule allows children time to complete tasks. The schedule reflects a balance and variety of activities that includes time for indoor and outdoor play, active and quiet play, rest periods, and meals (2 star) • A minimum of 2 learning areas are available outdoors (2 star) • Staff participates in physical activity with children at least once per day (2 star) <p><u>Screen Time</u></p> <ul style="list-style-type: none"> • TV or other screen time is not used for children younger than 2 years of age (1 star plus) <p>http://www.okdhs.org/programsandservices/cc/stars</p> <p><i>QRIS standards catalogued from documents dated 2012.</i></p>
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- Staff are prohibited from punishing or threatening a child in association with food
- Children are encouraged, but not forced, to eat

Breastfeeding

- Breastfeeding is allowed in the facility.

Physical Activity

- To ensure a flexible program, a variety of activities are chosen that includes time for indoor and outdoor play
- The program must provide age-appropriate materials and equipment in amounts to avoid excessive competition between the children and to avoid long waits for the use of materials and equipment. The materials and equipment must be from at least five of the categories listed in (1) - (10) of this subsection. (1) Large motor development.
- Equipment provided is age-appropriate and varied to meet the developmental needs of the children present.
- The center has a minimum of one item from five of the equipment categories in this paragraph; and two items from (H) through (K) may be counted, provided they are dedicated for outdoor use. Equipment categories are: (A) climbing apparatus sized to the age of children in care; (B) swinging apparatus; (C) crawl-through apparatus; (D) wheeled or riding toys; (E) balance apparatus; (F) balls, bean bags, and Frisbees; (G) sand and water play with accessories; (H) music equipment; (I) dramatic play and dress up; (J) blocks or loose parts; and (K) outdoor arts and crafts
- Requirements pertaining to school-age children's activities and program are designed to provide a balance of activities that includes a balance of large muscle and small muscle activities
- Children are: (A) removed from their cribs often when not sleeping; (B) not left for more than 30 minutes while awake in playpens, swings, high chairs, or stationary activity centers
- Children are: (C) provided opportunities to play freely on a clean, safe floor
- Outdoor play is ensured for each child regardless of age, unless the child's health or safety is at risk; and provided weather and environmental conditions do not pose a significant health or

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		<p>safety risk by, adjusting the time of day for outdoor play, adjusting the amount of time outside, and considering children's ages and children wearing weather-appropriate clothing.</p> <ul style="list-style-type: none"> • Programs for 1 year olds and younger provide awake children to spend much of their time playing freely on the floor, including infant tummy time. <p><u>Screen Time</u></p> <ul style="list-style-type: none"> • Screen time is limited to 30 minutes or less during the day for each child or group. • Screen time is not used when all children in the group are 1-year olds or younger. • Screen time is not used during meal and snack times. <p>http://www.okdhs.org/services/cc/pages/requirements.aspx <i>Licensing Regulations catalogued from documents dated 2016.</i></p>	

<p>Oregon Commitment to Quality</p>	<p>Programs must be licensed in good standing to participate.</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • USDA guidelines will be used to determine if meals and snacks are adequate and nutritious. • Foods of minimal nutritional value (e.g., Jell-O, popcorn, desserts, potato chips) shall only be served occasionally and not replace nutritious foods. • Each lunch and dinner served shall equal at least 1/3 of a child's daily nutritional needs. Every meal shall meet USDA guidelines and shall include at least one serving from each of the following groups: fluid milk; breads and grains; meat, fish, poultry or meat alternatives (e.g., dried beans, peanut butter, yogurt or cheese). Each meal shall include two servings of fruits and vegetables. No liquids other than milk and 100% fruit juice shall be counted as part of the daily nutrition. • When parents provide food for the meal, each child's food shall be monitored daily to ensure that the food meets nutritional requirements and the center shall have sufficient food available to supplement any lunch that does not meet nutrition requirements • To serve family style meals, where food is brought to the table in larger quantities and served to the plates from the table, a center must have a written plan, approved by the environmental health specialist and OCC, which includes at least the following elements: (a) Provision for handwashing immediately prior to eating; (b) Separate serving portions for each table; (c) Serving utensils distinct from eating utensils; (d) Table accommodations for group sizes no larger than those stated in Or. Admin. R. 414-300-0130, Table 3A or Table 3B, for that age group; (e) Provision for serving mildly ill children so as to prevent the spread of the illness; and (f) The discarding of any food brought to the table and not eaten • Solid foods shall not be fed to infants less than four months of age without parental consent • Children who cannot feed themselves shall be held or, if able to sit alone, fed in an upright position • Infants up to six months of age shall be held while bottle fed • Bottles shall never be propped. The child or a staff person shall hold the bottle • All food products served by the center shall be obtained from commercial suppliers, except that: (A) Fresh fruits and 	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Program provides support and instruction to children on toileting, healthy eating, and fitness practices (3-star indicator) • Program personnel provide information about good nutrition and eating habits (unknown) • Programs offer fresh fruit and vegetables at least twice a week (4-star indicator) • Program personnel encourage healthy eating habits during mealtime by: sitting with children during meals and snacks; engaging in conversations with children; encouraging conversations between children; and providing appropriate portion sizes. Evidence: Program policy, written procedure, or guidelines for meals and snacks that demonstrates all the criteria above (3 star) • Program personnel encourage healthy eating habits during mealtime by: encouraging children to try foods but not requiring them to eat specified foods or amounts; providing information about good nutrition and eating habits; dividing children into small groups; providing child-size serving utensils for children to use; having children help during meals (setting the table, serving themselves, clearing the table or their place setting); and offering fresh fruit and vegetables at least twice a week (4 star) • Program personnel provide instruction about healthy nutrition, including: instruction on eating from the USDA guidelines (ChooseMyPlate.gov); instruction on how foods help bodies grow (preschool); and how good nutrition helps keep bodies healthy (school-age). Instruction is delivered in a positive manner; using naturally occurring opportunities; on an individual basis; and during group activities. Evidence: Written description of how and when instruction is provided on nutrition that demonstrates all the criteria above (5 star) <p><u>Breastfeeding</u> – None</p>
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vegetables and center-frozen fruits or vegetables may be served

- Only Grade A pasteurized and fortified milk shall be served to children
- Only approved food additives and preservatives shall be used by the center.
- No liquids other than milk, formula, water, and 100 percent fruit juices shall be served to the children in care.
- A center serving children under 12 months of age shall comply with the following requirements for those children: (d) Whole milk, skim milk, 1%, and 2% milk shall not be served unless requested in writing by the child's parent(s) and with a medical provider's written permission.
- Water shall be freely available to children.
- The director, head teacher, and all teachers shall participate yearly in at least 15 clock hours of training or education related to child care, of which at least eight clock hours shall be in child development or early childhood education. If an individual has worked in the facility less than a year, the training requirements will be prorated as follows: At least 1.25 clock hours for each month worked in the current license period. (a) The following core knowledge categories are accepted for the child development and early childhood education requirement: Health Safety and Nutrition
- Prohibited punishment includes, but is not limited to: (e) Forcing or withholding meals, snacks, rest, or necessary toilet use

Breastfeeding – None

Physical Activity

- There shall be an outdoor activity area which the children can reach safely. If an outdoor activity area is not next to the center, or not under the control of the center during hours of operation, it cannot be used without the specific approval of CCD.
- The outside activity area shall: (d) Be equipped to provide age-appropriate activities for gross motor development
- The center shall have a variety of age-appropriate toddler, preschool and school age toys, materials and equipment which give children choices from the following: (e) Gross motor activities

Physical Activity

- Program provides support and instruction to children on toileting, healthy eating, and fitness practices (3-star indicator)
- Program has appropriate gross motor including portable gross motor equipment for play (4 star)
- Program has indoor space available for gross motor activities (5 star)
- Program maintains an accessible, organized, child-friendly indoor physical environment (3 stars)
- Program personnel provide instruction on the importance of physical activity (4 stars)
- Program personnel use natural opportunities to increase physical activity and plan daily moderate-to-vigorous physical activity (3 stars)

Screen Time

- Program has a written policy on the use of screen time and does not allow screen time for children under 2 (3 stars)
- Appropriate screen time use includes: parents are informed if electronic media are used in the program; screen content is appropriate for ages of children, nonviolent, and culturally sensitive; at least one alternative activity is available while electronic media is used; program's use of screen viewing encourages active child involvement; adults do not use electronic media for personal use during the care day; electronic media is not on during non-viewing time and is not allowed during meals or snack time (3-5 stars)
- Appropriate screen time use includes: program uses screen time intentionally; screen time is related to instructional goals (that is, supports and extends children's current interests and experiences, content is discussed with children) (5 stars); screen media is free of advertisement and brand placement; screen time is limited to no more than one hour per day (5 stars)

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		<ul style="list-style-type: none"> • The outside activity area shall: (d) be equipped to provide age-appropriate activities for gross motor development. • The program of activities shall be planned to provide: (e) Daily indoor and outdoor activities in which children use both large and small muscles. • preschool age children shall have opportunities, on a daily basis, to choose from a variety of activities and experiences, which shall include: (3) Gross motor development • school age children shall have opportunities to choose from a variety of activities, including: (c) Exposure to individual and team physical activities • The use of baby equipment shall not substitute for providing a variety of stimulating experiences • Each infant and toddler shall be: (b) Given opportunities during each day to move freely by creeping and crawling in a safe, clean, open, warm, and uncluttered area • toddlers shall be given opportunities to participate in: (b) Running, climbing, and other vigorous physical activities • The schedule shall include periods of outdoor play each day when weather permits <p><u>Screen Time</u> – <i>None</i></p> <p>http://www.oregon.gov/OCC/Pages/Rules_Summary.aspx <i>Licensing Regulations catalogued from documents dated 2017.</i></p>	<p>http://teachingresearchinstitute.org/pages/show/qr-is-star-ratings <i>Revised 3/2014.</i></p>

<p>Pennsylvania Keystone STARS</p>	<p>Child Care providers in Keystone STARS must have current licenses</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • A lunch or dinner prepared at the facility for children of toddler age or older shall have at least one item from each of the following food groups: (1) Dairy products--milk, milk products and cheese. (2) Protein group--meat, fish, poultry, eggs, cheese, peanut butter, dried beans, peas and nuts. (3) Fruits and vegetables--including a wide variety of green, white, yellow, red vegetables and fruits. (4) Grain group--whole grain and enriched products, such as breads, cereals, pastas, crackers and rice • A written statement giving formula and feeding schedule shall be obtained from the parent • For infants, new foods shall be introduced only after consultation with the child's parent. • An infant 6 months of age or younger shall be held while being bottle fed. • Food servings shall be portioned suitably for the size and age of the children in care. Additional food in reasonable amounts shall be made available to children upon the request of the parent or child. • Safe drinking water shall be made available to children of all ages throughout the day. • Drinking water shall be provided to children who are out-of-doors for a period exceeding 1 hour. • A staff person shall obtain an annual minimum of 6 clock hours of child care training. (2) Acceptable training topics include the following: (IV) Nutrition for children. • Food may not be withheld from a child for purposes of discipline. • A child may not be forced to eat food. <p><u>Breastfeeding – None</u></p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Weather permitting, children shall be taken out doors daily. • Play equipment shall facilitate the child's emotional, cognitive, communicative, perceptual-motor, physical and social development. 	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • At a minimum of once per year, written information on topics including health and human services, wellness, nutrition and fitness, and/or child development is given and explained to families and staff (2 stars) • All staff must have two hours of health and safety professional development annually (2 stars) <p><u>Breastfeeding – None</u></p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • At a minimum of once per year, written information on topics including health and human services, wellness, nutrition and fitness, and/or child development is given and explained to families and staff (2 stars) • All staff must have two hours of health and safety professional development annually (2 stars) <p><u>Screen Time – None</u></p> <p>http://www.pakeys.org/pages/get.aspx?page=Programs_STAR_S <i>QRIS standards catalogued from documents dated 2013-2014.</i></p>
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		<ul style="list-style-type: none"> • A facility shall provide outdoor or indoor play space to be used for large muscle activity which includes running, jumping, climbing and riding. • Outdoor or indoor play space shall be safe for large muscle activity. <p><u>Screen Time</u> – None</p> <p>http://www.dhs.pa.gov/provider/earlylearning/childcareregulations/#.VmdQ9NURKM8</p> <p><i>Licensing Regulations catalogued from documents dated 2008.</i></p>	

<p>Rhode Island Bright Stars</p>	<p>To participate in BrightStars, providers must have a current, valid license. Preschools that are not licensed must have approval from the Department of Elementary and Secondary Education.</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • All meals and snacks provided by the program must meet current USDA Child and Adult Care Food Program nutritional standards. • The program shall provide a variety of developmentally appropriate activities that are selected to achieve the following goals: Encourage sound health, safety and nutritional practices. • If lunches or other meals are provided by the parent, the program shall have written nutrition guidelines which shall be given to parents at the time of enrollment. Staff shall monitor meals to insure nutritional value. There shall be a supply of food available in the facility to provide nutritional meals to children whose parents do not provide food and to supplement any foods brought by children which are not nutritional or of sufficient quantity. • At least one classroom Teacher sits with children at the tables during meals and snack time and engages with children to model appropriate mealtime behavior. • There shall be drinking water readily available to the children while they are in the program • Drinking water supplies are located in or near classrooms and activity rooms. • The program does not serve drinks with caffeine and/or sweetened artificially or with sugar, including soda and flavored milk. • If a program chooses to serve juice it must (a) be 100% fruit juice, (b) be in accordance with the US Department of Agriculture Child and Adult Care Food Program, (c) be served only at meal or snack time, and (d) never be served to younger infants. • Children shall not be deprived of meals or snacks as a form of discipline <p><u>Breastfeeding</u> – None</p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • The program shall provide a variety of developmentally appropriate activities that are selected to achieve the following goals: Encourage sound health, safety and nutritional practices. 	<p><u>Healthy Eating</u> – None</p> <p><u>Breastfeeding</u> – None</p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • provides indoor and outdoor space to support varied and enriching experiences for children (n/a) <p><u>Screen Time</u> – None</p> <p>http://www.brightstars.org/providers/brightstars-quality-rating/ QRIS standards catalogued from documents dated 2013.</p>
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		<ul style="list-style-type: none"> • There shall be an appropriately equipped outdoor play area for gross motor activity • There shall be a daily schedule which includes planned activities that provide a change of pace and interest from school. The scheduled activities shall be balanced along the following dimensions: Quiet/active and Large muscle/small muscle • The program shall provide a variety of developmentally appropriate activities that are selected to achieve the following goals: Foster physical and motor development • The scheduled activities shall be balanced along the following dimensions: Indoor/outdoor • A variety of learning materials shall be provided in at least the following areas: Recreation; Large motor activity • Taking away physical activity/outdoor time as punishment is prohibited. • Opportunities for moderate to vigorous physical activity 60 minutes total for a full day program, and 30 minutes total for a part day program are available to children each day. <p><u>Screen Time</u></p> <ul style="list-style-type: none"> • Audio-visual equipment, when utilized, shall be appropriate for the age and developmental level of the children enrolled • Television or other screen time is (a) prohibited for infants, (b) prohibited during scheduled meals and snack times, (c) limited to no more than 30 minutes per day for each child or group. <p>http://www.dcyf.ri.gov/licensing.php <i>Licensing Regulations catalogued from documents dated 2017.</i></p>	

<p>South Carolina ABC Child Care Program (3 levels, with Level A the highest)</p>	<p>Licensing forms the basis for the QRIS (level C) *3 levels, with Level A at the top</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Meals and snacks provided shall be in compliance with the USDA Child Care Food Program Guidelines • Meals and snacks may be provided by the center or the parent. The center shall have a small supply of nutritional food and beverages available in the event a parent neglects to bring the child's food on an unanticipated basis • Full-strength juice is allowed to fulfill fruit/vegetable requirements • Only Grade A pasteurized fluid milk and fluid milk products may be given to any child less than 24 months old, except with a written permission from the child's health provider • Food served shall be suited to the child's age and appetite. Second portions shall be available. • Safe drinking water shall be available to children at all times and there shall be no use of common drinking cups. • Toddlers shall be offered water routinely throughout the day. • Whole milk may not be served to children less than 12 months of age, except with a written permission from the child's health provider. • Infants shall be held while being bottle fed until they are able to hold their own bottles. Bottles shall not be propped or given in cribs or on mats. • No child shall be deprived of a meal or snack if he/she is in attendance at the time the meal or snack is served. • Children shall not be forced to eat. • Food shall not be used as a punishment. • The director shall participate in at least twenty clock hours of training annually. At least five clock hours shall be related to program administration and at least five clock hours shall be in child growth and development, early childhood education and/or health and safety excluding first aid and CPR training. The remaining hours shall come from the following areas: Curriculum Activities, Nutrition, Guidance, or Professional Development and must include blood-borne pathogens training as required by OSHA • All staff, with the exception of emergency person(s) and volunteer(s), providing direct care to the children shall participate in at least fifteen clock hours annually. At least five 	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • All meals and/or snacks that are provided by the center shall be planned and served to meet the child's nutritional requirements as recommended by the USDA CACFP in proportion to the amount of time the child is in the center each day with no more than four hours between food services. (level A & B) • Foods and beverages high in fat are limited by the following practices: <ul style="list-style-type: none"> ○ a) High-fat meats are served no more than 2 times per week. (Level B); High-fat meats are served no more than once a week (Level A). ○ b) Only skim or 1% milk is served to children age 2 years and above. (Level A & B) ○ c) Fried or pre-fried vegetables, including potatoes, are served no more than once a week (Level B); Fried or pre-fried vegetables, including potatoes, are served no more than once in a two-week period (Level A). Fruits, vegetables, and whole grains shall be served based on the meals/snacks provided, as follows: Programs serving breakfast, lunch, and snack or serving lunch and 2 snacks: Fruit (not juice) is served at least 2 times per day; A vegetable other than white potatoes is served at least once a day; Whole grain foods are served at least once a day (level B) • Fruits, vegetables, and whole grains shall be served based on the meals/snacks provided, as follows: Programs serving lunch and snack: Fruit (not juice) is served at least once a day; A vegetable other than white potatoes is served at least once a day; Whole grain foods are served at least once a day (level A & B) • Fruits, vegetables, and whole grains shall be served based on the meals/snacks provided, as follows:
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clock hours shall be in child growth and development and at least five clock hours shall be in curriculum activities for children excluding first aid and CPR training. The remaining hours shall come from the following areas: Guidance, Health, Safety, Nutrition, or Professional Development and must include blood-borne pathogens training as required by OSHA.

Breastfeeding – None

Physical Activity

- Children shall be provided daily indoor opportunities for freedom of movement.
- Children shall not remain in their cribs or play equipment for other than sleeping and specific, short time-limited quiet play.
- All children shall be given the opportunity for outdoor play, weather permitting.

Screen Time

- Age appropriate radio and television, VCR tapes, DVDs and other media shall be previewed by the director and staff and used only as a supplement and enhancement to the daily program. No child shall be required to view these media programs.

<http://www.scchildcare.org/media/592/114500.pdf>

Licensing Regulations catalogued from documents dated 2005.

Programs serving snack only: Fruit (not juice) is served at least 2 times per week; A vegetable other than white potatoes is served at least 2 times per week; Whole grain foods are served at least 2 times per week (level A & B)

- Juice is allowed only once per day in a serving size specified by USDA CACFP for the age group served (level C)
- Sugar intake is limited by the following practices:
 - Juice is allowed only once per day in a serving size specified by USDA CACFP for the age group served (Level A & B)
 - Sugar sweetened beverages shall not be served. (Level A & B)
 - Sweet food items are served no more than two times per week (level B)
 - Sweet food items are served no more than once per week (Level A).
- All meals and/or snacks that are provided by the center shall be planned and served to meet the child's nutritional requirements as recommended by the USDA CACFP in proportion to the amount of time the child is in the center each day with no more than four hours between food services (level B)
- Operator and/or director shall have at least 20 clock hours of training (excluding first aid/CPR) during the calendar year to include at least 5 clock hours of administration and at least 5 clock hours in child growth and development, early childhood education and/or health and safety, 1 hour related to nutrition, and 1 hour related to children's movement/physical activity (level A – B)
- All direct care staff except emergency person(s) and volunteer(s) shall participate in at least 15 clock hours of training (excluding first aid/CPR) during the calendar year to include at least 5 clock hours in child growth and development and at least 5 clock hours in curriculum activities for children, 1 hour related to nutrition, and 1 hour related to children's movement/physical activity (level A – B)

- Nutrition Policy: The center has a written policy that incorporates information about the components of a healthy and balanced diet that meets the U.S. Department of Agriculture (USDA) Child Care Food Program Guidelines. The policy shall reflect the following criteria: 1. One Meal and one snack served by the center shall be planned to meet the child's nutritional requirements according to the USDA Child Care Food Program Guidelines in proportion to the amount of time the child is in the center each day with no more than four hours between food services. 2. Sugar sweetened beverages shall not be served. 3. Only skim or 1% milk is served to children age 2 and above. (Level C)
- Programs will not use food as a reward or punishment. (level A & B)

Breastfeeding – None

Physical Activity

- The program encourages and informs parents about their role in dressing their child in clothes and shoes that allow for participation in physical activity (level A & B)
- All staff members and parent(s)/guardian(s) of children enrolled in the center must be informed of the physical activity policy (level B)
- Caregivers are informed about their role in encouraging children to be physically active indoors and outdoors at appropriate times (level A & B)
- The program's schedule includes daily, active outdoor play for all children. Written policy should also note that if outdoor time is decreased due to inclement weather, the time of indoor activity is increased to assure the total amount of physical activity remains the same. (level B)
- Full Day Programs (6 hours or more) shall have two to three separate time periods of outdoor play for children 12 to 36 months totaling 60-90 minutes (level B); and two to three separate time periods of

			<p>outdoor play for preschool and school age children totaling 60-90 minutes (level A & B)</p> <ul style="list-style-type: none">• Half Day Programs (4 hours or less) shall have outdoor play for children 12 to 36 months totaling at least 30 minutes; and outdoor play for preschool and school age children totaling at least 30-45 minutes. (level A & B)• Part day programs (4 to 6 hours) shall have two separate time periods of outdoor play for children 12 to 36 months totaling 40-60 minutes; and two time periods of outdoor play for preschool and school age children totaling 60-90 minutes. (Level A & B)• Encouragement of a least restrictive, safe environment for infants and toddlers at all times (level B)• Operator and/or director shall have at least 20 clock hours of training (excluding first aid/CPR) during the calendar year to include at least 5 clock hours of administration and at least 5 clock hours in child growth and development, early childhood education and/or health and safety, 1 hour related to nutrition, and 1 hour related to children's movement/physical activity (level A – B)• All direct care staff except emergency person(s) and volunteer(s) shall participate in at least 15 clock hours of training (excluding first aid/CPR) during the calendar year to include at least 5 clock hours in child growth and development and at least 5 clock hours in curriculum activities for children, 1 hour related to nutrition, and 1 hour related to children's movement/physical activity (level A – B)• Physical Activity Policy: The center has a written physical activity policy to address the following criteria to promote the healthy development of children: 1. Media (TV, video and DVD) viewing and computer use is not permitted for children 2 years of age and under. 2. Children are encouraged to be physically active indoors and outdoors at appropriate times. (level C)
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			<ul style="list-style-type: none"> • Programs will not use or withhold physical activity as punishment. (level A & B) • All staff members and parent(s)/guardian(s) of children enrolled in the center must be informed of the physical activity policy. (Level A & B) <p><u>Screen Time</u></p> <ul style="list-style-type: none"> • Media (TV, video and DVD) viewing and computer use are not permitted for children age 2 years and under. (level A & B) <p>http://abcqualitycare.org/ QRIS standards catalogued from documents dated 2012-2013.</p>

State, QRIS Name	Licensing Interaction with QRIS ¹	Licensing Regulations Related to Healthy Eating, Breastfeeding, Physical Activity, and Screen Time (for centers) ²	QRIS Standards Related to Healthy Eating, Breastfeeding, Physical Activity, and Screen Time (for centers) ³
South Dakota	N/A (QRIS in planning phase)	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Infants must be fed according to their individual schedule and must be held while bottle feeding • The program must have and implement a written plan for orientation training. The plan must provide for staff orientation in at least the following areas: (4) Meeting the nutritional needs of children • Each staff member for a day care center shall participate in 20 hours of training annually. Training must be obtained in the following areas: (4) Food handling techniques; (7) Nutrition for children; • Withholding or forcing of meals, snacks, or naps to correct behavior is prohibited <p><u>Breastfeeding</u> – None</p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Each program shall have safe, non-toxic play materials and equipment for creative activity, dramatic play, language arts, and large and small muscle development and coordination. • In addition, there must be a written program of activities planned according to the developmental level of each group of children. The program shall provide each child with experiences which encourage self-esteem and positive self-image, social interaction, self-expression and communication skills, creative expression, large and small muscle development, and intellectual growth. • The program schedule must be planned to provide a flexible balance of active and quiet activities, individual and group activities, and indoor and outdoor activities <p><u>Screen Time</u> – None</p> <p>https://dss.sd.gov/childcare/licensing/ Licensing Regulations catalogued from documents dated 2013.</p>	N/A – QRIS in planning phase as South Dakota works to develop a system of recognition for early care and education providers that aligns with the licensing requirements in the Child Care Development Block Grant reauthorization of November 2014.

<p>Tennessee Star-Quality Child Care Program</p>	<p>First level is equal to complying with licensing regulations</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • If the child care agency provides food, it shall be in accordance with the USDA's Child and Adult Care Food Program (CACFP) nutritional guidelines. • The feeding schedule for infants shall be in accordance with the child's need rather than according to the hour • New foods shall be introduced to infants and toddlers one at a time over a five (5) to seven (7) day period with parent's approval • At mealtime, children shall be seated at tables and chairs of appropriate size, and adults shall sit with them. • Infants shall be held while being fed as long as they are unable to sit in a high chair, an infant seat, or at the table. • Bottles shall not be propped, and a child shall not be given a bottle while lying flat. • Appropriate foods shall be encouraged; highly inappropriate foods, e.g. foods high in sugar and/or fat content, but containing low nutritional value, shall be discouraged. • Drinking water and other fluids consistent with the child's condition shall be available at all times. • Training for Caregivers After the First (1st) Year of Employment. 2. A maximum of two (2) hours training credit annually may be credited for Child and Adult Care Food Program (CACFP) training. • Discipline shall not be related to food • Food shall not be forced on or withheld from children. • Foods served as part of the meal/supplement pattern shall not be used as reward; nor shall food be used or withheld as a form of discipline. • Desserts and sweets shall not be used as rewards or a form of discipline. <p><u>Breastfeeding</u></p> <ul style="list-style-type: none"> • Staff shall support and facilitate a parent's decision to continue breast feeding. <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • There shall be alternating periods of vigorous activity and quiet play or rest throughout the day. 	<p>Added "Child Health and Well-being" to key components for rating</p> <ul style="list-style-type: none"> • Rating based on percent of staff first aid/CPR certified, providing information about child health and wellbeing to parents, including health and wellbeing in lessons • Three-star programs (top rating) must be Gold Sneaker certified <p><i>No obesity prevention strategies present in the QRIS standards</i></p> <p><i>(the following tools are used in the QRIS scoring: CACFP Meal Guidelines, Playground Information Sheet, ECERS Accessibility)</i></p> <p>http://www.tnstarquality.org/html/star-quality.htm Date of documents catalogued is unknown.</p>
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- Indoor physical activities, requiring children to use both large and small muscles, shall be provided for children of each age group.
- The educator shall engage in interactive play that includes activities such as movement, dance, musical games, pretend play and finger play.
- Each infant shall have direct supervised tummy time for infants less than 6 months of age, every day when they are awake. Engage with infants on the ground each day to optimize adult-infant interactions.
- Outdoor play and moderate to vigorous indoor or outdoor physical activity shall be available as follows:
 1. Weather permitting, infants shall be taken outside at least once per day.
 2. Toddlers and preschoolers shall have 60 – 90 minutes of outdoor play per day.
Exception: indoor activity can be increased if adverse weather does not permit outdoor play.
 3. Toddlers shall have 60 to 90 minutes of MVPA per 8 hour day.
 4. Preschoolers shall have 90 – 120 minutes MVPA per 8 hour day.
- Staff shall plan and implement activities that engage all children in developmentally appropriate active, physical play such as skipping, running, and jumping.
- Children of all ages, including infants, who are in care more than 3 daylight hours, shall have a daily opportunity for outdoor play when the temperature range, after adjustment for wind and chill and heat index, is between 32 F and 95 F and it is not raining.
Exception: Child care agencies where outdoor play is prohibitive or dangerous, as determined in the discretion of the Department may substitute unoccupied indoor space, subject to approval by the Department.

Screen Time

- If electronic media, including but not limited to television, videos/DVD, or video/computer games, or personal electronic devices are used, they shall be limited as follows:

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		<ul style="list-style-type: none"> - For children less than 2 years of age, use of electronic media and other electronic devices is prohibited. - Television and video/DVD viewing shall be limited to 1 hour per day and for educational or physical activities only. Exception: Viewing time may exceed 1 hour per day for special activities such as movie time as long as the total average time per week does not exceed 1 hour per day. - Computer and personal electronic device time is limited to 1 hour per day. - Television and video/DVD viewing is not allowed during meal or snack time. <p>Exception: (i) Use of electronic media for personal recorded messages from relatives serving abroad in the military is not limited (ii) Use of electronic media during transition times when there is a single educator such as during preparation of a meal is limited to the duration of the transition (iii) School-age children may use computer for completion of homework with no time limitations (iv) All children may participate in activities that utilize computers and electronic devices for educational programs.</p> <ul style="list-style-type: none"> • If used, computers which allow internet access by children shall be equipped with monitoring or filtering software, or other type of software protection that limits children's access to inappropriate websites, e-mail, and instant messages. • Videos, movies, and video/computer games shall be previewed by staff for content (d) Programs, or adult content shall not be permitted in children's presence € Programs, movies, computer games, and music shall be developmentally appropriate for viewers. • Child care agencies shall inform parents in writing of any scheduled media programming viewing. • Other activity choices shall be available to children who do not wish to participate in media time. <p>http://share.tn.gov/sos/rules/1240/1240-04/1240-04.htm <i>Licensing Regulations catalogued from documents dated 2016.</i></p>	

<p>Texas Rising Start Provider Certification (Only licensed or registered providers that have an agreement with a local Workforce Development Board to serve Texas Workforce Commission subsidized children participate in Texas Rising Star Certification)</p>	<p>To participate, programs must meet and complain compliance with applicable child care licensing standards.</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • For children not yet ready for table food, you must obtain and follow written feeding instructions that are signed and dated by the child’s parent or physician • The daily food needs for children 12 months through two years are included in the following chart: [see Figure 40 TAC §746.3305(a) on page 9 of Texas_746_3101 Regulations.pdf] • The daily food needs for children three years through five years are included in the following chart: [see Figure 40 TAC §746.3305(b) on page 10 of Texas_746_3101 Regulations.pdf] • If your child-care center is participating in the Child and Adult Care Food Program administered by the Texas Department of Agriculture, you may elect to meet those requirements rather than those specified in this section. • Morning, afternoon, and nighttime snacks must be nutritious and include at least one of the following, which can be included in the child’s daily food needs: (1) One serving from the fruit or vegetable group; (2) One serving from the milk group; (3) One serving from the grain group; or (4) One serving from the meat or meat alternative group. • If parents provide meals/snacks, your enrollment agreement signed by the parent must include a statement that the parent is choosing to provide the child’s meals and/or snacks from home and the parent understands the child-care center is not responsible for its nutritional value or for meeting the child’s daily food needs. • If the parent provides a meal but not a snack, you are responsible for providing a snack • You must serve enough food to allow children second servings from the vegetable, fruit, grain, and milk groups. • You may serve powdered milk if you mix the powdered milk according to label directions, and prepare, store, and serve the milk in a safe and sanitary manner • You may serve fruit or vegetable juices if you: (1) Serve only 100% fruit or vegetable juice; (2) Only serve to children ages 12 months and older; and (3) Only serve up to four ounces for children ages 12 months through five years of age and six ounces for children ages six and older per day when using towards daily food needs. 	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Infants (0-17 months) are held and talked to while bottle fed • Meals and snacks are served that include all of the following features: Initial servings are small and Seconds are available • Children are not hurried to finish eating <p><u>Breastfeeding</u> – None</p> <p><u>Physical Activity</u> – None</p> <p><u>Screen Time</u> – None</p> <p>https://texasrisingstar.org/ QRIS standards catalogued from documents dated 2012.</p>
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- You must ensure a supply of drinking water is always available to each child and is served at every snack, mealtime, and after active play in a safe and sanitary manner.
- You must not serve beverages with added sugars, such as carbonated beverages, fruit punch, or sweetened milk except for a special occasion such as a holiday or birthday celebration.
- You must: Hold infants birth through six months while feeding them;
- Hold infants over six months who are unable to sit unassisted in a high chair or other seating equipment while feeding them;
- Never prop bottles. The child or an adult must hold the bottle;
- You do not have to use family-style meal service, although all meals and snack times must: (1) Be unhurried; and (2) Include adult supervision of children.
- If meals and snacks are served family style, caregivers must supervise children to prevent cross-contamination of the food.
- Activities for toddlers must include at least the following:
Regular meal and snack times;
- The following types of discipline and guidance are prohibited:
Punishment associated with food; Putting anything in or on a child's mouth;
- You must not use food as a reward or punishment.
- The remaining clock hours of annual training must be in one or more of the following topics: (2) Child health (for example, nutrition and activity);

Breastfeeding

- You must develop written policies that at a minimum address each of the following: Your provisions to provide a comfortable place with a seat in your center or within a classroom that enables a mother to breastfeed her child.
- In addition, your policies must inform parents that they have the right to breastfeed or provide breast milk for their child while in care;

Physical Activity

- The written activity plan must include at least the following: (3)
Outdoor play in which the children make use of both small and large muscles, both in the morning and afternoon;

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| | | <ul style="list-style-type: none">• Activities for toddlers must include at least the following: (4) Opportunities for large-muscle development. Examples of age-appropriate equipment or activities include low-climbing structures, small riding toys, toys for pushing or pulling, a variety of light-weight balls for indoor and outdoor play, and rhythm instruments;• Activities for toddlers must include at least the following: (5) Opportunities for active play both indoors and outdoors. Examples of age-appropriate equipment or activities include music, songs, simple games and dramatic or imaginary play that encourage movement such as dancing, running, climbing, stretching, walking and marching;• Activities for pre-kindergarten age children must include at least the following: (4) Opportunities for large-muscle development. Examples of age-appropriate equipment or activities include small wagons, light-weight balls of all sizes, small wheelbarrows, tricycles, push toys, swings, slides, climbing equipment, balance beam, hanging bars, and outdoor building materials;• Activities for pre-kindergarten age children must include at least the following: (5) Opportunities for active play both indoors and outdoors. Examples of age-appropriate equipment or activities include active games such as tag and hot potato, dancing and creative movement to music and singing, simple games and dramatic or imaginary play that encourages running, stretching, climbing, walking and marching;• Activities for infants must include at least the following: (2) Opportunities to explore outside the crib or other confining equipment multiple times each day;• Activities for infants must include at least the following: (3) Opportunities for reaching, grasping, pulling up, creeping, crawling, and walking in a safe, clean, uncluttered area;• Activities for infants must include at least the following: (8) Opportunities for large-muscle development. Examples of age-appropriate equipment or activities include blankets or quilts for floor time, crib and play gyms, variety of light-weight balls, and pillows or supportive equipment for those learning to sit up.• An infant may remain in the crib or other confining equipment for up to 30 minutes after awakening, as long as the infant is content and responsive. | |
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		<ul style="list-style-type: none"> • Activities for toddlers must include at least the following: (1) Daily morning and afternoon opportunities for outdoor play when weather permits; • Activities for pre-kindergarten age children must include at least the following: (1) Daily morning and afternoon opportunities for outdoor play when weather permits; • Activities for infants must include at least the following: (1) Daily opportunities for outdoor play as weather permits; • The following types of discipline and guidance are prohibited: (9) Requiring a child to remain silent or inactive for inappropriately long periods of time for the child's age. <p><u>Screen Time</u></p> <ul style="list-style-type: none"> • The written activity plan may include screen time activities (TV, videos, computer, or video games), if you also include alternative activities for children that do not want to participate. • TV/video, computer, or video games may be used to supplement, but may not be used to replace, the activities for children ages two years and older provided • If you use TV/video, computer or video games as an activity for children, you must ensure that they: (1) Are related to the planned activities; • If you use TV/video, computer or video games as an activity for children, you must ensure that they: (3) Do not exceed two hours per day. • Activities using TV/video, computer, or video games are prohibited for children under the age of two years. <p>https://www.dfps.state.tx.us/Child_Care/Child_Care_Standards_and_Regulations/default.asp <i>Licensing Regulations catalogued from documents dated 2017.</i></p>	

<p>Utah Care about Childcare</p>	<p>Programs must be licensed to be eligible to participate</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • When food for children's meals and/or snacks is supplied by the provider (a) the meal service shall meet local health department food service regulations, (b) the foods that are served shall meet the nutritional requirements of the USDA Child and Adult Care Food Program (CACFP) whether or not the provider participates in the CACFP. • Foods served by centers not currently participating and in good standing with the USDA Child and Adult Care Food Program (CACFP) shall comply with the nutritional requirements of the CACFP. • Each infant and toddler shall follow their own pattern of sleeping and eating. • If an infant is not able to sit upright and hold their own bottle, a caregiver shall hold the infant during bottle feeding. Bottles shall not be propped. • An outdoor source of drinking water, such as a drinking fountain, individually labeled water bottles, or a pitcher of water and individual cups that are taken outside, shall be available to children whenever the outside temperature is 75 degrees or higher. • Discipline measures shall not include any of the following: (e) forcing or withholding of food • Caregivers shall respond as promptly as possible to infants and toddlers who are in emotional distress due to conditions such as hunger, <p><u>Breastfeeding – None</u></p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • For preschool and school-age groups. The daily schedule shall include, at a minimum, meal, snack, nap/rest, and outdoor play times. Daily activities shall include outdoor play if weather permits. • Each awake infant and toddler shall receive positive physical and verbal interaction with a caregiver at least once every 20 minutes. • To stimulate their healthy development, the provider shall ensure that infants receive daily interactions with adults; including on-the-ground interaction and closely supervised time 	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Program has a curriculum that promotes good health practices. In infant or toddler rooms, parents are the recipients of the education. Examples include nutrition, exercise (unknown) • Program provides at least one serving of fresh fruit and/or vegetables daily (unknown) • Drinking water is available both indoors and outdoors throughout each day (unknown) • Caregivers sit with and interact with children during meals and snacks (unknown) <p><u>Breastfeeding</u></p> <ul style="list-style-type: none"> • Infant rooms have food preparation areas with refrigerators and counters (unknown) • Program supports breastfeeding: Documentation Needed: a copy of program's policy that supports breastfeeding by providing a private place for mothers to breastfeed or pump, a safe place to store breast milk, a photo of area used by mothers for breast feeding, and a written description of how families are made aware of this policy <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Program has a curriculum that promotes good health practices. In infant or toddler rooms, parents are the recipients of the education. Examples include nutrition, exercise • There is indoor space for active physical play • Outdoor activity time is scheduled daily for at least 60 minutes (the sixty minutes can be broken up into smaller parts; ideally there is time in the morning and afternoon) <p><u>Screen Time</u></p> <ul style="list-style-type: none"> • Television shows and other screen time is limited to 30 minutes per day • Children under two years of age never watch TV or videos or use computers
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State, QRIS Name	Licensing Interaction with QRIS ¹	Licensing Regulations Related to Healthy Eating, Breastfeeding, Physical Activity, and Screen Time <i>(for centers)</i> ²	QRIS Standards Related to Healthy Eating, Breastfeeding, Physical Activity, and Screen Time <i>(for centers)</i> ³
		<p>spent in the prone position for infants less than 6 months of age.</p> <ul style="list-style-type: none"> • Awake infants and toddlers shall not be confined for more than 30 minutes in one piece of equipment, such as swings, high chairs, cribs, play pens, or other similar pieces of equipment. Mobile infants and toddlers shall have freedom of movement in a safe area. • Daily activities shall include outdoor play as weather and air quality allow. • Physical development activities shall include light, moderate and vigorous physical activity for a daily total of at least 15 minutes for every 2 hours children spend in the program. <p><u>Screen Time</u></p> <ul style="list-style-type: none"> • Except for occasional special events, children's screen time on media such as television, cell phones, tablets, and computers shall (a) not be allowed for children 0 to 17 months old, (b) be limited for children 18 months to 4 years old to 1 hour per day, or 5 hours per week with a maximum screen time of 2 hours per activity, and (c) be part of a media plan that addresses the needs of children 5 to 12 years old. <p>http://childcarelicensing.utah.gov/ <i>Licensing Regulations catalogued from documents dated 2017.</i></p>	<ul style="list-style-type: none"> • Children do not watch television shows or play video games or watch non-educational computer games <p>http://careaboutchildcare.utah.gov/ https://ccpdi.usu.edu/htm/ <i>Date of documents catalogued is unknown.</i></p>

<p>Vermont STep Ahead Recognition System for Child Care Programs (STARS)</p>	<p>Providers must be licensed or registered to be eligible to participate</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • The program director shall ensure that the meals and snacks provided meet the current USDA/Child and Adult Care Food Program (CACFP) meal pattern requirements that are adjusted according to the age of each child. • Children under 12 months of age shall be fed according to their individual feeding schedule and needs. • Meals and snacks provided by the program shall be nutritious. Sufficient food shall be available for second servings. • Snacks shall consist of foods that belong to at least two food groups. Meals shall consist of foods belonging to at least three food groups. Note: The food groups are: - milk and milk products - fruits and vegetables - meat and meat alternatives - bread and bread alternatives • When meals/snacks are furnished by the parent, parents shall be encouraged to provide appropriate portions of food that are adequate and nutritious. • Staff shall be available and responsive to children, encouraging them to share experiences, ideas and feelings. At least one adult shall sit with children during meals and snacks • Staff shall hold children during bottle feeding until they are able to hold their own bottle. Propping of bottles is prohibited. • Infants under four months of age shall receive solid foods and juices only when recommended in writing by the child's health professional. Solid food shall be introduced to children age four months and older according to parents' instructions provided such instructions do not conflict with safe health practices. • Staff shall encourage children to serve and feed themselves. No child shall be forced to eat. • Drinking water shall be readily available to children at all times. • 100% fruit juice may be served. Other juice and sugar sweetened or artificially sweetened beverages shall not be served. • When milk products are provided by the program it shall meet the following criteria: Fluid pasteurized cow's milk, 1% or skim shall be served to all children over the age of two years, and children 1 to 2 years of age shall have whole pasteurized cow's milk when not on formula or breast milk. For drinking purposes, powdered milk shall not be used as a substitute for fluid milk. 	<p><i>No obesity prevention strategies in the QRIS standards; No indicators related to health and safety</i></p> <p>http://dcf.vermont.gov/cdd/stars/</p> <p><i>QRIS standards catalogued from documents dated 2010.</i></p>
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- The curriculum shall promote: e. sound health, safety and nutritional practices in the daily routine (for example: handwashing and giving opportunities to help prepare and serve food);

Breastfeeding

- The program shall provide comfortable accommodations for mothers who breast-feed their child during the hours their child is present.

Physical Activity

- Children shall be provided opportunities for moderate to vigorous play and gross motor activity outdoors on the premises or within a safe walking distance for at least 60 minutes each day. For programs that operate less than 4 hours per day, staff shall ensure that children are provided at least 30 minutes of outside physical activity each day.
- On any day when children are not able to play outside, staff shall provide opportunities for children to participate in at least 30 minutes of moderate to vigorous physical activity indoors.
- Staff should be interacting with children during outside play.
- The curriculum shall promote: d. physical development in both indoor and outdoor settings, strengthening large and small muscles and encouraging eye-hand coordination, body awareness, rhythm, and movement (for example: finger plays, obstacle courses and puzzles)
- Outdoor play equipment shall be available and appropriate for the number and ages of the children.
- Unless medically necessary the use of mobile baby walkers is prohibited.
- Infants and toddlers shall have ample opportunities to move about freely in a safe area. When infant chairs, infant/toddler swings, high chairs or playpens are used for supervised play their usage shall not exceed a ½ hour period for every 3 hour interval.
- Children under 24 months of age shall experience frequent positive interactions and opportunities throughout the day to include space and equipment to support developing gross motor skills such as rolling over, sitting, scooting, crawling, standing, climbing, and walking.

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		<ul style="list-style-type: none"> • Children 2 years of age to school-age shall experience frequent positive interactions and opportunities throughout the day to include space and equipment to support developing gross motor skills such as catching and throwing, balancing, jumping, climbing, running, and skipping. <p><u>Screen Time</u></p> <ul style="list-style-type: none"> • Screen time shall not be used for children younger than 2 years of age. • Screen time shall be limited to programs and games that are developmentally appropriate and educational except for a developmentally appropriate movie or entertainment to be used no more than once per month. • Screen time shall not exceed 30 minutes daily per child or group of children except for school age children using technology to complete homework assignments and a once per month 2 hour movie. <p>http://dcf.vermont.gov/cdd/laws-regs <i>Licensing Regulations catalogued from documents dated 2016.</i></p>	

<p>Virginia Virginia Star Quality Initiative (VSQI)</p>	<p>Providers must be in good standing with all regulations (e.g., licensing, Head Start Performance Standards) to participate in the QRIS</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Centers shall follow the most recent, age-appropriate nutritional requirements of a recognized authority such as the Child and Adult Care Food Program of the United States Department of Agriculture (USDA) • Children shall be allowed second helpings of food listed in the USDA's child and adult care meal patterns. • Centers offering both meals and snacks shall serve a variety of nutritious foods and shall serve at least three sources of vitamin A and at least three sources of vitamin C on various days each week. • Drinking fountains or individual disposable cups with safe drinking water shall be accessible at all times. • Drinking water or other beverage not containing caffeine shall be offered at regular intervals to nonverbal children. • In environments of 80°F or above, attention shall be given to the fluid needs of children at regular intervals. Children in such environments shall be encouraged to drink fluids as outlined in subsection D of this section. • Children shall be encouraged to feed themselves. • Staff shall sit with children during meal times. • Bottle fed infants who cannot hold their own bottles shall be held when fed. Bottles shall not be propped or used while the child is in his sleeping location. • There shall be a flexible daily schedule for infants based on their individual needs • Infants shall be fed on demand or in accordance with parental instructions. • The following actions or threats thereof are forbidden: Withholding or forcing of food or rest; <p><u>Breastfeeding</u></p> <ul style="list-style-type: none"> • Breastfeeding shall be permitted. <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • There shall be a flexible daily schedule for infants based on their individual needs. During the day, infants shall be provided with: 5. Play spaces. a. Play spaces may include, but are not limited to, cribs, infant seats, play yards, exercise chairs or 	<p><i>Virginia Star Quality Initiative is being revised, and new standards are not yet available. A summary of the new standards is available at the following link - http://www.smartbeginnings.org/Portals/5/PDFs/VSQI/Virginia_Quality_standards_summary.pdf.</i></p>
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		<p>saucers (but not walkers), infant swings, high chairs, and floor space. b. The variety of play spaces shall cumulatively offer: (1) Room for extensive movement (rolling, crawling, or walking) and exploration; (3) Equipment and toys that support large and small motor development.</p> <ul style="list-style-type: none">• The variety of daily activities for all age groups shall be age and stage appropriate and provide opportunities for teacher-directed, self-directed, and self-chosen tasks and activities; a balance of active and quiet activities; individual and group activities; and curiosity and exploration.• The daily schedule shall include opportunities for: 4. Small and large motor activities, language and communication experiences, sensory experiences, art or music activities, and play acting or social living.• There shall be a flexible daily schedule for infants based on their individual needs. During the day, infants shall be provided with: 5. Play spaces. c. Staff shall provide frequent opportunities for infants to creep, crawl, toddle and walk.• There shall be a flexible daily schedule for infants based on their individual needs. During the day, infants shall be provided with: 5. Play spaces. e. Staff shall provide awake infants not playing on the floor or ground a change in play space at least every 30 minutes or more often as determined by the individual infant's needs. Staff shall change the position of an awake infant playing on the floor or ground and the selection of toys available to the infant every 30 minutes or more often as determined by the individual infant's needs.• During the day, infants shall be provided with: 5. Play spaces. g. Infants, who cannot turn themselves over and are awake, shall be placed on their stomachs a total of 30 minutes each day to facilitate upper body strength and to address misshapen head concerns.• The daily schedule shall include opportunities for: 1. Outdoor activity, weather and air quality allowing, for at least: a. Fifteen minutes per day or session if the center operates up to three hours per day or session; b. Thirty minutes per day or session if the center operates between three and five hours per day or session; or c. One hour per day or session if the center operates more than five hours per day or session.	
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		<ul style="list-style-type: none"> • During the day, infants shall be provided with: 3. Outdoor time if weather and air quality allow based upon the Air Quality Color Code Chart as provided by the Department of Environmental Quality. • Daily activities for toddlers and preschoolers shall provide outdoor activity, weather and air quality allowing for at least (a) 15 minutes per day or session if the center operates up to 3 hours per day or session, (b) 30 minutes per day or session if the center operates between 3 and 5 hours per day or session or (c) 1 hour per day or session if the center operates more than 5 hours per day or session. <p>Screen Time – None</p> <p>https://www.dss.virginia.gov/files/division/licensing/cdc/intro_page/code_regulations/regulations/standards.pdf Licensing Regulations catalogued from documents dated 2016.</p>	

<p>Washington Early Achievers</p>	<p>For Level 1, the facility must be licensed or have recognized, approved certification (Military, Head Start, ECEAP, Tribal)</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> Your health policies and procedures must have information on how you plan to: (m) Provide nutritious meals and snacks; You must: (e) Provide daily a minimum of one serving of Vitamin C fruit, vegetable, or juice; (f) Provide three or more times weekly foods high in Vitamin A; Meals eaten at the center must contain the following: (a) Each breakfast meal the child eats at the center must contain: (i) A fruit or vegetable or one hundred percent fruit or vegetable juice. (ii) A dairy product (such as milk, cheese, yogurt, or cottage cheese). (iii) A grain product (such as bread, cereal, rice cake or bagel). Meals eaten at the center must contain the following: (b) Each lunch and dinner meal the child eats at the center must contain: (i) A dairy product (such as milk, cottage cheese, yogurt, cheese); (ii) Meat or meat alternative (such as beef, fish, poultry, legumes, tofu, or beans; (iii) A grain product (such as bread, cereal, bagel, or rice cake); (iv) Fruits or vegetables (two fruits or two vegetables or one fruit and one vegetable to equal the total portion size required). When juice is served in place of a fruit or vegetable it must be one hundred percent fruit or vegetable juice. When meals are not provided by the center you must: (a) Notify parents in writing that meals they provide for their children must meet the daily nutritional requirements Each snack the child eats at the center must include at least two of the following four components: (a) A milk product (such as milk, cottage cheese, yogurt, cheese); (b) A meat or meat alternative (such as meat, legumes, beans, egg); (c) A grain product (such as cereal, bagel, rice cake or bread); and (d) Fruit or vegetable. Each snack or meal must include a liquid to drink. The drink could be water or one of the required components such as milk, fruit or vegetable juice. You may allow parents to bring in snacks for all the children that may not meet the nutritional requirements on special occasions such as birthdays. The snacks provided by parents must be limited to store purchased: (a) Uncut fruits and vegetables; and (b) Foods prepackaged in original manufacturer's containers. 	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> Provide information about community based programs available for parents in languages represented in the facility (e.g. community mental health, child nutrition, physical fitness, etc.) (1 point) <p><u>Breastfeeding</u> – None</p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> Provide information about community based programs available for parents in languages represented in the facility (e.g. community mental health, child nutrition, physical fitness, etc.) (1 point) <p><u>Screen Time</u> – None</p> <p>http://www.del.wa.gov/care/qris/ <i>QRIS standards catalogued from documents dated 2013.</i></p>
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| | | <ul style="list-style-type: none">• You must: Work with the infant's parent to develop a plan for the infant's feedings that is acceptable to the parent and incorporates the following guidelines:<ul style="list-style-type: none">○ Under 4 months of age-- Serve only formula or breast milk unless you have a written order from the child's health care provider.○ When baby can: (At about 4-6 months of age) sit with support, hold head steady, close lips over the spoon, keep food in mouth and swallow it--Serve only formula or breast milk unless you have a written order from the child's health care provider. Begin iron fortified baby cereal and plain pureed fruits and vegetables upon consultation with parents.○ When baby can: (At about 6-8 months) sit without support, begin to chew, sip from a cup with help, grasp and hold onto things--Serve only formula or breast milk unless you have a written order from the child's health care provider. Start small amounts of juice, or water in a cup. Let baby begin to feed self. Start semisolid foods such as cottage cheese, mashed tofu, mashed soft vegetables or fruits.○ When baby can: (At about 8-10 months) take a bite of food, pick up finger foods and get them into the mouth, begin to hold a cup while sipping from it-- Serve only formula or breast milk unless you have a written order from the child's health care provider. Small pieces of cheese, tofu, chicken, turkey, fish or ground meat. Small pieces of soft cooked vegetables, peeled soft fruits. Toasted bread squares, unsalted crackers or pieces of soft tortilla. Cooked plain rice or noodles. Only formula, breast milk, juice or water in the cup.○ When a baby can: (10-12 months) finger, feed, chew, and swallow soft, mashed and chopped foods; start to hold and use a spoon; drink from a cup--Serve only formula or breast milk unless you have a written order from the child's health care provider. Begin offering small sized, cooked foods. Variety of whole grain cereals, bread and crackers, tortillas. Cooked soft | |
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- meats, mashed legumes (lentils, pinto beans, kidney beans, etc.), cooked egg yolks, soft casseroles.
- When a baby can eat a variety of foods from all food groups without signs of an allergic reaction--fruit pieces and cooked vegetables. Yogurt, cheese slices. Offer small amounts of formula, breast milk or water in the cup during meals.
- While feeding infants: (a) Hold infants for bottle feedings to prevent choking; (d) To prevent tooth decay: (i) Do not give a bottle to a reclining child unless the bottle contains only water; and (ii) Offer juice only from a cup.
- The amount of required milk fat in the milk product is determined by the child's age: (a) If the age of the child is under 12 months, then the fat content of the milk must be full strength formula or full strength breast milk unless there is specific written instructions from a licensed health care provider. If the age of the child is between 12 months and 24 months, then the fat content of the milk must be full strength whole milk or breast milk unless there is specific written instruction from a licensed health care provider. If the age of the child is over 24 months, then the fat content of the milk may be with or without fat content of providers or parents' choice.
- You must ensure the lesson plan, daily schedule of events, available toys and equipment contains a range of learning experiences to allow each child the opportunity to: (c) Learn about nutrition, health, and personal safety

Breastfeeding – None

Physical Activity

- You must: (2) Have a current daily schedule of activities and lesson plans that are designed to meet the children's developmental, cultural, and individual needs. The toys, equipment and schedule must be: (b) Include at least one activity daily for each of the following (you can combine several of the following for one activity): (vii) Active activity; (viii) Large and small muscle activities; and (ix) Indoor and outdoor play.
- You must provide an outdoor program that promotes the child's coordination, active play, and physical, mental, emotional, and social development based on their age.

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		<ul style="list-style-type: none"> • You must provide a variety of age-appropriate play equipment for climbing, pulling, pushing, riding and balancing activities; • You must: (8) Ensure the center's program affords the child daily opportunities for small and large muscle activities • When you care for infants and toddlers you must: <ul style="list-style-type: none"> ○ Provide a safe environment for climbing, moving and exploring ○ Provide materials and opportunities for large and small muscle development; ○ Provide daily indoor opportunities for freedom of movement outside their cribs, in an open, uncluttered space; ○ Place them in a prone (lying on the tummy) position part of the time when they are awake and staff are observing them; ○ Not be left in playpens for extended periods of time excluding sleep time. • You must: Ensure the center's program affords the child daily opportunities for outdoor play • If you provide full-time care, the activity schedule must provide the child daily morning and afternoon outdoor play; <p><u>Screen Time</u> – None</p> <p>http://www.del.wa.gov/laws/rules/licensing.aspx Licensing Regulations catalogued from documents dated 2017.</p>	

West Virginia	N/A (QRIS in planning phase)	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • A center shall provide children with meals and snacks that are consistent with the United States Department of Agriculture's current Dietary Guidelines for Americans • At a minimum, meals and snacks the facility provides for infants and toddlers shall contain food in the meal and snack patterns shown in Appendix 78-1 C of this rule. • Food shall be appropriate for infants' individual nutritional and developmental stages as determined by written instruction from the parent or health care provider. • The center shall offer solid foods and fruit juices to infants 6 months of age and younger only upon the recommendation of the parent and the child's licensed health care provider. • A center shall include foods from the four (4) basic food groups: milk, meat/beans, fruits and vegetables, and grains, for the child thirteen (13) months of age and over as follows: Breakfast shall include at least one (1) item from three (3) of the food groups; Lunch or supper shall include at least one (1) item from each of the four (4) food groups; and Snacks shall include at least one (1) item from two (2) of the food groups. • Servings of food appropriate to the age of the child, and make additional food available for the child who has eaten the food served and is still hungry. • Additional Nutrition and Feeding Requirements for a Child Twelve (12) Months of Age and Under. A center caring for a child twelve (12) months of age and under shall feed the child according to a plan developed in consultation with the parent and may include advice from the child's licensed health care provider. • When a child is being breast fed, a center shall ensure that the child's plan makes a provision for the mother to provide sufficient portions of breast milk or an alternative to satisfy the child throughout the day, and a center shall not give commercial formula to the child receiving breast milk without written permission from the mother. • For the child between six (6) months and three (3) years of age a center shall not replace formula or breast milk with water. • A center may choose to allow a child to bring meals and snacks to the center if: The center has written policies that address: Providing parents and staff with nutritional guidelines in this 	N/A – QRIS in planning phase
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rule; An explanation to parents of how the center will address the issue if a child does not bring meals or snacks, or if the meals or snacks the child does bring are not within the nutritional guidelines or guidelines provided by the center

- A center may choose to allow a child to bring meals and snacks to the center if:
 - The center provides a meal or snack when the parent fails to provide a meal or snack from home
 - The center has milk available at meal times in accordance with meal patterns
- A center shall provide a child with age-appropriate and developmentally suitable eating utensils
- A center shall serve food according to the following: Staff members shall eat or participate in meals and snacks with a child twenty-five (25) months of age and over and shall model healthy eating habits and The meals shall be served in a setting that encourages socialization, where the children and staff members are seated when eating, and staff members provide supervision and model positive eating behaviors and social interactions
- Until a child is able to hold a bottle securely, a staff member shall hold the child while bottle feeding. When a child is no longer being held for feeding, the staff shall ensure that seating is age-appropriate and shall not prop bottles or allow the child to carry a bottle while moving about or walking.
- In order to provide sufficient amounts of safe drinking water, the center shall ensure that: Drinking water is available to children and staff members and is freely accessible at all times to a child thirteen (13) months of age and over
- Staff members and other adults at a center shall not handle behavior problems by punishing or threatening a child in association with food
- Staff members shall encourage a child to eat the food served, but shall not coerce or force feed a child
- Staff members shall not give a child a bottle, a sipping cup of milk or juice as a pacifier

Breastfeeding – None

Physical Activity

- EQUIPMENT AND MATERIALS FOR THE CHILD UP TO 6 MONTHS OF AGE : Type of Materials - Gross Motor; Types of Supplies and Equipment-Large-Movement: balls to clutch
- EQUIPMENT AND MATERIALS FOR THE CHILD 7 TO 12 MONTHS OF AGE Type of Materials-Gross Motor; Types of Supplies and Equipment-Large-Movement: push and pull toys without rods, such as simple cars on large wheels or rollers; Balls and Sports: balls, including clutch and texture balls, chime, flutter and action balls; Outdoor and Gym: safe swings sized and designed for infants, low soft or padded climbing platforms for the child who crawls.
- EQUIPMENT AND MATERIALS FOR THE CHILD 24 - 36 MONTHS OF AGE Materials-Gross Motor; Types of Supplies and Equipment-Large-Movement — Push and Pull Toys: simple doll carriages and wagons, push toys that look like adult equipment; Balls and Sports: balls of all sizes, especially balls for kicking and throwing; Ride-On Equipment: stable ride-ons propelled by pushing with the feet, bouncing or rocking ride-ons, and (as the child nears 36 months) small tricycles; Outdoor and Gym: tunnels, appropriately sized and safe swings, low climbing structures and slides.
- EQUIPMENT AND MATERIALS FOR THE CHILD 36 -72 MONTHS OF AGE: Materials-Gross Motor; Types of Supplies and Equipment- Large-Movement — Push and Pull Toys: small wagons and wheelbarrows, push toys that look like adult equipment, and (from 60 months) full-sized wagons and sweepers that really work; Balls and Sports: balls of all sizes, especially balls for kicking and throwing, and (from 48 months) lightweight softballs and bats, and (from 60 months) jump rope and a lightweight flying disc; Ride-On Equipment: tricycles sized to the child, three and four-wheeled pedal toys, vehicles with a steering mechanism, full size rocking or bouncing “horse,” ride-ons that several children can use together, and (from 48 months) low-slung tricycles; Outdoor and Gym: stationary outdoor climbing equipment, appropriately sized and safe swings, and (from 48 months) slides with side rails and ladders and ropes or hanging bars and rings on a swing or climbing equipment and outdoor building materials.
- EQUIPMENT AND MATERIALS FOR THE CHILD 6-8 YEARS OF AGE: Materials-Gross Motor; Types of Supplies and

Equipment-Balls and Sports: youth or standard-size balls and equipment for beginning team play, materials for target activities; Ride-On Equipment: (riding bicycles is no longer considered a center activity); Outdoor and Gym: complex climbing structures including ropes, ladders, hanging bars and rings.

- Indoor activity Equipment and Materials. A center shall provide equipment and materials for indoor activities that: Support many types of activities, including social and fantasy play; exploration and mastery of skills and language; music, art and movement; and gross motor experiences
- A center shall ensure that each program includes flexible program activities that: Include an appropriate balance of:
 - Activities that use both large and small muscles
 - Quiet and active play periods
 - Indoor and outdoor activities
- Staff members shall interact personally with the infant, toddler, and child under school age by: Ensuring that no child is routinely left in a crib or playpen, except for sleep or rest;
- A center shall provide a minimum of one (1) hour of outdoor activity daily when a child is in care for more than four (4) daytime hours; and weather and circumstances permit and there are no weather or condition advisories indicating to remain indoors.
- Staff members and other adults at a center shall not handle behavior problems by: Subjecting a child to physical punishment of any kind, including, but not limited to, excessive exercise or any cruel treatment that may cause pain;

Screen Time

- When a center plans an activity that involves active media, the center shall ensure that: The active media supplements but does not replace traditional early childhood materials; A child has a choice of other activities and materials; Staff members are available to support the activity by discussing the use of the active media with the child;
- Regarding passive media, a center shall ensure that: Passive media is not routinely part of the daily schedule; When passive media is used, that staff members are available to support the use of it by discussing what is viewed with the child; Passive

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		<p>Media. Regarding passive media, a center shall ensure that when a center allows the child to watch television programs and movies, the contents are designed to benefit the child, viewing time is limited and the child who does not wish to watch has a choice of other activities</p> <ul style="list-style-type: none"> • Television, video or other such electronic media is not used with children 24 months of age and younger. <p>http://www.dhhr.wv.gov/bcf/Childcare/Pages/Child-Care-Provider-Regulatory-Requirements.aspx <i>Licensing Regulations catalogued from documents dated 2014.</i></p>	

<p>Wisconsin YoungStar: Wisconsin's Child Care Rating Program</p>	<p>One Star programs are out of regulatory compliance. Programs not in regulatory compliance would not be able to earn points in YoungStar until coming into compliance with licensing and certification.</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Each meal and snack served shall meet the U.S. department of agriculture child care food program minimum meal requirements • When food for a child is provided by the child's parent, the center shall provide parents with information about requirements for food groups and quantities specified by the U.S. department of agriculture child care food program minimum meal requirements. • Child care workers shall do all of the following: <ul style="list-style-type: none"> ○ Provide formula or breast milk to all children under 12 months of age. ○ Provide a type of milk other than a type under subd. 4., or a milk substitute, only on the written direction of the child's physician. ○ Offer a variety of nourishing foods to each child, such as cereal, vegetables, fruit, egg yolks and meat, according to the child's developmental level and the parent's feeding schedule. • Enough food shall be prepared for each meal so that second portions of vegetables or fruit, bread and milk are available to children. • A safe supply of drinking water shall be available to children at all times from a drinking fountain of the angle jet type or by use of disposable cups. • Child care workers shall Offer drinking water to infants and toddlers several times daily. • Staff shall sit at the table with the children during mealtime. Meals shall be served with time allowed for socialization. • Child care workers shall do all of the following: Hold a child unable to hold a bottle whenever a bottle is given. Bottles may not be propped. • Child care workers shall do all of the following: Encourage children to experiment with self-feeding with their hands and spoons. Eating utensils and cups shall be scaled to the size and developmental level of the children • Child care workers shall do all of the following: Feed each infant and each toddler on the child's own feeding schedule. <p><u>Breastfeeding</u> – None</p>	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Nutritious meals and/or snacks are served daily in child care program. To earn this point, programs must meet requirements 1 and 2 below: 1) The program must EITHER A) Participate in the Child and Adult Care Food Program (CACFP) OR Serve meals and snacks that meet CACFP guidelines as demonstrated through three months of menus. Further evidence may be required in some instances (receipts, etc.). AND 2) The program must have policies and procedures to address children's allergies and accommodate dietary restrictions. (Required for 3 Stars) <p><u>Breastfeeding</u> – None</p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Program provides at least 60 minutes of physical activity a day (1 point) <p><u>Screen Time</u> – None</p> <p>http://dcf.wisconsin.gov/youngstar/default.htm QRIS standards catalogued from documents dated 2014.</p>
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Physical Activity

- Each group child care center shall have a written program of activities which are suitable for the developmental level of each child and each group of children. The program shall provide each child with experiences which will promote all of the following: Large and small muscle development.
- A center shall provide equipment and supplies according to the following criteria: Child development shall be fostered through selection of a variety of equipment that will: Provide large muscle development.
- A center shall provide sufficient outdoor play equipment to allow each child at least one activity involving equipment when all children are using equipment.
- Equipment shall be provided to take infants and toddlers out of doors for a walk.
- The program schedule shall be planned to provide a flexible balance each day of: Active and quiet activities.
- A center serving school-age children shall have a planned program which provides a change from the routine of school through provision of: Recreational activities, including outdoor and active play.
- The program schedule shall be planned to provide a flexible balance each day of: 3. Indoor and if the center is in operation more than 3 hours per day, outdoor activities.
- If a center is in operation for more than 3 hours per day, daily outdoor activities except during inclement weather or when not advisable for health reasons.
- The non-walking child who can creep or crawl shall be given opportunities during each day to move freely by creeping and crawling in a safe, clean, open, warm and uncluttered area.
- Infants and toddlers shall be taken outdoors for part of each day except during inclement weather or when this is not advisable for health reasons.

Screen Time

- Television may be used only to supplement the daily plan for children. No child may be required to watch television. Other activities shall be available.

State, QRIS Name	Licensing Interaction with QRIS ¹	Licensing Regulations Related to Healthy Eating, Breastfeeding, Physical Activity, and Screen Time <i>(for centers)</i> ²	QRIS Standards Related to Healthy Eating, Breastfeeding, Physical Activity, and Screen Time <i>(for centers)</i> ³
		http://dcf.wisconsin.gov/childcare/licensed/Index.htm <i>Licensing Regulations catalogued from documents dated 2016.</i>	

Wyoming	N/A (QRIS in planning phase)	<p><u>Healthy Eating</u></p> <ul style="list-style-type: none"> • Nutritionally balanced snacks, meals and appropriate portions for the needs and ages of children shall be provided. • Nutritious snacks shall be provided at suitable intervals. • Parents may provide meals for their own child. • An individualized diet and feeding schedule for infants shall be provided according to a written plan submitted by the parents or by the child's physician with the knowledge and consent of the parent. Any changes in an infant's diet and feeding schedule shall be posted in an area clearly visible to the staff. • Food served shall be planned for the needs of the children and shall be appropriate for their ages • Each meal shall be planned to be balanced and to provide at least one-third (1/3) of the child's daily nutritional needs. • Infants shall be fed on demand unless the parent provides written instructions otherwise. • Children shall be served appropriate sized portions and permitted to have one (1) or more additional servings to meet the needs of the individual child • Bottle propping shall not be permitted. Infants shall receive individual direct care during feeding. Bottles shall not be left with a sleeping child. • Provide and encourage adequate fluids. • Pasteurized milk shall be made available at all meals. • Directors must ensure that training hours for all staff reflect a minimum of one (1) hour of training in each of the following areas during each biennial training period: (i) Health, Nutrition and Safety; including how to establish and maintain a safe, healthy environment for children; plan an appropriate nutrition program • Punishment associated with food is prohibited • A child shall be encouraged, not forced, to eat. <p><u>Breastfeeding</u> – None</p> <p><u>Physical Activity</u></p> <ul style="list-style-type: none"> • Non-walking children shall have opportunities during each day for freedom of movement such as crawling in a safe, clean, open, uncluttered area; 	N/A – QRIS in planning phase
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State, QRIS Name	Licensing Interaction with QRIS ¹	Licensing Regulations Related to Healthy Eating, Breastfeeding, Physical Activity, and Screen Time <i>(for centers)</i> ²	QRIS Standards Related to Healthy Eating, Breastfeeding, Physical Activity, and Screen Time <i>(for centers)</i> ³
		<ul style="list-style-type: none"> • Directors must ensure that training hours for all staff reflect a minimum of one (1) hour of training in each of the following areas during each biennial training period: (ii) The Active Learning Environment: including use of space, materials, activities and relationships as resources for creating an indoor/outdoor play environment; planning and implementing experiences which are appropriate for the age and individual needs of children and advances all areas of children's development. • Outdoor play space should be provided for children and the space shall be used at least 1 time per day for at least 30 minutes when weather and environmental conditions do not pose a significant health or safety risk. <p><u>Screen Time</u> – <i>None</i></p> <p>https://sites.google.com/a/wyo.gov/early-childcare-and-licensing/child-care-1/home/dfs-in-your-community/child-care-resources <i>Licensing Regulations catalogued from documents dated 2016.</i></p>	