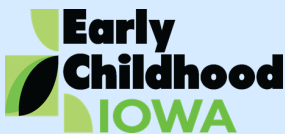


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Photo CDC/Amanda Mills

Call your Child  
Care Nurse  
Consultant (CCNC)  
if you have any  
questions about  
child health and  
safety, or any  
special training  
needs.



[https://  
earlychildhood.iowa.gov/](https://earlychildhood.iowa.gov/)

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# Quality Care For Kids

## A newsletter for Boone and Story county Child Care Providers

Written by Heidi Hotvedt, RN BSN

JULY 2021

### Healthy and Safe Outdoor Environments

The American Academy of Pediatrics (AAP) recommends all children, birth to school-age, should have outdoor play **daily** and Caring For Our Children National Health and Safety Performance Standards recommends the following for active play while at child care:

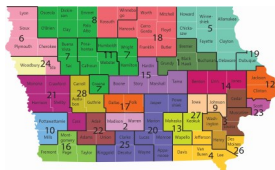
- \* Two to three occasions of active play outdoors, weather permitting
- \* Infants (birth–12 months) should be taken outside 2 to 3 times per day, as tolerated.
- \* Toddlers should get at least 60 minutes
- \* Preschoolers through school-age should get 90 to 120 minutes

Active play should include planned, adult-led physical activity (at least 30 minutes) as well as unstructured free play. Structured activities have been shown to produce higher levels of physical activity in young children, therefore it is recommended that caregivers/teachers incorporate 2 or more short, structured activities or games daily that promote physical activity.

There are many benefits of outdoor active play:

1. It invites children to learn science
2. It creates opportunities for social interaction and collaboration
3. It promotes physical health
4. It invites new contexts for learning
5. It promotes better sleep
6. It gives children a chance to take appropriate risks
7. It may lead to better learning outcomes once children return to other activities
8. It supports STEM (science, technology, engineering, and mathematics) skills
9. It anchors children to the real world

Healthy Child Care Iowa has a new handout “Outdoor Child Care Environments”. The handout has information about the importance of the outdoor environment and keeping it healthy and safe. The handout also includes links to resources and videos. To view or download the handout go to [www.idph.iowa.gov/hcci](http://www.idph.iowa.gov/hcci) and click on the “printed products” tab.



The Healthy Child Care Iowa Child Care Nurse Consultant (CCNC) map with contact information has been updated. We have some new CCNCs who have joined our team. To find your local CCNC go to [www.idph.iowa.gov/hcci/consultants](http://www.idph.iowa.gov/hcci/consultants)

### COVID-19 Resources

Iowa Department of Human Services <https://dhs.iowa.gov/COVID19>

Healthy Child Care Iowa <https://www.idph.iowa.gov/hcci/products>

Child Care Resource and Referral <https://iowaccrr.org/providers/links/resources2020/>

Centers for Disease Control <https://www.cdc.gov/coronavirus/2019-ncov/index.html>