

Achieving a State of Healthy Weight

2019 Supplement:State Profile Pages forSmall Family Child Care Homes



National Resource Center for Health and Safety in Child Care and Early Education







National Resource Center for Health and Safety in Child Care and Early Education

ACKNOWLEDGEMENTS

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Photo Credit

Community Partnership for Child Development El Paso County, Colorado

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Suggested citation: National Resource Center for Health and Safety in Child Care and Early Education. 2020. *Achieving a state of healthy weight 2019 supplement: State profile pages for small family child care homes.* Aurora, CO: University of Colorado Denver.

Support for this project was provided by McKing Consulting Corporation (Project #UCDCN-02-4574) under McKing's prime contract number with the Department of Health and Human Services, Centers for Disease Control and Prevention.

The National Resource Center for Health and Safety in Child Care and Early Education (NRC) is a program of the University of Colorado College of Nursing, Anschutz Medical Campus, Aurora, Colorado.

TABLE OF CONTENTS

INTRODUCTION	1
INDIVIDUAL STATE PROFILES	4
TABLE 1. ASSESSMENT YEARS BY STATE	55
TABLE 2. STATE DOCUMENTS RATED	EG

INTRODUCTION

The report <u>Achieving a State of Healthy Weight 2019</u>, ASHW 2019,¹ is the ninth update of Achieving a State of Healthy Weight: A National Assessment of Obesity Prevention Terminology in Child Care Regulations 2010 (ASHW 2010).² In that original baseline study, the National Resource Center for Health and Safety in Child Care and Early Education (NRC) assessed all states' child care licensing regulations for content regulating 47 High-Impact Obesity Prevention Standards (HIOPS) (previously referred to as Healthy Weight Practices). The ASHW HIOPS were drawn from standards included in Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 3rd Ed. (CFOC3).³ More specifically, the CFOC standards used to derive the HIOPS were those included in a topical CFOC collection, Preventing Childhood Obesity in Early Care and Early Education: Selected Standards from Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 3rd Edition (PCO).⁴ NRC developed the HIOPS with input from representatives of key federal agencies and national stakeholders in children's wellbeing and healthy development (see Origin of Achieving a State of Healthy Weight High-Impact Obesity Prevention Standards).⁵

In annual updates thereafter, the NRC rated new and revised state licensing regulations that impacted the HIOPS. Beginning in 2013, the NRC extracted state profiles from the ASHW reports, publishing the data as ASHW supplements. This document presents updated ASHW ratings for a single care type.

IMPORTANT CHANGES TO ASHW SUPPLEMENTS

ASHW supplements offer state-specific data on regulatory support for each HIOPS. ASHW supplements from 2013-2018 presented data for all three types of care in a single, large document. As of *ASHW 2019*, the NRC produces separate supplements for the three care types assessed: Child Care Centers (CTR), Large Family Child Care Homes (LFCCH), and Small Family Child Care Homes (SFCCH).

The NRC revised the state profiles collaboratively with the Center for Disease Control and Prevention, Division of Nutrition, Physical Activity and Obesity (DNPAO) in 2020, with changes first taking effect in *ASHW 2019*. In addition to producing three smaller supplements and the HIOPS terminology, a familiar reader will note additional changes as follow:

- a) State profiles consist of a one-page table showing support in the state regulations for the 47 ASHW HIOPS.
- b) The tables identify four categories of HIOPS: Infant Feeding, Nutrition, Physical Activity, and Screen Time Limits, with Screen Time now differentiated from Physical Activity as a separate category of HIOPS.
- c) For Infant Feeding and Nutrition, subcategories group similar practices.
- d) Rating values for each HIOPS appear in adjacent columns for 2010 and for the current year, color-coded and with printed numerical ratings. (See the following Guide page.)
- f) In the past, some states that do not recognize LFCCHs as a licensed care type were awarded LFCCH ratings based on center regulations if center rules could be interpreted as encompassing the care type. From 2019 forward, these states' profiles display "0" for all HIOPS. This is consistent with a 2019 policy change (see *ASHW 2019*, report Appendix C. Methodology). Previous LFCCH rating values were retained in the ASHW database and dataset.

INTRODUCTION

USE OF ASHW SUPPLEMENTS

The <u>CDC's Spectrum of Opportunities</u> for Obesity Prevention in Early Care and Education defines strategies to combat obesity in early care and education, including child care licensing.⁶ Policy makers and licensing agencies may use state profiles to identify areas of strength and needed improvement to inform promulgation of new and revised rules.⁷ Furthermore, review of other states' profiles will reveal those states that have achieved regulatory text fully consistent with the HIOPS in support prevent of child-hood obesity. A guide to understanding the structure of the state profile follows, after which each state's and the District of Columbia's data profiles are presented. Following the last state profile (Wyoming), two tables are included. The tables may facilitate use of the state profiles: Table 1. Assessment Years for Each State, and Table 2. State Documents Assessed for ASHW: 2010 to Date.

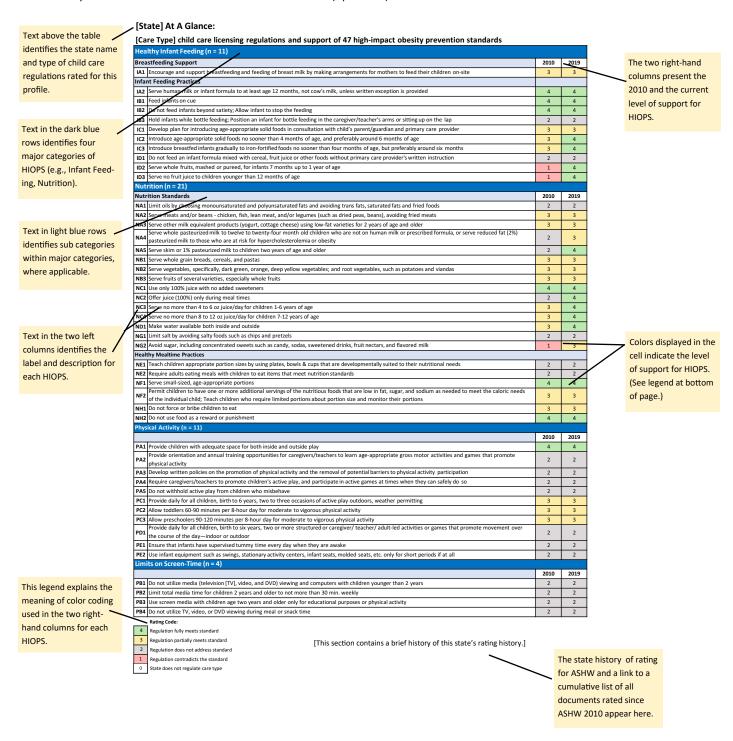
NOTES & REFERENCES:

- National Resource Center for Health and Safety in Child Care and Early Education. Achieving a state of healthy weight: 2019 update. Aurora, CO: University of Colorado Denver. https://nrckids.org/HealthyWeight. Published September 18, 2020.
- ² The baseline assessment, Achieving a State of Healthy Weight: A National Assessment of Obesity Prevention Terminology in Child Care Regulations 2010, which details the study methodology, and subsequent annual ASHW updates (2011-2018) may be accessed @ https://cfoc.nrckids.org/files/regulations_report_2010.pdf
- ³ American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education. *Caring for our children: National health and safety performance standards; Guidelines for early care and education programs,* 3rd ed. Elk Grove Village, IL: American Academy of Pediatrics; Washington, DC: American Public Health Association:2011.
- ⁴ American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education. *Preventing Childhood Obesity in Early Care and Education Programs: Selected Standards from Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs,* 3rd ed. Elk Grove Village, IL: American Academy of Pediatrics:2010.
- National Resource Center for Health and Safety in Child Care and Early Education. (2020). Origin of Achieving a State of Healthy Weight High-Impact Obesity Prevention Standards. Aurora, CO: University of Colorado Denver https://nrckids.org/files/HIOPSOrigin.pdf. Published September 18, 2020.
- ⁶ Reynolds MA, Jackson Cotwright C, Polhamus B, Gertel-Rosenberg A, Chang D. Obesity prevention in the early care and education setting: successful initiatives across a spectrum of opportunities. *J Law Med Ethics*. 2013 Winter;41 Suppl 2:8-18. doi: 10.1111/jlme.12104.
- ASHW 2019 Supplements for all three care types, child care center, large family child care homes, and small family child care homes, may be accessed at the National Resource Center for Health and Safety in Child Care and Early Education website @ https://nrckids.org/HealthyWeight. Published September 18, 2020.

INTRODUCTION

Guide to State Profiles

The following state profiles display all states' ASHW results through 2019. Profiles show the status of support for each High-Impact Obesity Prevention Standard (HIOPS) in state child care regulations for the identified care type. Where a state regulates a care type in two or more documents, the highest rating for the HIOPS for that care type (the final rating) is used (see ASHW 2010). The following annotated illustration explains the layout and features of each state profile. The state ratings included in this supplement are for child care regulations in effect through December 31, 2019. The format of the state profiles was redesigned collaboratively with the Division of Nutrition, Physical Activity and Obesity of the Centers for Disease Control and Prevention (April 2020).



ALABAMA At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	2
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	2
IB1 Feed infants on cue	4	2
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	4	2
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	2
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	2
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	2
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	2
ID3 Serve no fruit juice to children younger than 12 months of age	1	2
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2010	2019
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	2
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	3	2
pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	2
NB1 Serve whole grain breads, cereals, and pastas	3	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3 Serve fruits of several varieties, especially whole fruits	3	3
NC1 Use only 100% juice with no added sweeteners	4	2
NC2 Offer juice (100%) only during meal times	2	2
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	2
	3	
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
ND1 Make water available both inside and outside		2
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	2
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	4	4
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions	3	2
NH1 Do not force or bribe children to eat	3	3
NH2 Do not use food as a reward or punishment	3	3
Physical Activity (n = 11)	3	3
Thysical Activity (if = 12)	2010	2019
PA1 Provide children with adequate space for both inside and outside play	4	4
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		
PA2 physical activity	2	2
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA5 Do not withhold active play from children who misbehave	2	2
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the		
PD1 course of the day—indoor or outdoor	2	2
PE1 Ensure that infants have supervised tummy time every day when they are awake	4	4
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
Limits on Screen-Time (n = 4)		
	2010	2019
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
PB3 Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
PB4 Do not dulize 17, video, or DVD viewing during mear or shack time		

Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard

0 State does not regulate care type

Alabama Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2018 (CTR, LRG, SML); 2019 (CTR)

NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

ALASKA At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards		
Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1 Feed infants on cue	4	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
	1	4
ID3 Serve no fruit juice to children younger than 12 months of age	1	4
Nutrition (n = 21)	2010	2010
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	2	3
pasteurized milk to those who are at risk for hypercholesterolemia or obesity NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1 Serve whole grain breads, cereals, and pastas	3	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3 Serve fruits of several varieties, especially whole fruits	3	3
NC1 Use only 100% juice with no added sweeteners	4	4
NC2 Offer juice (100%) only during meal times	2	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1 Make water available both inside and outside	2	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	4	4
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	3	3
the individual child; leach children who require limited portions about portion size and monitor their portions		
NH1 Do not force or bribe children to eat	3	3
NH2 Do not use food as a reward or punishment	2	2
Physical Activity (n = 11)		
	2010	2019
PA1 Provide children with adequate space for both inside and outside play	4	4
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2	2
physical activity		
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PAA Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PAS Do not withhold active play from children who misbehave	3	3
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4	4
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	4	4
course of the day—indoor or outdoor		
locale district the state of th	2	2
PE1 Ensure that infants have supervised tummy time every day when they are awake		4
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	4	
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4)	2010	2019
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		2019
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4)	2010	
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010	3
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	2010 3 3	3

Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard

0 State does not regulate care type

Alaska Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2017* (CTR, LRG, SML)

NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

ARIZONA At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

_	Ilthy Infant Feeding (n = 11)		
IA1	astfeeding Support	2010	2019
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	0	0
Infa	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	0	0
IB1	Feed infants on cue	0	0
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	0	0
-	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	0	0
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	0	0
_	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	0	0
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	0	0
_	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	0	0
_	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	0	0
-		0	0
_	Serve no fruit juice to children younger than 12 months of age	0	U
	rition (n = 21)		
_	rition Standards	2010	2019
-	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	0	0
_	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	0	0
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	0	0
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	0	0
	pasteurized milk to those who are at risk for hypercholesterolemia or obesity	<u> </u>	
_	Serve skim or 1% pasteurized milk to children two years of age and older	0	0
-	Serve whole grain breads, cereals, and pastas	0	0
_	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	0	0
_	Serve fruits of several varieties, especially whole fruits	0	0
NC1	Use only 100% juice with no added sweeteners	0	0
NC2	Offer juice (100%) only during meal times	0	0
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	0	0
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	0	0
ND1	Make water available both inside and outside	0	0
NG1	Limit salt by avoiding salty foods such as chips and pretzels	0	0
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	0	0
_	Ithy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	0	0
_	Require adults eating meals with children to eat items that meet nutrition standards	0	0
_	Serve small-sized, age-appropriate portions	0	0
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of		
NF2	the individual child; Teach children who require limited portions about portion size and monitor their portions	0	0
		1 .	
NH1	Do not force or bribe children to eat	0	0
	Do not use food as a reward or punishment	0	0
NH2	Do not use food as a reward or punishment		
NH2		0	0
NH2	Do not use food as a reward or punishment sical Activity (n = 11)	0 2010	0 2019
Phy	Do not use food as a reward or punishment sical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	0 2010 0	0 2019 0
NH2	Do not use food as a reward or punishment sical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	0 2010	0 2019
PA1	Do not use food as a reward or punishment sical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	0 2010 0	0 2019 0
PA1 PA2 PA3	Do not use food as a reward or punishment sical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	0 2010 0	0 2019 0
PA1 PA2 PA3	Do not use food as a reward or punishment sical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	0 2010 0 0	0 2019 0 0
PA1 PA2 PA3 PA4 PA5	Do not use food as a reward or punishment sical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave	0 2010 0 0 0 0	0 2019 0 0 0 0
PA1 PA2 PA3 PA4 PA5 PC1	Provide children with adequate space for both inside and outside play Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	0 2010 0 0 0 0 0	0 2019 0 0 0 0 0
PA1 PA2 PA3 PA4 PA5 PC1 PC2	Do not use food as a reward or punishment sical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	0 2010 0 0 0 0 0 0	0 2019 0 0 0 0 0 0
PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3	Do not use food as a reward or punishment sical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	0 0 0 0 0 0 0 0 0	0 2019 0 0 0 0 0 0 0
PA1 PA2 PA3 PA4 PA5 PC1 PC2	Do not use food as a reward or punishment sical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	0 2010 0 0 0 0 0 0	0 2019 0 0 0 0 0 0
PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3	Do not use food as a reward or punishment sical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	0 0 0 0 0 0 0 0 0	0 2019 0 0 0 0 0 0 0
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Rating Code:

4 Regulation fully meets standard Arizona Regulation Rating History: 2010 (CTR, LRG); 2011 (LRG); 2015 (LRG); 2019 (CTR)

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

ARKANSAS At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1 Feed infants on cue	4	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	3	4
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
ID3 Serve no fruit juice to children younger than 12 months of age	1	4
Nutrition (n = 21)	1	4
	2010	2010
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	2	3
pasteurized milk to those who are at risk for hypercholesterolemia or obesity NAT Serve skim or 1% pasteurized milk to shilden two years of are and older.	2	4
NA5 Serve skim or 1% pasteurized milk to children two years of age and older		
NB1 Serve whole grain breads, cereals, and pastas	3	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3 Serve fruits of several varieties, especially whole fruits	3	3
NC1 Use only 100% juice with no added sweeteners	4	4
NC2 Offer juice (100%) only during meal times	2	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1 Make water available both inside and outside	4	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NET Come small sixed age appropriate particles		
NF1 Serve small-sized, age-appropriate portions	4	4
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
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Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard
0 State does not regulate care type

Arkansas Regulation Rating History: 2010 (CTR, LRG, SML); 2011 (CTR, LRG, SML); 2015 (CTR, LRG, SML); 2017* (CTR, LRG, SML) NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

CALIFORNIA At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Page	Use the latest feet feet feet (a. 44)		
Main Institute Peeding Profession Peeding Peed	Healthy Infant Feeding (n = 11)		
Main Section Process Main Process Main Process Main Process Main Process Main Process Main		2	2
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Nutrition Standards		2	2
NAI LIMIT cills by choosing monounsaturated and polyunsaturated tast and avoiding trans lats, saturated fist and fried foods 2 2 2 NAI Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats 2 2 2 NAI Serve whole pasteurized milk to twelve to twelve to twenty four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) assumed in the control of the c			
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PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly 2 2 PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2 2			
PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2 2		2	2
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time			
	PB4 Do not utilize TV, video, or DVD viewing during meal or snack time	2	2

Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard
0 State does not regulate care type

California Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); *2017 (CTR)

NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

COLORADO At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Brea	althy Infant Feeding (n = 11)		
	astfeeding Support	2010	2019
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4
Infa	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
-	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	4
_	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
⊢	Serve no fruit juice to children younger than 12 months of age	1	4
		1	4
_	trition (n = 21)	2010	2010
_	rition Standards	2010	2019
-	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	3	3
_	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	2	3
NAE	pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	4
-	Serve skim or 1% pasteurized milk to children two years of age and older		
-	Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
-	Serve fruits of several varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	4	4
-	Offer juice (100%) only during meal times	2	4
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	4	4
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	4	4
ND1	Make water available both inside and outside	4	4
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3
Heal	Ithy Mealtime Practices		
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	3	3
<u> </u>	the individual child; Teach children who require limited portions about portion size and monitor their portions	2	2
	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	3	3
Phy	sical Activity (n = 11)		
		2010	2019
PA1	Provide children with adequate space for both inside and outside play	4	4
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA3		2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	
		3	3
PA4 PA5	Do not withhold active play from children who misbehave	3	
PA4 PA5 PC1	Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PA4 PA5 PC1 PC2	Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3 3	3
PA4 PA5 PC1 PC2 PC3	Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3 3 3	3 3
PA4 PA5 PC1 PC2	Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3 3	3
PA4 PA5 PC1 PC2 PC3	Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	3 3 3	3 3
PA4 PA5 PC1 PC2 PC3 PD1	Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	3 3 3 3	3 3 3 2
PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	3 3 3 2 2	3 3 3 2 4
PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Lim	Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4)	3 3 3 2 2	3 3 3 2 4
PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Lim	Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 3 3 2 2 2 3	3 3 3 2 4 4
PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Lim	Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4)	3 3 3 2 2 2 3	3 3 3 2 4 4 2019
PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Lim	Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 3 3 3 2 2 2 3	3 3 3 2 4 4 4 2019 3

Rating Code:

4 Regulation fully meets standard Regulation partially meets standard 2 Regulation does not address standard 1 Regulation contradicts the standard 0 State does not regulate care type

Colorado Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2015 (CTR, LRG, SML); 2016 (CTR); 2017* (CTR, LRG, SML); 2016 (CTR); 2017* SML)

NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only;

revised documents also were rated for CACFP changes.

CONNECTICUT At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards		
Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1 Feed infants on cue	2	2
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
183 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	2
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3 Serve no fruit juice to children younger than 12 months of age	2	2
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	2	2
pasteurized milk to those who are at risk for hypercholesterolemia or obesity		
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	2
NB1 Serve whole grain breads, cereals, and pastas	2	2
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
NB3 Serve fruits of several varieties, especially whole fruits	2	2
NC1 Use only 100% juice with no added sweeteners	2	2
NC2 Offer juice (100%) only during meal times	2	2
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
ND1 Make water available both inside and outside	4	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	2	2
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of NF2	2	2
the individual child; Teach children who require limited portions about portion size and monitor their portions		2
NH1 Do not force or bribe children to eat	2	2
NH2 Do not use food as a reward or punishment	2	2
Physical Activity (n = 11)		
	2010	2019
PA1 Provide children with adequate space for both inside and outside play	4	4
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PAS Do not withhold active play from children who misbehave	2	2
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	2
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC2 Allow todalers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	3	3
PD1 rovide daily for all clinides, birth to six years, two of more structured of caregiver, teacher, addicated activities of games that promote movement over the course of the day—indoor or outdoor	2	2
PE1 Ensure that infants have supervised tummy time every day when they are awake	2	2
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
Limits on Screen-Time (n = 4)		
	2010	2019
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
PB3 Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time	2	2

Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard

0 State does not regulate care type

Connecticut Regulation Rating History: 2010(CTR, LRG, SML); 2012* (CTR, LRG); 2017* (CTR, LRG)

NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

DELAWARE At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Downster all the Command		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4
Infant Feeding Practices		
1A2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1 Feed infants on cue	4	4
1B2 Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
1B3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	4	4
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	4	4
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
ID3 Serve no fruit juice to children younger than 12 months of age	3	3
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		
NA4 pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1 Serve whole grain breads, cereals, and pastas	3	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3 Serve fruits of several varieties, especially whole fruits	4	3
NC1 Use only 100% juice with no added sweeteners	4	4
NC2 Offer juice (100%) only during meal times	2	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1 Make water available both inside and outside	2	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	3
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	4
NF1 Serve small-sized, age-appropriate portions	4	4
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs	of	
NF2 the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1 Do not force or bribe children to eat	3	3
NH2 Do not use food as a reward or punishment	3	3
Physical Activity (n = 11)		
	2010	2019
PA1 Provide children with adequate space for both inside and outside play	3	4
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2	2
physical activity	2	2
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
DAA Descrive executives /teachers to promote children's active play and portionate in active games at times when they are safely do so	2	2
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	4	4
PAS Do not withhold active play from children who misbehave	3	4
		3
PA5 Do not withhold active play from children who misbehave	3	
PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		3
PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the control of the cont	3 3	
PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over tourse of the day—indoor or outdoor	3 3 he 3	2
PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over to course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake	3 3 he 3	2
PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 3 he 3	2
PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over to course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake	3 3 he 3 2 3	2 2 3
PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over to course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4)	3 3 he 3 2 3	2 2 3
PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 3 4 3 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	2 2 3 2019 2
PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	3 3 4 3 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	2 2 3 2019 2 3
PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 3 4 3 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	2 2 3 2019 2

Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard

0 State does not regulate care type

Delaware Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2015 (CTR); 2017 (LRG, SML); 2019 (CTR, LRG, SML) NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

DISTRICT OF COLUMBIA At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	4
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
IB1 Feed infants on cue	2	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
1B3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3
1D3 Serve no fruit juice to children younger than 12 months of age	2	4
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	_	
pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1 Serve whole grain breads, cereals, and pastas	2	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3
NB3 Serve fruits of several varieties, especially whole fruits	2	3
NC1 Use only 100% juice with no added sweeteners	2	4
NC2 Offer juice (100%) only during meal times	2	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4
ND1 Make water available both inside and outside	2	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	2	4
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	2	3
the individual child; leach children who require limited portions about portion size and monitor their portions		
NH1 Do not force or bribe children to eat	2	3
NH2 Do not use food as a reward or punishment	2	3
Physical Activity (n = 11)		
	2010	2019
PA1 Provide children with adequate space for both inside and outside play	4	4
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA5 Do not withhold active play from children who misbehave	2	4
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4	3
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2	
PD1 course of the day—indoor or outdoor	2	3
PE1 Ensure that infants have supervised tummy time every day when they are awake	2	4
	2	3
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		
	2010	2019
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2010 2	2019
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4)		
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	3

Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard

0 State does not regulate care type

District of Columbia Regulation Rating History: 2010 (CTR, SML); 2016 (CTR, LRG, SML); 2017* (CTR, LRG, SML)

NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

FLORIDA At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infant Feeding Practices	•	
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
IB1 Feed infants on cue	2	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	3
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3
ID3 Serve no fruit juice to children younger than 12 months of age	2	4
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		
NA4 pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NAS Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1 Serve whole grain breads, cereals, and pastas	2	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3
NB3 Serve fruits of several varieties, especially whole fruits	2	3
NC1 Use only 100% juice with no added sweeteners	2	4
NC2 Offer juice (100%) only during meal times	2	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4
ND1 Make water available both inside and outside	4	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
Healthy Mealtime Practices		3
NET Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NEZ Require adults eating meals with children to eat items that meet nutrition standards	2	2
	2	4
NF1 Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	2	4
the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1 Do not force or bribe children to eat	2	3
NH2 Do not use food as a reward or punishment	3	3
Physical Activity (n = 11)		
	2010	2019
PA1 Provide children with adequate space for both inside and outside play	4	4
provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2	2
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
	2	2
physical activity physical activity	_	3
physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	
physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so		2
physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave	2	2
physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	
physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC2 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2 3 3 3	2
physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2 3 3	2
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physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 3 3 3 2	2 2 2
physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake	2 3 3 3 2	2 2 2 2
physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE4 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 3 3 3 2	2 2 2 2
physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE4 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 3 3 2 2 2	2 2 2 2 2
physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4)	2 3 3 2 2 2 2	2 2 2 2 2 2 2019
physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 3 3 2 2 2 2 2 2010	2 2 2 2 2 2 2 2019 2

Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard

0 State does not regulate care type

Florida Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (CTR); 2017 (CTR, LRG, SML); 2019 (LRG, SML) NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

GEORGIA At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
Infant Feeding Practices		•
1A2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1 Feed infants on cue	2	2
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3 Serve no fruit juice to children younger than 12 months of age	2	2
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (29)	%)	
NA4 pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	2
NB1 Serve whole grain breads, cereals, and pastas	2	2
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3 Serve fruits of several varieties, especially whole fruits	3	3
NC1 Use only 100% juice with no added sweeteners	2	2
NC2 Offer juice (100%) only during meal times	2	2
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
ND1 Make water available both inside and outside	2	2
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
Healthy Mealtime Practices	2	
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	1 2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	4	4
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric ne		4
the individual child; Teach children who require limited portions about portion size and monitor their portions	2	2
NH1 Do not force or bribe children to eat	3	3
NH2 Do not use food as a reward or punishment	4	4
Physical Activity (n = 11)		
	2010	2019
PA1 Provide children with adequate space for both inside and outside play	3	3
Provide orientation and annual training opportunities for caregivers treachers to learn age-appropriate gross motor activities and games that promote	<u> </u>	
PA2 physical activity	2	2
	2	2
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
		3
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	3	3
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave	3	3
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		3
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement or	3 3 over the	3
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement or course of the day—indoor or outdoor	3 3 over the 2	2
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement or course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake	3 3 sever the 2 2	3 2 4
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement or course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 3 over the 2	2
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement or course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake	3 3 sever the 2 2	3 2 4
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4)	3 3 sever the 2 2	3 2 4
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement or course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 3 vver the 2 2 2	3 2 4 3
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement or course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4)	3 3 over the 2 2 2 2 2010	3 2 4 3
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 3 over the 2 2 2 2 2010 2	3 2 4 3 2019 2

Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard

0 State does not regulate care type

Georgia Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR, LRG, SML); 2017* (CTR)

NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

HAWAII At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Donation diagrams		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1 Feed infants on cue	4	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
1B3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	4
ID3 Serve no fruit juice to children younger than 12 months of age	1	4
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		
pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1 Serve whole grain breads, cereals, and pastas	3	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3 Serve fruits of several varieties, especially whole fruits	3	3
NC1 Use only 100% juice with no added sweeteners	4	4
NC2 Offer juice (100%) only during meal times	2	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1 Make water available both inside and outside	3	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
Healthy Mealtime Practices	-	
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	4	4
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric need	s of	
NF2 the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1 Do not force or bribe children to eat	3	3
NH2 Do not use food as a reward or punishment	4	4
Physical Activity (n = 11)		
	2010	2019
PA1 Provide children with adequate space for both inside and outside play	4	4
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2	2
PA2 physical activity	2	2
physical activity	2	2
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
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PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	_
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so		3
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PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2 3	3
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over	2 3 3 3 the	3 3 3
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PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 3 3 3 3 the 2	3 3 3 2
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PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 3 3 3 3 the 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	3 3 2 2 2 2 2 2 2019
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Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard

0 State does not regulate care type

Hawaii Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2017* (CTR, LRG, SML)

NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

IDAHO At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1 Feed infants on cue	2	2
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	2
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3 Serve no fruit juice to children younger than 12 months of age	2	2
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		
pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	2
NB1 Serve whole grain breads, cereals, and pastas	2	2
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
NB3 Serve fruits of several varieties, especially whole fruits	2	2
NC1 Use only 100% juice with no added sweeteners	2	2
NC2 Offer juice (100%) only during meal times	2	2
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
ND1 Make water available both inside and outside	2	2
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
Healthy Mealtime Practices		
· ·	2	2
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs NE2 Require adults eating meals with children to eat items that meet nutrition standards		2
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NF1 Serve small-sized, age-appropriate portions NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions	2	2
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NF1 Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions NH1 Do not force or bribe children to eat NH2 Do not use food as a reward or punishment Physical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC9 I Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PC9 I Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PC9 I Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 2 2 2 2 2 10 4 2 2 2 2 2 2 2 2 2 2 2 2 2	2 2 2 2 2 2 1 3 2 2 2 2 2 2 2 2 2 2 2 2
NF1 Serve small-sized, age-appropriate portions NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions NH1 Do not force or bribe children to eat NH2 Do not use food as a reward or punishment Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC4 Illow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC5 Illow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC6 Illow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC7 Illow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC8 Illow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC9 Illow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC9 Illow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC9 Illow preschoolers 90-120 minutes per 8-hour	2 2 2 2 2 2 2 1 2 2 2 2 2 2 2 2 2 2 2 2	2 2 2 2 2 2 1 3 2 2 2 2 2 2 2 2 2 2 2 2
NFI Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions NHI Do not force or bribe children to eat NH2 Do not use food as a reward or punishment Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC2 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4)	2 2 2 2 2 2 100 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 2 2 2 2 2 1 3 2 2 2 2 2 2 2 2 2 2 2 2

Rating Code:

4 Regulation fully meets standard Idaho Regulation Rating History: 2010 (CTR, LRG, SML)
3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

ILLINOIS At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Descrito ading Cumpart		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
Infant Feeding Practices		•
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	1	1
IB1 Feed infants on cue	4	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	3
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	1
	1	1
ID3 Serve no fruit juice to children younger than 12 months of age	1	1
Nutrition (n = 21)	2010	2010
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2	2%) 2	2
pasteurized milk to those who are at risk for hypercholesterolemia or obesity		-
NAS Serve skim or 1% pasteurized milk to children two years of age and older	2	2
NB1 Serve whole grain breads, cereals, and pastas	3	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3 Serve fruits of several varieties, especially whole fruits	4	4
NC1 Use only 100% juice with no added sweeteners	4	4
NC2 Offer juice (100%) only during meal times	2	2
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	4	4
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	4	4
ND1 Make water available both inside and outside	3	3
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	4	4
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric n	needs of	
NF2 the individual child; Teach children who require limited portions about portion size and monitor their portions	2	2
NH1 Do not force or bribe children to eat	3	3
NH2 Do not use food as a reward or punishment	3	3
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Physical Activity (n = 11)	2010	2019
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Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	4	
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Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promot physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	4 2 2	2
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Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promot physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave	2 2 2 2 3	2 2 2 3
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Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promot physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	4 te 2 2 2 2 3 3 3 3 3 3 2 2 2 4 4 2 2	2 2 2 3 3 3 3 3 3 4 2
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Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promot physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC5 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement of course of the day—indoor or outdoor PC6 Ensure that infants have supervised tummy time every day when they are awake PC7 PC8 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	4 te 2 2 2 2 3 3 3 3 3 over the 3 4 2 2010 2 2	2 2 2 3 3 3 3 3 4 2 2019 2 2
Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promot physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC0 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PA6 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA8 PA8 PA8 PA9	4 te 2 2 2 2 3 3 3 3 3 over the 3 4 2 2010 2	2 2 2 3 3 3 3 3 4 2 2019 2

Rating Code:

4 Regulation fully meets standard Illinois Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR)

Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

O State does not regulate care type

INDIANA At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
Infant Feeding Practices	•	
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1 Feed infants on cue	2	2
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3 Serve no fruit juice to children younger than 12 months of age	2	2
	2	
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	2	2
pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	2
NB1 Serve whole grain breads, cereals, and pastas	2	2
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
NB3 Serve fruits of several varieties, especially whole fruits	2	2
NC1 Use only 100% juice with no added sweeteners	2	2
NC2 Offer juice (100%) only during meal times	2	2
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
ND1 Make water available both inside and outside	4	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	4	4
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of		
NF2 the individual child; Teach children who require limited portions about portion size and monitor their portions	2	2
NH1 Do not force or bribe children to eat	2	2
	3	3
NH2 Do not use food as a reward or punishment		
NH2 Do not use food as a reward or punishment Physical Activity (n = 11)		2019
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·	2010	3
Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	3	
Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play		2
Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	3	
Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 2	2
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Rating Code:

4 Regulation fully meets standard Indiana Regulation Rating History: 2010 (CTR, LRG, SML)

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

O State does not regulate care type

IOWA At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

_	althy Infant Feeding (n = 11)		
IA1	astfeeding Support	2010	2019
-	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infa	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
-	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	2
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
_	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
_	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
-	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
_	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	4
_	Serve no fruit juice to children younger than 12 months of age	1	4
_		1	4
	trition (n = 21)	2010	2010
_	rition Standards	2010	2019
-	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
_	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	2	3
	pasteurized milk to those who are at risk for hypercholesterolemia or obesity		
-	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
_	Serve whole grain breads, cereals, and pastas	3	3
_	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3	Serve fruits of several varieties, especially whole fruits	3	3
NC1	Use only 100% juice with no added sweeteners	4	4
NC2	Offer juice (100%) only during meal times	2	4
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1	Make water available both inside and outside	2	4
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
_	Ithy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
-	Require adults eating meals with children to eat items that meet nutrition standards	2	2
_	Serve small-sized, age-appropriate portions	4	4
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of		
NF2	the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1	Do not force or bribe children to eat	2	2
	Do not use food as a reward or punishment	3	
	·) 3	3
NH2	sical Activity (n = 11)	3	3
NH2	sical Activity (n = 11)		
NH2		2010	2019
Phy PA1	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2010 4	2019 4
NH2	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2010	2019
Phy PA1 PA2	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2010 4	2019 4
PA1 PA2 PA3	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2010 4 2	2019 4 2
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PA1 PA2 PA3 PA4 PA5	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave	2010 4 2 2 2 2 2	2019 4 2 2 2 2 2
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PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Lim PB1 PB2	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	2010 4 2 2 2 2 2 2 3 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2	2019 4 2 2 2 2 2 2 3 3 3 2 2 2 2019 2 2 2019
Phy PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Lim PB1 PB2 PB3	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010 4 2 2 2 2 2 2 3 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2	2019 4 2 2 2 2 2 2 3 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2

Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard

0 State does not regulate care type

lowa Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG)/2012* (SML); 2017* (CTR, LRG, SML) NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

KANSAS At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards		
Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1 Feed infants on cue	2	2
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3 Serve no fruit juice to children younger than 12 months of age	2	2
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2019
	3	
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	3	3
NA4 pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1 Serve whole grain breads, cereals, and pastas	2	2
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3 Serve fruits of several varieties, especially whole fruits	3	3
NC1 Use only 100% juice with no added sweeteners	4	4
NC2 Offer juice (100%) only during meal times	2	2
	2	2
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
ND1 Make water available both inside and outside	2	3
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
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Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard

0 State does not regulate care type

Kansas Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (LRG, SML)

NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

KENTUCKY At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

to the comment of the		
Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
IB1 Feed infants on cue	2	2
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	3	4
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	2
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	2
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3 Serve no fruit juice to children younger than 12 months of age	2	2
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		
pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1 Serve whole grain breads, cereals, and pastas	2	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3 Serve fruits of several varieties, especially whole fruits	3	3
NC1 Use only 100% juice with no added sweeteners	4	4
NC2 Offer juice (100%) only during meal times	2	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
ND1 Make water available both inside and outside	2	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	3
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	4	3
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	4	3
the individual child; Teach children who require limited portions about portion size and monitor their portions	2	1
NH1 Do not force or bribe children to eat	2	2
INTZIDO NOLUSE 1000 as a reward or punishment	2	4
NH2 Do not use food as a reward or punishment Physical Activity (n = 11)	2	4
Physical Activity (n = 11)		
Physical Activity (n = 11)	2010	2019
Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2010	2019
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PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PC1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PC2 PC3 PC3 PC4	2010 3 2 2 2 2 2 3 3 3 2 2 2 2 2 2 3 3 3 3 3 2 2 2 2 2 3 3 3 3 4 4 5 6 7 8 7 8 8 8 8 8 8 8 8 8 8 8 8 8	2019 4 2 2 2 2 2 3 3 3 2 2 2 2 2 3 3 3 3 3 3 2 2 2 3 3 3 3 3 3 3 4 5 6 7 8 7 8 8 8 8 8 8 8 8 8 8 8 8 8

Rating Code:

4 Regulation fully meets standard Kentucky Regulation Rating History: 2010 (CTR, LRG, SML); 2013 (CTR, LRG); 2018 (CTR, LRG, SML)

Regulation partially meets standard

2 Regulation does not address standard1 Regulation contradicts the standard

O State does not regulate care type

LOUISIANA At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

_	Ilthy Infant Feeding (n = 11)		
IA1	astfeeding Support	2010	2019
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	0	0
Infa	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	0	0
IB1	Feed infants on cue	0	0
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	0	0
-	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	0	0
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	0	0
_	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	0	0
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	0	0
_	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	0	0
_	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	0	0
-		0	0
_	Serve no fruit juice to children younger than 12 months of age	0	U
	rition (n = 21)		
_	rition Standards	2010	2019
-	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	0	0
_	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	0	0
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	0	0
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	0	0
	pasteurized milk to those who are at risk for hypercholesterolemia or obesity	<u> </u>	
_	Serve skim or 1% pasteurized milk to children two years of age and older	0	0
_	Serve whole grain breads, cereals, and pastas	0	0
_	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	0	0
_	Serve fruits of several varieties, especially whole fruits	0	0
NC1	Use only 100% juice with no added sweeteners	0	0
NC2	Offer juice (100%) only during meal times	0	0
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	0	0
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	0	0
ND1	Make water available both inside and outside	0	0
NG1	Limit salt by avoiding salty foods such as chips and pretzels	0	0
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	0	0
_	Ithy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	0	0
_	Require adults eating meals with children to eat items that meet nutrition standards	0	0
_	Serve small-sized, age-appropriate portions	0	0
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of		
NF2	the individual child; Teach children who require limited portions about portion size and monitor their portions	0	0
		1 .	
NH1	Do not force or bribe children to eat	0	0
	Do not use food as a reward or punishment	0	0
NH2	Do not use food as a reward or punishment		
NH2		0	0
NH2	Do not use food as a reward or punishment sical Activity (n = 11)	0 2010	0 2019
Phy	Do not use food as a reward or punishment sical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	0 2010 0	0 2019 0
NH2	Do not use food as a reward or punishment sical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	0 2010	0 2019
PA1	Do not use food as a reward or punishment sical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	0 2010 0	0 2019 0
PA1 PA2 PA3	Do not use food as a reward or punishment sical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	0 2010 0	0 2019 0
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PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Lim	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4)	0 2010 0 0 0 0 0 0 0 0 0 0	0 2019 0 0 0 0 0 0 0 0 0 0 0 0 0
PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Lim PB1	Provide children with adequate space for both inside and outside play Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	0 2010 0 0 0 0 0 0 0 0 0 0	0 2019 0 0 0 0 0 0 0 0 0 0 0 0 0
PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Lim PB1 PB2	Do not use food as a reward or punishment sical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	0 2010 0 0 0 0 0 0 0 0 0 0 0	0 2019 0 0 0 0 0 0 0 0 0 0 0 0 0
Phy PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Lim PB1 PB2 PB3	Provide children with adequate space for both inside and outside play Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	0 2010 0 0 0 0 0 0 0 0 0 0	0 2019 0 0 0 0 0 0 0 0 0 0 0 0 0

Rating Code:

4 Regulation fully meets standard

Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

Louisiana Regulation Rating History: 2010 (CTR); 2015 (CTR); 2017* (CTR)

NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

MAINE At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infant Feeding Practices		
1A2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1 Feed infants on cue	4	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
1B3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3 Serve no fruit juice to children younger than 12 months of age	2	2
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced	d fat (2%)	
NA4 pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	2
NB1 Serve whole grain breads, cereals, and pastas	2	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3
NB3 Serve fruits of several varieties, especially whole fruits	2	3
NC1 Use only 100% juice with no added sweeteners	2	2
NC2 Offer juice (100%) only during meal times	2	2
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
ND1 Make water available both inside and outside	2	3
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
Healthy Mealtime Practices	2	
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
	2	2
NF1 Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the ca		
the individual child; Teach children who require limited portions about portion size and monitor their portions	2	2
NH1 Do not force or bribe children to eat	3	3
NH2 Do not use food as a reward or punishment	3	3
Physical Activity (n = 11)		
	2010	2019
	4	4
PA1 Provide children with adequate space for both inside and outside play	romote	
PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that p		2
PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that p physical activity	2	
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that p	2	2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that p physical activity	2	2
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that p physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that p physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 2 2	2
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that p physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave	2 2 2 2	2
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that p physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2 2 2 2 2 4	2 2 3
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that p physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movely	2 2 2 2 2 4 3 3 3 3 ment over the	2 2 3 2 2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that p physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2 2 2 2 4 3 3	2 2 3 2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that p physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movel.	2 2 2 2 2 4 3 3 3 3 ment over the	2 2 3 2 2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that p physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote mover course of the day—indoor or outdoor	2 2 2 2 4 3 3 3 ement over the 2	2 2 3 2 2 2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that p physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote mover course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake	2 2 2 2 4 3 3 3 3 ment over the 2 2	2 2 3 2 2 2 2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that p physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 2 2 2 4 3 3 3 3 ment over the 2 2	2 2 3 2 2 2 2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that p physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote mover course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 2 2 2 4 3 3 3 2 2 2 2 2 2 2 2 2 2 2 2	2 2 3 2 2 2 2 2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that p physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote mover course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4)	2 2 2 2 4 3 3 3 2 2 2 2 2 2 2 2 2 2 2 2	2 2 3 2 2 2 2 2 2 2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that p physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote moves course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 2 2 4 3 3 3 3 2 2 2 2 2 2 2 2 2 2 2	2 2 3 2 2 2 2 2 2 2 2 2 2 2

Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard

0 State does not regulate care type

Maine Regulation Rating History: 2010 (CTR, LRG, SML); 2017 (LRG, SML)

NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

MARYLAND At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	4
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1 Feed infants on cue	4	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	2
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
ID3 Serve no fruit juice to children younger than 12 months of age	1	4
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		
pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	3
NB1 Serve whole grain breads, cereals, and pastas	3	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3 Serve fruits of several varieties, especially whole fruits	3	3
NC1 Use only 100% juice with no added sweeteners	4	4
NC2 Offer juice (100%) only during meal times	2	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1 Make water available both inside and outside	2	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	3	3
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	3	3
the individual child; leach children who require limited portions about portion size and monitor their portions		
NH1 Do not force or bribe children to eat	3	3
NH2 Do not use food as a reward or punishment	3	3
Physical Activity (n = 11)		
	2010	2019
PA1 Provide children with adequate space for both inside and outside play	4	4
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2	2
physical activity	2	
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PAS Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	2
	4	4
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	3	3
PD1 course of the day—indoor or outdoor	3	3
PE1 Ensure that infants have supervised tummy time every day when they are awake	2	2
	2	2
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4)		
	2010	2019
Limits on Screen-Time (n = 4)	2010	2019
		4
Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	2	
Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	4

Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard

0 State does not regulate care type

Maryland Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (LRG)/2012* (CTR,SML); 2015 (CTR, LRG, SML); 2017*(CTR, LRG, SML) NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

MASSACHUSETTS At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1 Feed infants on cue	3	3
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
1B3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3 Serve no fruit juice to children younger than 12 months of age	2	2
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	%)	
NA4 pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	2
NB1 Serve whole grain breads, cereals, and pastas	2	2
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
NB3 Serve fruits of several varieties, especially whole fruits	2	2
NC1 Use only 100% juice with no added sweeteners	2	2
NC2 Offer juice (100%) only during meal times	2	2
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
ND1 Make water available both inside and outside	4	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
Healthy Mealtime Practices	2	
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	1 2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
	2	2
NF1 Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric ne		2
the individual child; Teach children who require limited portions about portion size and monitor their portions	2	2
NH1 Do not force or bribe children to eat	4	4
NH2 Do not use food as a reward or punishment	4	4
Physical Activity (n = 11)		
	2010	2019
	4	4
PA1 Provide children with adequate space for both inside and outside play		
Provide orientation and annual training opportunities for caregivers treachers to learn age-appropriate gross motor activities and games that promote	2	2
PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity		
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2	2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 2	2
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave	2	2
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2 3 3	2 3 3
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over	2 3 3 3 3	2 3 3 3 3
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Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement or course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake	2 3 3 3 3	2 3 3 3 3 2 2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement or course of the day—indoor or outdoor	2 3 3 3 3 ver the 2	2 3 3 3 3 2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement or course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake	2 3 3 3 3 3 ver the 2 2	2 3 3 3 3 2 2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement or course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 3 3 3 3 3 ver the 2 2	2 3 3 3 3 2 2
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Regulation fully meets standard Massachusetts Regulation Rating History: 2010 (CTR, LRG, SML)
Regulation partially meets standard
Regulation does not address standard

Regulation contradicts the standard

State does not regulate care type

MICHIGAN At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards		
Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1 Feed infants on cue	4	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	2
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
	1	4
ID3 Serve no fruit juice to children younger than 12 months of age	1	4
Nutrition (n = 21)	2010	2010
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	2	3
pasteurized milk to those who are at risk for hypercholesterolemia or obesity NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1 Serve whole grain breads, cereals, and pastas	3	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3 Serve fruits of several varieties, especially whole fruits	3	3
NC1 Use only 100% juice with no added sweeteners	4	4
NC2 Offer juice (100%) only during meal times	2	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1 Make water available both inside and outside	4	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	4	4
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	3	3
the individual child; leach children who require limited portions about portion size and monitor their portions		
NH1 Do not force or bribe children to eat	2	3
NH2 Do not use food as a reward or punishment	3	3
Physical Activity (n = 11)		
	2010	2019
PA1 Provide children with adequate space for both inside and outside play	4	4
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2	2
physical activity		
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA5 Do not withhold active play from children who misbehave	2	2
		3
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
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PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake	3 3 2 2	3 2 2
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 3 2	3 2
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake	3 3 2 2 2	3 2 2 2
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4)	3 3 2 2 2 2 2010	2 2 2 2 2019
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 3 2 2 2	2 2 2
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4)	3 3 2 2 2 2 2010	2 2 2 2 2019
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PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	3 3 2 2 2 2 2 2010 3 3	3 2 2 2 2 2019 3 3

Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard

0 State does not regulate care type

Michigan Regulation Rating History: 2010 (CTR, LRG, SML); 2012*(CTR, LRG, SML); 2014 (CTR); 2017*(CTR, LRG, SML); 2019 (CTR) NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

MINNESOTA At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1 Feed infants on cue	4	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
ID3 Serve no fruit juice to children younger than 12 months of age	1	4
	1	4
Nutrition (n = 21)	2010	2010
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	2	3
pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	4
NAS Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1 Serve whole grain breads, cereals, and pastas	3	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3 Serve fruits of several varieties, especially whole fruits	3	3
NC1 Use only 100% juice with no added sweeteners	4	4
NC2 Offer juice (100%) only during meal times	2	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1 Make water available both inside and outside	3	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	4	4
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of		
NF2 the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1 Do not force or bribe children to eat	2	2
NH2 Do not use food as a reward or punishment	3	3
Physical Activity (n = 11)		
	2010	2019
PA1 Provide children with adequate space for both inside and outside play	4	4
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		
physical activity	2	2
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	2	2
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	3	3
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave	3	3
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PA5 Do not withhold active play from children who misbehave	3	
PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		
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PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	3	3
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PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 3 3	3 3 2
PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 3 3 2 2	3 3 2 2 2
PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4)	3 3 2 2 2	3 3 2 2 2 2019
PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	3 3 2 2 2 2010 2	3 3 2 2 2 2019 2 2
PAS Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 3 2 2 2 2010 2	3 3 2 2 2 2 2019 2

Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard

0 State does not regulate care type

Minnesota Regulation Rating History: 2010 (CTR, LRG, SML); 2012*(CTR, LRG, SML); 2017*(CTR, LRG, SML); 2017*(CTR, LRG, SML) NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

MISSISSIPPI At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1 Feed infants on cue	4	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	3
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	1
ID3 Serve no fruit juice to children younger than 12 months of age	3	3
Nutrition (n = 21)	3	3
Nutrition (11 – 21) Nutrition Standards	2010	2010
	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	3	3
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	4	4
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	3	3
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	4	4
NB1 Serve whole grain breads, cereals, and pastas	4	4
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	4	4
NB3 Serve fruits of several varieties, especially whole fruits	4	4
NC1 Use only 100% juice with no added sweeteners	1	1
· ·		
NC2 Offer juice (100%) only during meal times	2	2
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	3
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	3
ND1 Make water available both inside and outside	3	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	4	4
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	4
NF1 Serve small-sized, age-appropriate portions	4	4
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	3	3
the individual child; Teach children who require limited portions about portion size and monitor their portions) 3
	2	
NH1 Do not force or bribe children to eat	3	3
NH1 Do not force or bribe children to eat NH2 Do not use food as a reward or punishment	3 4	
NH1 Do not force or bribe children to eat	4	3 4
NH1 Do not force or bribe children to eat NH2 Do not use food as a reward or punishment Physical Activity (n = 11)	2010	3 4 2019
NH1 Do not force or bribe children to eat NH2 Do not use food as a reward or punishment Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play	4	3 4
NH1 Do not force or bribe children to eat NH2 Do not use food as a reward or punishment Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2010	3 4 2019
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NH1 Do not force or bribe children to eat NH2 Do not use food as a reward or punishment Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC5 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC6 In the formation of the day—indoor or outdoor PC7 Ensure that infants have supervised tummy time every day when they are awake PC8 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010 4 2 2 2 2 3 3 3 3 2 2 2 2 2 2 3 3 3	3 4 2019 4 2 2 2 2 2 3 3 3 3 3 2 2 2 2 2 2 3 3 3 3 3 3 3 2 2 2 2 2 2 2 3
NH1 Do not force or bribe children to eat NH2 Do not use food as a reward or punishment Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	2010 4 2 2 2 2 2 3 3 3 3 2 2 2 2 2 2 3 3 3 3	3 4 2019 4 2 2 2 2 2 3 3 3 3 3 2 2 2 2 2 2 3
NH1 Do not force or bribe children to eat NH2 Do not use food as a reward or punishment Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC5 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC6 In the formation of the day—indoor or outdoor PC7 Ensure that infants have supervised tummy time every day when they are awake PC8 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010 4 2 2 2 2 3 3 3 3 2 2 2 2 2 2 3 3 3	3 4 2019 4 2 2 2 2 2 3 3 3 3 3 2 2 2 2 2 2 3 3 3 3 3 3 3 2 2 2 2 2 2 2 3

Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard

0 State does not regulate care type

Mississippi Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2013 (CTR,LRG, SML) NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

MISSOURI At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Use labely lefest Feeding (r. = 11)		
Healthy Infant Feeding (n = 11)	ı	
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
Infant Feeding Practices		
Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1 Feed infants on cue	2	2
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3 Serve no fruit juice to children younger than 12 months of age	2	2
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		
pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	2
NB1 Serve whole grain breads, cereals, and pastas	2	2
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
NB3 Serve fruits of several varieties, especially whole fruits	4	4
NC1 Use only 100% juice with no added sweeteners	4	4
NC2 Offer juice (100%) only during meal times	2	2
	3	3
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		3
ND1 Make water available both inside and outside	3	3
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	4	4
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	2	2
the individual child; leach children who require limited portions about portion size and monitor their portions	_	
NH1 Do not force or bribe children to eat	3	3
NH2 Do not use food as a reward or punishment	3	3
Physical Activity (n = 11)		
	2010	2019
PA1 Provide children with adequate space for both inside and outside play	4	4
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
landa in the second	2	2
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	4	4
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave	4	_
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PA5 Do not withhold active play from children who misbehave		3
PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	
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PAS Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	3 3 3	3
PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	3 3 3 2	3 3 2
PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake	3 3 3 2 2	3 3 2 4
PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 3 3 2 2	3 3 2 4
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Rating Code:

4 Regulation fully meets standard Missouri Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR, LRG, SML)

Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

O State does not regulate care type

MONTANA At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Healthy Infant Feeding (n = 11) Breastfeeding Support		
	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1 Feed infants on cue	4	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
ID3 Serve no fruit juice to children younger than 12 months of age	1	4
Nutrition (n = 21)	1	
Nutrition (1 – 21)	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2010	2019
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	
	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		3
pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1 Serve whole grain breads, cereals, and pastas	3	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3 Serve fruits of several varieties, especially whole fruits	3	3
NC1 Use only 100% juice with no added sweeteners	4	4
NC2 Offer juice (100%) only during meal times	2	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1 Make water available both inside and outside	3	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
Healthy Mealtime Practices	1	3
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	4	4
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	4	4
NF2 the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1 Do not force or bribe children to eat	2	2
NUIT Do not use feed as a reward or punishment	2	2
NH2 Do not use food as a reward or punishment		
Physical Activity (n = 11)	2010	2019
	2010	2019
Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	4	4
Physical Activity (n = 11)		
Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	4	4
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Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 2	2 2
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Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard

0 State does not regulate care type

Montana Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR,LRG, SML); 2017* (CTR,LRG, SML)

NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

NEBRASKA At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Interest Personal Support All Presonage and approximation of the Control of the	Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards		
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PB4 Do not utilize TV, video, or DVD viewing during meal or snack time	I PR3 II Is a screen media with children age two years and older only for educational nurnoses or physical activity	2	2

Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard

0 State does not regulate care type

Nebraska Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR); 2013 (LRG, SML); 2017* (CTR, LRG, SML) NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

NEVADA At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
IB1 Feed infants on cue	2	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3
ID3 Serve no fruit juice to children younger than 12 months of age	2	4
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		
pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1 Serve whole grain breads, cereals, and pastas	2	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3
NB3 Serve fruits of several varieties, especially whole fruits	2	3
NC1 Use only 100% juice with no added sweeteners	2	4
NC2 Offer juice (100%) only during meal times	2	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4
ND1 Make water available both inside and outside	4	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
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Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard
0 State does not regulate care type

Nevada Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2018 (CTR, LRG, SML)

NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

NEW HAMPSHIRE At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infant Feeding Practices		
1A2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1 Feed infants on cue	4	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	3	4
1B3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
ID3 Serve no fruit juice to children younger than 12 months of age	1	4
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%))	3
pasteurized milk to those who are at risk for hypercholesterolemia or obesity	3	3
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1 Serve whole grain breads, cereals, and pastas	2	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3 Serve fruits of several varieties, especially whole fruits	3	3
NC1 Use only 100% juice with no added sweeteners	4	4
NC2 Offer juice (100%) only during meal times	4	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1 Make water available both inside and outside	3	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
Healthy Mealtime Practices	2	3
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	4	4
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric nee		4
the individual child; Teach children who require limited portions about portion size and monitor their portions	2	3
NH1 Do not force or bribe children to eat	3	3
NH2 Do not use food as a reward or punishment	3	4
Physical Activity (n = 11)		
	2010	2019
PA1 Provide children with adequate space for both inside and outside play	4	4
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		
PA2 physical activity	2	2
physical activity	2	2
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
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Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard

0 State does not regulate care type

New Hampshire Regulation Rating History: 2010 (CTR, LRG, SML); 2017 (CTR, LRG, SML)

NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

NEW JERSEY At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

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PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 2010 2019 PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years 3 2 PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly 3 3 2 PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2 2 2 2 2 2	· · · · · · · · · · · · · · · · · · ·	2	Λ
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years 2010 2019 PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years 2 DB2 Limit total media time for children 2 years and older to not more than 30 min. weekly 2 DB3 Use screen media with children age two years and older only for educational purposes or physical activity 2 DB4 Do not utilize TV, video, or DVD viewing during meal or snack time			
PBI Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PBI Limit total media time for children 2 years and older to not more than 30 min. weekly PBI Use screen media with children age two years and older only for educational purposes or physical activity PBI DO not utilize TV, video, or DVD viewing during meal or snack time		3	3
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly Limit total media time for children 2 years and older to not more than 30 min. weekly Limit total media time for children 2 years and older to not more than 30 min. weekly Limit total media time for children 2 years and older to not more than 30 min. weekly Limit total media time for children 2 years and older to not more than 30 min. weekly Limit total media time for children 2 years and older to not more than 30 min. weekly Limit total media time for children 2 years and older to not more than 30 min. weekly 2 2 2 2 2 2 2 2	Limits on Screen-Time (II - 4)	2010	2010
PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly BB3 Use screen media with children age two years and older only for educational purposes or physical activity BB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2 2			
PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2 2 PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2 2	Date to the state of the state	3	2
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2 2	PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		
	PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly		
Pating Code:	PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly PB3 Use screen media with children age two years and older only for educational purposes or physical activity	2	2

Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard

New Jersey Regulation Rating History: 2010 (CTR, LRG, SML); 2013 (CTR, LRG); 2017 (CTR, LRG, SML)

NOTES: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes. NJ LRG ratings removed in ASHW 2019 due to ASHW Policy Change (see Introduction)

0 State does not regulate care type

NEW MEXICO At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1 Feed infants on cue	4	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
	1	4
ID3 Serve no fruit juice to children younger than 12 months of age	1	4
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	3	3
pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	4
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	3	4
NB1 Serve whole grain breads, cereals, and pastas	3	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	4
NB3 Serve fruits of several varieties, especially whole fruits	4	4
NC1 Use only 100% juice with no added sweeteners	3	3
NC2 Offer juice (100%) only during meal times	2	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1 Make water available both inside and outside	3	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
Healthy Mealtime Practices		
NET Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	3
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	4	4
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of		
NF2 the individual child; Teach children who require limited portions about portion size and monitor their portions	4	4
NH1 Do not force or bribe children to eat	2	2
	3	3
NH2 Do not use food as a reward or punishment		
NH2 Do not use food as a reward or punishment Physical Activity (n = 11)		
·	2010	2019
·	2010	2019
Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/heachers to learn age-appropriate gross motor activities and games that promote	4	4
Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play		
Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	4	4
Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 2	4 2 2
Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 2 2	2 2 2 2
Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave	2 2 2 2 2	4 2 2 2 2 2
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Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2 2 2 2 2 3 3	4 2 2 2 2 2 3 3
Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	4 2 2 2 2 2 3 3 3	4 2 2 2 2 2 3 3 3
Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PD3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	4 2 2 2 2 2 3 3 3 2	4 2 2 2 2 2 3 3 3 3 2
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Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	4 2 2 2 2 2 3 3 3 2 2	4 2 2 2 2 3 3 3 2 2
Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC2 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4)	4 2 2 2 2 2 3 3 3 2 2 2	4 2 2 2 2 2 3 3 3 3 2 2 2
Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	4 2 2 2 2 2 3 3 3 2 2 2 2	4 2 2 2 2 3 3 3 3 2 2 2 2
Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD2 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PC1 Ensure that infants have supervised tummy time every day when they are awake PC2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PC3 Limit total media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PC3 Limit total media time for children 2 years and older to not more than 30 min. weekly	4 2 2 2 2 2 3 3 3 2 2 2 2 2 2 2 3 3 3 3	4 2 2 2 2 3 3 3 2 2 2 2 2 2 4 3
Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC4 Allow calily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4 2 2 2 2 2 3 3 3 2 2 2 2 2 2 3 3 3 3	4 2 2 2 2 3 3 3 2 2 2 2 2 4

Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard

0 State does not regulate care type

New Mexico Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2014 (CTR, LRG, SML); 2017*(CTR, LRG, SML) NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

NEW YORK At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1 Feed infants on cue	2	2
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3 Serve no fruit juice to children younger than 12 months of age	2	2
Nutrition (n = 21)	_	_
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
	2	
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		2
pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	3
NB1 Serve whole grain breads, cereals, and pastas	2	2
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
NB3 Serve fruits of several varieties, especially whole fruits	2	2
NC1 Use only 100% juice with no added sweeteners	2	3
NC2 Offer juice (100%) only during meal times	2	2
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	3
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	3
ND1 Make water available both inside and outside	4	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Healthy Mealtime Practices	2	
	1 2	
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	4	4
NF1 Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs		4
the individual child; Teach children who require limited portions about portion size and monitor their portions	4	4
NH1 Do not force or bribe children to eat	3	4
NH2 Do not use food as a reward or punishment	3	4
Physical Activity (n = 11)		
	2010	2019
	4	4
PA1 Provide children with adequate space for both inside and outside play	•	
PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		3
PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	3
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2	2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity		
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 2	2 2
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave	2 2 3	2 2 3
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2 2 3 3	2 2 3 3
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the content of the provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the provide daily for all children, birth to six years.	2 2 3 3 3 2 2 2 he	2 2 3 3 3 3
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2 2 3 3 3 2 2 he 2	2 2 3 3 3
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over to course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake	2 2 3 3 3 2 2 2 he	2 2 3 3 3 3 2 3
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Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard

State does not regulate care type

New York Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (LRG, SML); 2015 (CTR, LRG); 2017* (CTR) NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

NORTH CAROLINA At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

	family home child care licensing regulations and support of 47 high-impact obesity prevention standards		
	y Infant Feeding (n = 11)		
	eeding Support	2010	2019
	courage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4
	reeding Practices The human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	1
-	ed infants on cue	4	4
	not feed infants beyond satiety; Allow infant to stop the feeding	4	
-			4
-	Id infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
-	velop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		
	roduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
-	roduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
-	not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction ve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age		2
\vdash		1	3
	ve no fruit juice to children younger than 12 months of age	1	4
	on (n = 21)	2010	2010
	on Standards	2010	2019
-	nit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
-	ve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	ve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older ve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	3	3
I NI A A I	teurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
	ve skim or 1% pasteurized milk to children two years of age and older	2	4
-	ve whole grain breads, cereals, and pastas	3	3
-	ve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
-	ve fruits of several varieties, especially whole fruits	3	3
-	e only 100% juice with no added sweeteners	4	4
-	Fer juice (100%) only during meal times	2	4
-	ve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
-	ve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
-	ske water available both inside and outside	3	4
-	nit salt by avoiding salty foods such as chips and pretzels	2	2
-	pid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	Mealtime Practices		
	ach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
-	quire adults eating meals with children to eat items that meet nutrition standards	2	4
	ve small-sized, age-appropriate portions	4	4
Per	mit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of		
I NF2 I	individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1 Do	not force or bribe children to eat	2	3
NH2 Do	not use food as a reward or punishment	3	4
Physical	I Activity (n = 11)		
		2010	2019
PA1 Pro	ovide children with adequate space for both inside and outside play	4	4
PA2 Pro	wide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2	2
phy	ysical activity		
	velop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	quire caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	not withhold active play from children who misbehave	2	4
-	ovide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
	ow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4
	ow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
I PD1	ovide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2	2
-	urse of the day—indoor or outdoor sure that infants have supervised tummy time every day when they are awake	4	4
-	e infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
	on Screen-Time (n = 4)		
Zimits (on detect time (ii — i)	2010	2019
PB1 Do	not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4	4
-	nit total media time for children 2 years and older to not more than 30 min. weekly	3	3
-	e screen media with children age two years and older only for educational purposes or physical activity	2	2
-	not utilize TV, video, or DVD viewing during meal or snack time	2	2
	ing Code:		

Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard

North Carolina Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (CTR, LRG, SML); 2017* (CTR, LRG, SML); 2018 (CTR, LRG, SML)

NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

0 State does not regulate care type

ASHW 2019 Supplement: Small Family Homes

NORTH DAKOTA At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

	ds	
Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
nfant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3	3
IB1 Feed infants on cue	2	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	4	4
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3 Serve no fruit juice to children younger than 12 months of age	2	2
Nutrition (n = 21)	2	
Nutrition Standards	2010	2010
	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2 pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2%) 2	2
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	2
NB1 Serve whole grain breads, cereals, and pastas	2	2
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
NB3 Serve fruits of several varieties, especially whole fruits	2	2
NC1 Use only 100% juice with no added sweeteners	2	2
NC2 Offer juice (100%) only during meal times	2	2
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
ND1 Make water available both inside and outside	2	2
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	3
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	2	3
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric n	needs of 2	2
the individual child; Teach children who require limited portions about portion size and monitor their portions NH1 Do not force or bribe children to eat	2	2
MHIDO NOLIOICE OF DIDE CHIIGIEN LO EAL	3	3
	2	_
NH2 Do not use food as a reward or punishment	3	3
NH2 Do not use food as a reward or punishment Physical Activity (n = 11)	2010	2019
NH2 Do not use food as a reward or punishment Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play	2010 4	
NH2 Do not use food as a reward or punishment Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2010 4	2019
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Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity pass Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PAA Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PAS Do not withhold active play from children who misbehave PCI Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC9 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement of the day—indoor or outdoor PEI Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	2010 4 te 2 2 2 3 3 3 2 2 2 over the 2 2 2 2010 2 2 2	2019 4 2 3 4 4 4 4 4 2 2 3 2 2 2 2 3 2019 2 2
PAI Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promot physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC5 PC6 PC7 PC7 PC7 PC7 PC8 PC8 PC8 PC8 PC9	2010 4 te 2 2 2 3 3 3 2 2 2 over the 2 2 2 2010	2019 4 2 3 4 4 4 4 4 3 2 2 3 3 4 4 4 4 4 4 2 2 3 3 4 4 4 4 4 4 4 4 4 4 4 4 4

Rating Code:

4 Regulation fully meets standard North Dakota Regulation Rating History: 2010 (CTR, LRG, SML); 2011 (CTR, LRG, SML); 2013 (CTR, LRG, SML)

Regulation partially meets standard
Regulation does not address standard

1 Regulation contradicts the standard

O State does not regulate care type

OHIO At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Descrito ading Cunnovt		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infant Feeding Practices		•
1A2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1 Feed infants on cue	4	2
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	4	2
1B3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	2
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	2
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	2
ID3 Serve no fruit juice to children younger than 12 months of age	1	2
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	2
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	2
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2'	2%)	2
pasteurized milk to those who are at risk for hypercholesterolemia or obesity	3	3
NAS Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1 Serve whole grain breads, cereals, and pastas	4	2
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3 Serve fruits of several varieties, especially whole fruits	3	3
NC1 Use only 100% juice with no added sweeteners	4	3
NC2 Offer juice (100%) only during meal times	2	2
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	2
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	2
	4	
ND1 Make water available both inside and outside		4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	2
Healthy Mealtime Practices		Ι
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	3	4
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric nutrition their portions. The individual child; Teach children who require limited portions about portion size and monitor their portions.	needs of 3	2
NH1 Do not force or bribe children to eat	2	2
NH2 Do not use food as a reward or punishment	3	3
Physical Activity (n = 11)	3	
r mysical netwicy (ii = ±±)	2010	2019
	4	4
DAI Drawide children with adequate cases for both incide and outside play		4
PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers (feachers to learn age-appropriate gross motor activities and games that promote	2	2
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PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	3
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Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement of course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	3 2 2 2 4 2 2019 2

Rating Code:

4 Regulation fully meets standard Regulation partially meets standard 2 Regulation does not address standard 1 Regulation contradicts the standard

0 State does not regulate care type

Ohio Regulation Rating History: 2010 (CTR, LRG, SML); 2012*(CTR, LRG, SML); 2016 (CTR, LRG, SML) NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only;

revised documents also were rated for CACFP changes.

OKLAHOMA At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
IB1 Feed infants on cue	2	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3
ID3 Serve no fruit juice to children younger than 12 months of age	2	4
Nutrition (n = 21)		I
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduce pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1 Serve whole grain breads, cereals, and pastas	3	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3 Serve fruits of several varieties, especially whole fruits	3	3
NC1 Use only 100% juice with no added sweeteners	2	4
NC2 Offer juice (100%) only during meal times	2	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1 Make water available both inside and outside	3	3
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
Healthy Mealtime Practices	•	
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	3	4
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the c	caloric needs of	1
the individual child; Teach children who require limited portions about portion size and monitor their portions	2	2
NH1 Do not force or bribe children to eat NH2 Do not use food as a reward or punishment	3	3
Physical Activity (n = 11)	3	3
Physical Activity (II = 11)	2010	2019
	4	4
I PA1 I Provide children with adequate space for both inside and outside play	promote	
PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that provide orientation are provided to the provided orientation and annual training opportunities for caregivers/teachers to learn age agreement of the provided training t	2	2
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Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4)	2 4 3 2 2 ement over the 2 2 3 2 2010	2 2 2 2 2 2 2 3
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Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard

0 State does not regulate care type

Oklahoma Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR); 2017 (CTR, LRG, SML)

NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

OREGON At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1 Feed infants on cue	4	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
ID3 Serve no fruit juice to children younger than 12 months of age	1	4
Nutrition (n = 21)	1	4
	2010	2010
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	2	3
pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	4
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1 Serve whole grain breads, cereals, and pastas	3	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3 Serve fruits of several varieties, especially whole fruits	3	3
NC1 Use only 100% juice with no added sweeteners	4	4
NC2 Offer juice (100%) only during meal times	2	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1 Make water available both inside and outside	2	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
Healthy Mealtime Practices		
NET Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	4	4
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of		
NF2 the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1 Do not force or bribe children to eat	2	2
NH2 Do not use food as a reward or punishment	3	3
Physical Activity (n = 11)	2010	2019
Physical Activity (n = 11)		2
Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play	2	
PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		_
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Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard

0 State does not regulate care type

Oregon Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2017* (SML)

NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

PENNSYLVANIA At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1 Feed infants on cue	3	3
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3 Serve no fruit juice to children younger than 12 months of age	2	2
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		
pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	2
NB1 Serve whole grain breads, cereals, and pastas	3	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	4	4
NB3 Serve fruits of several varieties, especially whole fruits	4	4
NC1 Use only 100% juice with no added sweeteners	2	2
NC2 Offer juice (100%) only during meal times	2	2
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
ND1 Make water available both inside and outside	4	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
	2	
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk		2
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
100 C 1 C 1 C 1 C 1 C 1 C 1 C 1 C 1 C 1	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions		
NF1 Serve small-sized, age-appropriate portions NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	2	2
NF1 Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions	2 4 3	2 4 3
NF1 Serve small-sized, age-appropriate portions NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions NH1 Do not force or bribe children to eat	2 4 3 2	2 4 3 2
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Rating Code:

4 Regulation fully meets standard Pennsylvania Regulation Rating History: 2010 (CTR, LRG, SML)
3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

O State does not regulate care type

RHODE ISLAND At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1 Feed infants on cue	4	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	2
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
ID3 Serve no fruit juice to children younger than 12 months of age	1	3
Nutrition (n = 21)		3
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2019
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	3	3
NA4 pasteurized milk to those who are at risk for hypercholesterolemia or obesity	3	3
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	3	4
NB1 Serve whole grain breads, cereals, and pastas	3	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3 Serve fruits of several varieties, especially whole fruits	3	3
NC1 Use only 100% juice with no added sweeteners	4	4
NC2 Offer juice (100%) only during meal times	4	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	4	4
	4	4
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		
ND1 Make water available both inside and outside	4	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3
Healthy Mealtime Practices	2	2
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	
NE2 Require adults eating meals with children to eat items that meet nutrition standards		2
NEG Company II signify and any appropriate months as	2	2
NF1 Serve small-sized, age-appropriate portions	4	
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Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard

0 State does not regulate care type

Rhode Island Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (LRG, SML); 2013 (CTR); 2017 (CTR)/2017*(LRG, SML) NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

SOUTH CAROLINA At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1 Feed infants on cue	2	2
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	2
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3 Serve no fruit juice to children younger than 12 months of age	2	2
Nutrition (n = 21)	2	2
Nutrition (11 – 21) Nutrition Standards	2010	2010
	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	2
NB1 Serve whole grain breads, cereals, and pastas	2	2
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
NB3 Serve fruits of several varieties, especially whole fruits	2	2
NC1 Use only 100% juice with no added sweeteners	2	2
NC2 Offer juice (100%) only during meal times	2	2
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
ND1 Make water available both inside and outside	2	2
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	2	2
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	2	2
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Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard

0 State does not regulate care type

South Carolina Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG); 2017 (SML)/2017* (CTR, LRG) NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

SOUTH DAKOTA At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards		
Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1 Feed infants on cue	4	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3 Serve no fruit juice to children younger than 12 months of age	2	2
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	2	2
pasteurized milk to those who are at risk for hypercholesterolemia or obesity		
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	2
NB1 Serve whole grain breads, cereals, and pastas	2	2
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
NB3 Serve fruits of several varieties, especially whole fruits	2	2
NC1 Use only 100% juice with no added sweeteners	2	2
NC2 Offer juice (100%) only during meal times	2	2
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
ND1 Make water available both inside and outside	2	2
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	2	2
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of NF2	2	2
the individual child; Teach children who require limited portions about portion size and monitor their portions	2	2
NH1 Do not force or bribe children to eat	3	3
NH2 Do not use food as a reward or punishment	3	3
Physical Activity (n = 11)		
	2010	2019
PA1 Provide children with adequate space for both inside and outside play	2	2
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PAS Do not withhold active play from children who misbehave	2	2
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	2
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2
PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2
Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the		
PD1 course of the day—indoor or outdoor	2	2
PE1 Ensure that infants have supervised tummy time every day when they are awake	2	2
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
Limits on Screen-Time (n = 4)		
	2010	2019
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
PB3 Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time	2	2

Rating Code:

4 Regulation fully meets standard South Dakota Regulation Rating History: 2010 (CTR, LRG, SML)
3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

TENNESSEE At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

sitial failing frome child care licensing regulations and support of 47 high-impact obesity prevention standards		
Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
IB1 Feed infants on cue	4	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	3
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3
ID3 Serve no fruit juice to children younger than 12 months of age	2	4
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	1	3
NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	2	3
pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NAS Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1 Serve whole grain breads, cereals, and pastas	3	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3 Serve fruits of several varieties, especially whole fruits	3	3
NC1 Use only 100% juice with no added sweeteners	4	4
NC2 Offer juice (100%) only during meal times	2	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1 Make water available both inside and outside	3	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3
Healthy Mealtime Practices	'	
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	4	4
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	3	3
the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1 Do not force or bribe children to eat	3	3
NH2 Do not use food as a reward or punishment	3	4
Physical Activity (n = 11)		
	2010	2019
PA1 Provide children with adequate space for both inside and outside play	3	4
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	3
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	3
PA5 Do not withhold active play from children who misbehave	2	2
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	4
PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	4
PCS Allow prescribble 350 120 minutes per 6 flour day for moderate to vigorous physical activity	-	
PDI course of the day—indoor or outdoor	2	3
Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the		3
Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake	2	
Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	4
Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake	2	4
Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4)	2 2 2	4
Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 2 2 2010 3	2019 4
Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	2 2 2 2010 3 3	2019 4 3
Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 2 2 2010 3	2019 4

Rating Code:

4 Regulation fully meets standard Tennessee Regulation Rating History: 2010 (CTR, LRG, SML); 2018 (CTR, LRG, SML)

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

TEXAS At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

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Infant Feeding Practices Serve Human Infant or Infant formula to all least age 12 months, not cow's milk, unless written exception is provided 2 2 2 3 3 3 3 3 3 3		2	4
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183 to lived both for eleging, frostron an infant for hotte feeding in the caregiver/teacher's arms or stiting upon the lap of the caregiver arms of the caregiver a	IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
LE Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guerdien and primary care provider 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2			
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course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 3 3 Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly PB3 Use screen media with children age two years and older only for educational purposes or physical activity PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2 2 2 2	· · · · · · · · · · · · · · · · · · ·	3	3
Course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 3 3 Limits on Screen-Time (n = 4) 2010 2019 PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years 3 3 PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly 3 3 PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2 2 PB4 Do not utilize TV, video, or DVD viewing during meal or snack time	PD1	2	2
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years BB2 Limit total media time for children 2 years and older to not more than 30 min. weekly BB3 Use screen media with children age two years and older only for educational purposes or physical activity BB4 Do not utilize TV, video, or DVD viewing during meal or snack time	·		
Limits on Screen-Time (n = 4) 2010 2019 PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years 3 3 PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly 3 3 PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2 2 PB4 Do not utilize TV, video, or DVD viewing during meal or snack time			
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly BB3 Use screen media with children age two years and older only for educational purposes or physical activity BB4 Do not utilize TV, video, or DVD viewing during meal or snack time		3	3
PB1Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years33PB2Limit total media time for children 2 years and older to not more than 30 min. weekly33PB3Use screen media with children age two years and older only for educational purposes or physical activity22PB4Do not utilize TV, video, or DVD viewing during meal or snack time22	Limits on Screen-Time (n = 4)	20:5	20:-
PB2Limit total media time for children 2 years and older to not more than 30 min. weekly33PB3Use screen media with children age two years and older only for educational purposes or physical activity22PB4Do not utilize TV, video, or DVD viewing during meal or snack time22	DDA Do not ville and in federalis (TM) sides and DMD) sides.		
PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2 2 PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2 2			
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2 2			
	PB3 Use screen media with children age two years and older only for educational purposes or physical activity	2	
Pating Code:			

Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard

Texas Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2014 (CTR, LRG, SML) NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only;

revised documents also were rated for CACFP changes.

UTAH At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Sinal family florie child care licensing regulations and support of 47 high-impact obesity prevention standards		
Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3	4
IB1 Feed infants on cue	2	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3
ID3 Serve no fruit juice to children younger than 12 months of age	2	4
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	2	3
pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NAS Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1 Serve whole grain breads, cereals, and pastas	2	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3
NB3 Serve fruits of several varieties, especially whole fruits	2	3
NC1 Use only 100% juice with no added sweeteners	2	4
NC2 Offer juice (100%) only during meal times	2	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4
ND1 Make water available both inside and outside	3	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	2	4
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	2	3
the individual child; Teach children who require limited portions about portion size and monitor their portions	2	3
NH1 Do not force or bribe children to eat	3	3
NH2 Do not use food as a reward or punishment	3	3
Physical Activity (n = 11)		
	2010	2019
PA1 Provide children with adequate space for both inside and outside play	2	4
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA5 Do not withhold active play from children who misbehave	2	2
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	3
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4
PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	3
Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2	2
PE1 Ensure that infants have supervised tummy time every day when they are awake	2	4
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	3
Limits on Screen-Time (n = 4)		
	2010	2019
		-
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	3
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly		3
	2	
PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3

Rating Code:

Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

Utah Regulation Rating History: 2010 (CTR, LRG, SML); 2012*(CTR, LRG); 2017 (CTR, LRG, SML)

NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

VERMONT At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

reastfeeding Support	2010	2019
A1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4
fant Feeding Practices		
A2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3	4
B1 Feed infants on cue	4	4
B2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
C1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
C2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
C3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
D1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	4
D2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3
D3 Serve no fruit juice to children younger than 12 months of age	2	4
utrition (n = 21)		
utrition Standards	2010	2019
A1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2019
A2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3
A3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	2	3
A4 pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
A5 Serve skim or 1% pasteurized milk to children two years of age and older	2	4
B1 Serve whole grain breads, cereals, and pastas	2	3
B2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3
B3 Serve fruits of several varieties, especially whole fruits	3	3
C1 Use only 100% juice with no added sweeteners	2	4
C2 Offer juice (100%) only during meal times	2	4
C3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4
C4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4
D1 Make water available both inside and outside	3	4
Col Limit salt by avoiding salty foods such as chips and pretzels	4	2
G2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3
ealthy Mealtime Practices		
Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
Require adults eating meals with children to eat items that meet nutrition standards	2	2
IF1 Serve small-sized, age-appropriate portions	2	4
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions	2	3
H1 Do not force or bribe children to eat	3	3
H2 Do not use food as a reward or punishment	3	3
hysical Activity (n = 11)		
,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	2010	2019
A1 Provide children with adequate space for both inside and outside play	3	4
Provide orientation and annual training conortunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		
hysical activity	2	2
A2 Dayslan written policies on the promotion of physical activity and the removal of petantial harriers to physical activity posticination	4	2
A3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
A4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	_	3
A4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	3	-
A4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so A5 Do not withhold active play from children who misbehave		4
A4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so A5 Do not withhold active play from children who misbehave C1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	
A4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so A5 Do not withhold active play from children who misbehave C1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting C2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2 2	4
A4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so A5 Do not withhold active play from children who misbehave C1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting C2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity C3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	4
A4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so A5 Do not withhold active play from children who misbehave C7 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting C8 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity C9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity C9 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2 2	4
A4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so A5 Do not withhold active play from children who misbehave C1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting C2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity C3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity D1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	3 2 2 2	4 3 2
A4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so A5 Do not withhold active play from children who misbehave C1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting C2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity C3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor E1 Ensure that infants have supervised tummy time every day when they are awake	3 2 2 2 2	4 3 2 2
A4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so A5 Do not withhold active play from children who misbehave C6 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting C7 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity C8 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity C9 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor C9 Ensure that infants have supervised tummy time every day when they are awake C9 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 2 2 2 2	4 3 2 2
A4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so A5 Do not withhold active play from children who misbehave C6 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting C7 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity C8 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity C9 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor C9 Ensure that infants have supervised tummy time every day when they are awake C9 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 2 2 2 2 2 2	4 3 2 2 3
A4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so A5 Do not withhold active play from children who misbehave C1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting C2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity C3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor E1 Ensure that infants have supervised tummy time every day when they are awake E2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all imits on Screen-Time (n = 4)	3 2 2 2 2 2 2 2	4 3 2 2 3 2019
A4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so A5 Do not withhold active play from children who misbehave C6 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting C7 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity C8 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor E7 Ensure that infants have supervised tummy time every day when they are awake E7 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all imits on Screen-Time (n = 4) D8 D0 not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 2 2 2 2 2 2 2 2 2010 3	4 3 2 2 3 2019 4

Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard

0 State does not regulate care type

Vermont Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR, LRG, SML); 2017* (CTR, LRG, SML)

NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

VIRGINIA At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1 Feed infants on cue	4	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	4	4
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
	1	4
ID3 Serve no fruit juice to children younger than 12 months of age	1	4
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	4	4
pasteurized milk to those who are at risk for hypercholesterolemia or obesity		
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	4	4
NB1 Serve whole grain breads, cereals, and pastas	3	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3 Serve fruits of several varieties, especially whole fruits	3	3
NC1 Use only 100% juice with no added sweeteners	4	4
NC2 Offer juice (100%) only during meal times	2	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1 Make water available both inside and outside	4	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
Healthy Mealtime Practices	•	
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	4	4
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric need:	s of 3	3
the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1 Do not force or bribe children to eat	3	3
NH2 Do not use food as a reward or punishment	3	3
Physical Activity (n = 11)		
	2010	2019
PA1 Provide children with adequate space for both inside and outside play	4	4
Provide expensation and annual training expertunities for caregivers (teachers to learn age appropriate gross mater activities and some that are not	2	2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
		2
PAZ physical activity	2	
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		4
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	
physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave	2 4	4
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2 4 4	4
physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over	2 4 4 3 3	4 4 3 3 3
physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2 4 4 3 3	4 4 3
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Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard

0 State does not regulate care type

Virginia Regulation Rating History: 2010 (CTR); 2011 (LRG, SML); 2012*(CTR, LRG, SML); 2017*(CTR, LRG, SML); NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

WASHINGTON At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Introduce parameters
ant Feeding Practices
2 Seven kuman milk or infants formula to at least age 12 months, not cow's milk, unless written exception is provided 4 deed infants on cue Do not feed infants on cue Do not feed infants beyond satiety. Allow infant to stop the feeding Do not feed infants while bottle feeding. Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap 4 deed by the common of the co
Feed Infants on cue
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4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so
4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so
5 Do not withhold active play from children who misbehave
Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting
2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 3
3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity
Provide daily for all children, birth to six years, two or more structured or caregiver/teacher/adult-led activities or games that promote movement over the
1 course of the day—indoor or outdoor
1 Ensure that infants have supervised tummy time every day when they are awake
2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all
nits on Screen-Time (n = 4)
2010 20
1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years 3
Limit total media time for children 2 years and older to not more than 30 min. weekly
2 Lamite total media time for chiluren 2 years and older to not more than 30 min. weekly
3 Use screen media with children age two years and older only for educational purposes or physical activity 4

Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard

0 State does not regulate care type

Washington Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (LRG, SML); 2017*(LRG, SML); 2019 (CTR, LRG, SML) NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

WEST VIRGINIA At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1 Feed infants on cue	2	2
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3 Serve no fruit juice to children younger than 12 months of age	2	2
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		
NA4 pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	2
NB1 Serve whole grain breads, cereals, and pastas	2	2
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
NB3 Serve fruits of several varieties, especially whole fruits	2	2
NC1 Use only 100% juice with no added sweeteners	2	2
NC2 Offer juice (100%) only during meal times	2	2
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
ND1 Make water available both inside and outside	4	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
	2	2
NF1 Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs		2
the individual child; Teach children who require limited portions about portion size and monitor their portions	2	2
NH1 Do not force or bribe children to eat	3	3
NH2 Do not use food as a reward or punishment	3	3
Physical Activity (n = 11)		
	2010	2019
	4	4
PA1 Provide children with adequate space for both inside and outside play		
PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		
PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
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Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 2 2 4 3 3 3 7 the 2 2	2 2 4 3 3 3 2 2 2
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Rating Code:

4 Regulation fully meets standard West Virginia Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR); 2017 (LRG, SML)

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

WISCONSIN At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1 Feed infants on cue	4	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
ID3 Serve no fruit juice to children younger than 12 months of age	1	4
Nutrition (n = 21)	-	-
Nutrition (1 = 22)	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2019
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		
NA4 pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1 Serve whole grain breads, cereals, and pastas	3	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3 Serve fruits of several varieties, especially whole fruits	4	3
NC1 Use only 100% juice with no added sweeteners	4	4
NC2 Offer juice (100%) only during meal times	2	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1 Make water available both inside and outside	2	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	4	4
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	2	2
the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1 Do not force or bribe children to eat	3	3
		3
NH2 Do not use food as a reward or punishment	3	
NH2 Do not use food as a reward or punishment Physical Activity (n = 11)	3	
	2010	2019
Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PRA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2010 4	2019 4
Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2010 4 2	2019 4 3
Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2010 4 2 2	2019 4 3 2
Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2010 4 2 2 2	2019 4 3 2 2
Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave	2010 4 2 2 2 2 4	2019 4 3 2 2 4
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Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2010 4 2 2 2 2 4 3 3	2019 4 3 2 2 2 4 3 3
Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2010 4 2 2 2 2 4 3	2019 4 3 2 2 4 3
Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2010 4 2 2 2 2 4 3 3	2019 4 3 2 2 2 4 3 3
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PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4)	2010 4 2 2 2 4 3 3 3 2 4 2	2019 4 3 2 2 4 3 3 3 2 4 2 2 4 2 2
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Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA2 physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PC5 Insure that infants have supervised tummy time every day when they are awake PC6 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PC6 PC7	2010 4 2 2 2 4 3 3 3 2 4 2 2010 3 3	2019 4 3 2 2 4 3 3 3 2 4 2 2 2 4 2 2
Physical Activity (n = 11) PAI Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4)	2010 4 2 2 2 4 3 3 3 2 4 2 2010 3	2019 4 3 2 2 4 3 3 3 2 4 2 2 4 2 2

Rating Code:

4 Regulation fully meets standard

Regulation partially meets standard

Regulation does not address standard

Regulation contradicts the standard

Wisconsin Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (LRG, SML); 2019 (CTR, SML)

NOTES: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes. WI LRG ratings removed in ASHW 2019 due to ASHW Policy Change (see Introduction)

O State does not regulate care type

WYOMING At A Glance:

Small family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
Infant Feeding Practices	_	_
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1 Feed infants on cue	4	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
1B3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3 Serve no fruit juice to children younger than 12 months of age	2	2
Nutrition (n = 21)		2
Nutrition (1 – 21) Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2010	2019
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		2
pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2
NAS Serve skim or 1% pasteurized milk to children two years of age and older	2	2
NB1 Serve whole grain breads, cereals, and pastas	2	2
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
NB3 Serve fruits of several varieties, especially whole fruits	2	2
NC1 Use only 100% juice with no added sweeteners	2	2
NC2 Offer juice (100%) only during meal times	2	2
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
ND1 Make water available both inside and outside	2	2
	2	2
NG1 Limit salt by avoiding salty foods such as chips and pretzels		
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
Healthy Mealtime Practices	2	_
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	3
NEZ Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of	2	4
NF2 the individual child; Teach children who require limited portions about portion size and monitor their portions	2	3
NH1 Do not force or bribe children to eat	4	3
NH2 Do not use food as a reward or punishment	3	3
Physical Activity (n = 11)		
Physical Activity (n = 11)	2010	1 2019
	2010 4	2019 4
Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	4	4
PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	4	4
PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	3	3
PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	4 3 2	4 3 2
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PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC9 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	4 3 2 2 3 2 2 2 2	4 3 2 2 2 3 3 2 2
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Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard
0 State does not regulate care type

Wyoming Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (CTR, LRG, SML) NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

TABLE 1: Assessment Years for Each State

Table 1. State Assessment Years 2010 to 2019

The table below shows years in which NRC rated states based on revised child care licensing regulations.

				Υ	'ears	Rate	d								Υ	'ears	Rate	d			
	2	2	2	2	2	2	2	2	2	2		2	2	2	2	2	2	2	2	2	2
State	0	0	0	0	0	0	0	0	0	0	State	0	0	0	0	0	0	0	0	0	0
State	1	1	1	1	1	1	1	1	1	1	State	1	1	1	1	1	1	1	1	1	1
	0	1	2	3	4	5	6	7	8	9		0	1	2	3	4	5	6	7	8	9
Alabama	X		Х					Х	Х	Х	Montana	X		Х					Х		
Alaska	Х		Х					Х			Nebraska	X		Х	Х				Х		
Arizona	X	Х								X	Nevada	X		Х						Х	
Arkansas	X	Х				X		Х			New Hampshire	X							Х		
California	Х		Х					Х			New Jersey	Х			Х				Х		
Colorado	Х		Х			Х	Х	Х			New Mexico	Х		Х		Х			Х		
Connecticut	Х		Х					Х			New York	Х				Х	Х		Х		
Delaware	Х		Х			Х		Х		Х	North Carolina	Х		Х	Х				Х	Х	
District of Columbia	Х						Х	Х			North Dakota	Х	Х		Х						
Florida	Х		Х	Х				Х		Х	Ohio	Х		Х				Х			
Georgia	Х		Х		Х			Х			Oklahoma	Х						Х	Х		
Hawaii	Х		Х					Х			Oregon	Х		Х					Х		
Idaho	Х										Pennsylvania	Х									
Illinois	Х				Х						Rhode Island	Х		Х	Х				Х		
Indiana	Х										South Carolina	Х		Х					Х		
lowa	Х		Х					Х			South Dakota	Х									
Kansas	Х		Х	Х							Tennessee	Х								Х	
Kentucky	Х			Х					Х		Texas	Х		Х		Х					
Louisiana	Х		Х			Х		Х			Utah	Х		Х					Х		
Maine	Х		Х					Х			Vermont	Х						Х	Х		
Maryland	Х		Х			Х		Х			Virginia	Х		Х					Х		
Massachusetts	Х										Washington	Х		Х					Х		Х
Michigan	Х		Х		Х			Х		Х	West Virginia	Х				Х					
Minnesota	Х		Х					Х			Wisconsin	Х		Х							Х
Mississippi	Х		Х	Х							Wyoming	Х		Х	Х						
Missouri	Х						Х														



State assessed at baseline (2010) for all regulated child care types

Х

State assessed due to new or revised child care licensing regulations

Х

State assessed due to national CACFP updates

State	Regulation Document Title For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document			
			Year	CTR	LRG	SML	
AL	Alabama						
	Minimum Standards for Family Day Care Homes, Family Nighttime Homes, Group Day Care Homes, and Group Nighttime Homes Regulations and Procedures	1/22/2001	2010		Х	х	
	Minimum Standards for Day Care Centers and Nighttime Centers	1/22/2001	2010	Х			
	Minimum Standards for Family Day Care Homes, Family Nighttime Homes, Group Day Care Homes, and Group Nighttime Homes Regulations and Procedures	11/30/2018	2018		Х	х	
	Minimum Standards for Day Care Centers and Nighttime Centers	11/30/2018	2018	Х			
	Minimum Standards for Day Care Centers and Nighttime Centers: Regulations and Procedures	9/30/2019	2019	Х			
AK	Alaska						
	Title 7 AAC 57- Child Care Facilities Licensing	6/23/2006	2010	Х	Х	Х	
AZ	Arizona						
	9 A.A.C. 3, Arizona Dept. of Health Services, Child Care Group Homes	9/1/2004	2010		Х		
	9 A.A.C. 5, Arizona Dept. of Health Services, Child Care Facilities	9/30/2010	2010	Х	Х		
	6 A.A.C.5, Article 52: Arizona Dept. of Economic Security, Certification and Supervision of Family Child Care Home Providers (document and associated ratings removed from ASHW assessment in 2015, retroactive to 2010)	5/19/1999	2010				
	Arizona Bureau of Child Care Licensing for Child Care Group Homes	9/2011	2011		Х		
	Arizona Administrative Code and Arizona Revised Statues for Child Care Facilities (Title 9 Ch 5)	12/5/2018	2019				
AR	Arkansas						
	Minimum Licensing Requirements for Child Care Centers	3/2010	2010	Х			
	Minimum Licensing Requirements for Child Care Family Homes	3/2010	2010		Х		
	Minimum Licensing Requirements for Voluntary Registered Child Care Family Homes	3/2010	2010			Х	
	Minimum Licensing Requirements for Child Care Centers	11/1/2011	2011	Х			

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State	Regulation Document Title For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document			
			Year	CTR	LRG	SML	
	Minimum Licensing Requirements for Child Care Family Homes	11/1/2011	2011		Х		
	Minimum Licensing Requirements for Registered Child Care Family Homes	11/1/2011	2011			Х	
	Minimum Licensing Requirements for Child Care Centers	1/1/2015	2015	Х			
	Minimum Licensing Requirements for Child Care Family Homes	1/1/2015	2015		Х		
	Minimum Licensing Requirements for Registered Child Care Family Homes	1/1/2015	2015			Х	
CA	California						
	Title 22, Division 12, Chapter 1, Articles 1, 2 - Child Care Centers General Licensing Requirements	6/15/2005	2010	Х			
	Title 22, Division 12, Chapter 1, Article 6 - Child Care Centers Continuing Requirements (continued)	6/8/2005	2010	Х			
	Title 22, Division 12, Chapter 1, Article 7 - Child Care Physical Environment	11/1/2008	2010	Х			
	Title 22, Division 12, Chapter 1 Subchapters 2, 3 - Child Care Infant Centers and School Age Day Care	11/1/1998	2010	Х			
	Community Care Licensing Division Child Care Update - Winter/Spring 2011	Winter/Spring 2011	2012	Х	х	х	
	Title 22, Division 12, Chapter 3 - Family Child Care Homes	4/1/2016	2017*		Х	Х	
со	Colorado						
	Volume of Child Care Facility Licensing	5/1/2010	2010	Х	Х	Х	
	Rules and Regulations Governing the Health and Sanitation of Child Care Facilities	5/30/2005	2010		Х		
	Rules Regulating Family Child Care Homes	6/1/2012	2012		Х	Х	
	Rules Regulating Child Care Centers (Less than 24 hrs)	7/1/2012	2012	Х	Х		
	General Rules for Child Care Facilities	10/1/2015	2015	Х	Х	Х	
	Rules Regulating Child Care Centers (Less than 24-hour care)	2/1/2016	2016	Х			
СТ	Connecticut						
	Statutes and Regulations for Licensing Child Day Care Centers and Group Day Care Homes	7/2009	2010	Х	Х		

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State	Regulation Document Title For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document		
			Year	CTR	LRG	SML
	Statutes and Regulations for Licensing Family Day Care Homes	7/2009	2010			Х
DE	Delaware					
	Rules for Early Care and Education and School-Age Centers	1/1/2007	2010	Χ		
	Rules for Large Family Child Care Homes	1/1/2009	2010		Х	
	Rules for Family Child Care Homes	1/1/2009	2010			Х
	Regulations for Early Care and Education and School-Age Centers	7/1/2015	2015	Х		
	Delacare Regulations for Family and Large Family Child Care Homes	7/2017	2017		Х	Х
	Delacare: Regulations for Early Care and Education and School-Age Centers	5/1/2019	2019	Х		
	Delacare: Regulations for Family and Large Family Child Care Homes	5/2019	2019		Х	Х
DC	Washington DC					
	DCMR 29 Public Welfare Chapter 3 Child Development Facilities	4/27/2007	2010	Х		Х
	Title 5-A DCMR Chapter 1 Child Development Facilities: Licensing	11/15/2016	2016	Х	Х	Х
FL	Florida					
	Chapter 65C-20 Family Day Care Standards and Large Family Child Care Homes (ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)	1/13/2010	2010		х	х
	Chapter 65C-22 Child Care Standards (ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)	1/13/2010	2010	Х		
	2012 Florida Child Care Statutes Section 402	2012	2012	Χ	Х	Х
	Chapter 65C-22 Florida Administrative Code Child Care Standards	8/2013	2013	Χ		
	Chapter 65C-22 Florida Administrative Code Child Care Standards	8/2013	2017	Х		
	Chapter 65C-22 Child Care Standards	10/25/2017	2017	Х		
	Child Care Facility Handbook	10/2017	2017		Х	Х
	Chapter 65C-20 Family Day Care Standards and Large Family Child Care Homes	10/25/2017	2017		Х	Х
	Family Day Care Home and Large Family Child Care Home Handbook	5/2019	2019		Х	Х

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State	Regulation Document Title For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document		
			Year	CTR	LRG	SML
GA	Family Day Care Home/Large Family Child Care Home Handbook	10/2017				
	Rules and Regulations for Child Care Learning Centers	1/1/2010	2010	Х		
	Rules and Regulations for Group Day Care Homes	1/1/2010	2010		Х	
	Rules and Regulations for Family Day Care Homes	1/1/2010	2010			Х
	Chapter 591-1-1Rules for Child Care Learning Centers	3/2014	2014	Х		
	Chapter 290-2-1 Rules and Regulations Group Day Care Homes	3/2014	2014		Х	
	Chapter 290-2-3Rules and Regulations Family Day Care Homes	3/2014	2014			Х
н	Hawaii					
	Title 17: Chapter 891.1 Registration of Family Child Care Homes	12/19/2002	2010			Х
	Title 17: Chapter 892.1 Licensing of Group Child Care Centers and Group Child Care Homes	12/19/2002	2010	Х	Х	
	Title 17: Chapter 895 Licensing of Infant and Toddler Child Care Centers	12/19/2002	2010	Х		
	Title 17: Chapter 896 Licensing of Before and After School Child Care Facilities	12/19/2002	2010	Х		
ID	Idaho					
	16.06.02 Rules Governing Standards for Child Care Licensing	7/1/2010	2010	Х	Х	Х
IL	Illinois					
	Part 406: Licensing Standards for Day Care Homes	7/1/2008	2010			Х
	Part 407: Licensing Standards for Day Care Centers	4/1/2010	2010	Х		
	Part 408: Licensing Standards for Group Day Care Homes	7/1/2008	2010		Х	
	Part 407 Licensing Standards for Day Care Centers	9/2014	2014	Х		
IN	Indiana					
	Rule 1.1 Child Care Homes (470 IAC 3-1.1)	7/3/1996	2010			Х
	Rule 1.2 Infant and Toddler Services in a Child Care Home (470 IAC 3-1.2-1 - 470 IAC 3-1.2-3)	7/3/1996	2010		х	х
	Rule 1.3 Class II Child Care Homes (470 IAC 3-1.3.1)	9/27/1996	2010		Х	

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State	Regulation Document Title For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document		
	,		Year	CTR	LRG	SML
	Rule 4.7 Child Care Centers; Licensing (470 IAC 3-4.7)	11/7/2003	2010	Х		
IA	Iowa					
	Chapter 109: Child Care Centers	6/1/2010	2010	Х		
	Chapter 110: Child Development Homes	11/1/2009	2010		Х	Х
	Chapter 109: Child Care Centers	5/1/2012	2012	Х	Х	
KS	Kansas					
	Regulations for Licensing Preschools and Child Care Centers	7/11/2008	2010	Х		
	Regulations for Licensing Day Care Homes and Group Day Care Homes	7/2008	2010		Х	Х
	Regulations for Licensing Preschools and Child Care Centers	2/3/2012	2012	Х		
	Regulations for Licensing Day Care Homes and Group Day Care Homes	2/3/2012	2012		Х	Х
	Kansas Laws and Regulations for Licensing Day Care Homes and Group Day Care Homes for Children	2/2012	2013		х	х
KY	Kentucky					
	922 KAR 2:100 Certification of Family Child Care Homes	3/19/2008	2010			Х
	922 KAR 2:120 Child Care Facility Health and Safety Standards	3/19/2008	2010	Χ	X	
	922 KAR 2:120. Child-care Center Health and Safety Standards	9/2013	2013	Χ	Х	
	922 KAR 2:100 Certification of Family Child Care Homes	7/18/2018	2018			Х
	922 KAR 2:120. Child-care Center Health and Safety Standards	7/18/2018	2018	Х	Х	
LA	Louisiana					
	Child Day Care Center Class A Minimum Standards	11/1/2003	2010	Χ		
	Child Day Care Center Class B Minimum Standards	10/1/2000	2010	Х		
	Bulletin 137—Louisiana Early Learning Center Licensing Regulations	7/1/2015	2015	Х	Х	
ME	Maine					
	Rules for the Licensing of Child Care Facilities	8/27/2008	2010	Х	Х	
	Rules for Family Child Care Providers	09/1/2009	2010		Х	Х

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State	Regulation Document Title For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document		
			Year	CTR	LRG	SML
	State of Maine Family Child Care Provider Licensing Rule	9/20/2017	2017		Х	Х
MD	Maryland					
	COMAR 13A. 15. 01 - Family Child Care	4/19/2010	2010			Х
	COMAR 13A. 16. 01 - Child Care Centers	4/19/2010	2010	Х	Х	
	COMAR 13A. 18 Large Family Child Care Homes	2/6/2012	2012		Х	
	Title 13A State Board of Education Subtitle 15 Family Child Care	7/20/2015	2015			Х
	Title 13A State Board of Education Subtitle 16 Child Care Centers	7/20/2015	2015	Х		
	Title 13A State Board of Education Subtitle 18 Large Family Child Care Homes	7/20/2015	2015		Х	
MA	Massachusetts					
	Standards for the Licensure of Child Care Programs	10/2010	2010	Х	Х	Х
MI	Michigan					
	Licensing Rules for Child Care Centers	6/4/2008	2010	Х		
	Licensing Rules for Family and Group Child Care Homes	6/3/2009	2010		Х	Х
	Licensing Rules for Child Care Centers	1/2014	2014	Х		
	Licensing Rules for Child Care Centers	12/17/2019	2019	Х		
MN	Minnesota					
	Chapter 9502 Licensing of Day Care Facilities	10/8/2007	2010		Х	Х
	Chapter 9503 Licensing Requirements for Child Care Centers	10/8/2007	2010	Х		
MS	Mississippi					
	Regulations Governing Licensure of Child Care Facilities	7/1/2009	2010	Х		
	Regulations Governing Licensure of Child Care Facilities for 12 or Fewer Children in the Operators Home	7/1/2009	2010		х	х
	Regulations Governing Licensure of Child Care Facilities for 12 or Fewer Children in the Operator's Home	8/2013	2013		х	х
	Regulations Governing Licensure of Child Care Facilities	8/2013	2013	Х		

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State	Regulation Document Title For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document		
			Year	CTR	LRG	SML
МО	Missouri					
	Licensing Rules for Group Child Care Homes and Child Care Centers	1/2002	2010	Х	Х	
	Licensing Rules for Family Child Care Homes	5/2002	2010		X	X
	Licensing Rules for Group Child Care Homes and Child Care Centers	2016	2016	Χ	X	
	Licensing Rules for Family Day Care Homes	2016	2016			X
MT	Montana					
	Licensing Requirements for Child Day Care Centers	9/1/2006	2010	Χ		
	Requirements for Registration of Family and Group Day Care Homes	9/1/2006	2010		Х	Х
NE	Nebraska					
	Family Child Care Home Standards Chapter 6	3/1998	2010		Х	Х
	Child Care Center Standards Chapter 8	3/1998	2010	Χ		
	Chapter 1 Family Child Care Home I	2/2013	2013			Х
	Chapter 2 Family Child Care Home II	2/2013	2013		Х	
NV	Nevada					
	Chapter 432A Services and Facilities for Care of Children	10/31/2007	2010	Х	Х	Х
	Regulation R112-06	1/2010	2010	Х	Х	Х
	Chapter 432A Services and Facilities for Care of Children	8/1/2012	2012	Х	Х	Х
	Chapter 432A Services and Facilities for Care of Children	9/21/2017	2018	Х	Х	Х
NH	New Hampshire					
	Child Care Program Licensing Rules	2008-2016	2010	Х	Х	Х
	Part He-C 4002 NH Child Care Program Licensing Rules	5/17/2017	2017	Х	Х	Х
NJ	New Jersey					
	Chapter 122 - Manual of Requirements for Child Care Centers	8/25/2009	2010	Х	Х	
	Chapter 126 - Manual of Requirements for Family Child Care Registration	8/25/2009	2010			Х

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Color Code: Update years highlighted as follows:

2014 2015

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State	Regulation Document Title For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document		
			Year	CTR	LRG	SML
	Chapter 122 Manual of Requirements for Child Care Centers	9/2013	2013	Х	Х	
	Chapter 52 Manual of Requirements for Child Care Centers	3/6/2017	2017	Х	Х	
	Chapter 54 Manual of Requirements for Family Child Care Registration	3/20/2017	2017			Х
NM	New Mexico					
	Title 8 Social Services Chapter 16 Part 2 Child Care Centers, Before and After School Programs, Family Child Care Homes and Other Early Care and Education Programs	6/30/2010	2010	Х	х	х
	Title 8 Social Services Chapter 16 Part 2- Child Care Centers, Before and After School Programs Family Child Care Homes and Other Early Care and Education Programs	11/20/2012	2012	Х	х	х
	Title 8 Chapter 16 Child Care Licensing: Child Care Centers, Out of School Time Programs, Family Child Care Homes, and Other Early Care and Education Programs	7/2014	2014	Х	Х	х
NY	New York					
	Part 416: Group Family Day Care Homes	1/31/2005	2010		Х	
	Part 417: Family Day Care Homes	1/31/2005	2010			Х
	Part 418_1: Day Care Centers	1/31/2005	2010	Х		
	Part 418_2: Small Day Care Centers	1/31/2005	2010	Х		
	Section 416 Group Family Day Care Homes	5/2014	2014		Х	
	Section 417 Family Day Care Homes	5/2014	2014			Х
	Part 418-1: Day Care Centers	6/2015	2015	Х		
	Part 418-2: Small Day Care Centers	6/2015	2015		Х	
NC	North Carolina					
	Chapter 9 - Child Care Rules	8/1/2010	2010	Х	Х	Х
	Chapter 110- Article 7	8/1/2012	2012	Х	Х	Х
	Requirements for Family Child Care Homes	12/1/2012	2012		Х	Х
	Family Child Care Home Requirements	5/2013	2013		Х	Х
	Chapter 9- Child Care Rules	1/2013	2013	Х	Х	Х

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			Year	CTR	LRG	SML
	Chapter 9- Child Care Rules	10/1/2017	2018	Х	Х	Х
ND	North Dakota					
	Family Child Care Homes Early Childhood Services Chapter 75-03-08	1/1/1999	2010			Х
	Group Child Care Homes Early Childhood Services Chapter 75-03-09	1/1/1999	2010		Х	
	Child Care Center Early Childhood Services Chapter 75-03-10	1/1/1999	2010	Х		
	Family Child Care Homes Early Childhood Services Chapter 75-03-08	4/2011	2011			Х
	Group Child Care Homes Early Childhood Services Chapter 75-03-09	4/2011	2011		Х	
	Child Care Center Early Childhood Services Chapter 75-03-10	4/2011	2011	Х		
	Early Childhood Services Policies and Procedures Service Chapter 620-01	09/2013	2013	Х	Х	Х
ОН	Ohio					
	Child Care Center Manual	6/21/2010	2010	Х		
	Child Care Type A Home Manual	6/8/2010	2010		Х	
	Child Care Type B Home Manual	2/16/2010	2010			Х
	Child Care Center Manual	12/23/2016	2016	Х		
	Family Care Center Manual	12/23/2016	2016		Х	Х
ОК	Oklahoma					
	Licensing Requirements for Child Care Centers	10/1/2009	2010	Х		
	Licensing Requirements for Family Child Care Homes and Large Child Care Homes	7/1/2010	2010		Х	Х
	Licensing Requirements for Child Care Programs	11/1/2016	2016	Х		
	Licensing Requirements for Family Child Care Homes and Large Child Care Homes	11/1/2016	2016		Х	Х
OR	Oregon					
	Rules For Certified Child Care Centers	1/1/2010	2010	Х		
	Rules For Certified Family Child Care Homes	1/1/2010	2010		Х	
	Rules for Registered Family Child Care Homes	1/1/2010	2010			Х

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State	Regulation Document Title For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document		
			Year	CTR	LRG	SML
PA	Pennsylvania					
	Chapter 3270 - Child Day Care Centers	5/2009	2010	Χ		
	Chapter 3280 - Group Child Day Care Homes	7/2009	2010		Х	
	Chapter 3290 - Family Child Day Care Homes	7/2009	2010			Х
RI	Rhode Island					
	Child Day Care Center Regulations for Licensure	1993	2010	Х		
	Family Child Care Home Regulations for Licensure	10/1/2007	2010			Х
	Group Family Child Care Home Regulations for Licensure	10/1/2007	2010		Х	
	Child Care Program Regulations for Licensure	11/2013	2013	Х		
	Part 1 – Child Care Center and School Age Program Regulations for Licensure	9/18/2017	2017	Х		
SC	South Carolina					
	Regulations for the Licensing of Group Child Care Homes	5/19/2005	2010		Х	
	Regulations for the Licensing of Child Care Centers	5/16/2005	2010	Х		
	Family Child Care Home Regulations	4/23/1993	2017*			Х
SD	South Dakota					
	Chapter 67:42:03 Family Day Care Homes (ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)	9/29/2004	2010			х
	Chapter 67:42:04 Group Family Day Care Homes (ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)	9/29/2004	2010		Х	
	Chapter 67:42:10 Day Care Centers (ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)	9/29/2004	2010	Х		
TN	Tennessee					
	Chapter 1240-4-1 Standards for Group Child Care Homes	3/14/2009	2010		Х	
	Chapter 1240-4-3 Licensure Rules for Child Care Centers	3/14/2009	2010	Χ		

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State	Regulation Document Title For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document		
			Year	CTR	LRG	SML
	Chapter 1240-4-4 Standards for Family Child Care Homes	3/14/2009	2010			Х
	Chapter 1240-4-12 Registration of Family Day Care Homes	12/13/1990	2010			Х
	Chapter 1240-04-01 Licensure Rules for Child Care Agencies	7/30/2018	2018	Х	Х	Х
TX	Texas					
	Chapter 746: Minimum Standard Rules For Licensed Child-Care Centers	3/1/2008	2010	Х		
	Chapter 747: Minimum Standard Rules for Registered and Licensed Child-Care Homes	6/1/2008	2010		х	Х
	Chapter 746: Minimum Standard Rules For Licensed Child-Care Centers (replacement pages)	3/1/2012	2012	Х		
	Chapter 747: Minimum Standard Rules for Registered and Licensed Child-Care Homes (replacement pages)	3/1/2012	2012		х	х
	Chapter 746: Minimum Standards for Child-Care Centers	6/2014	2014	Х		
	Chapter 747: Minimum Standards for Child-Care Homes	6/2014	2014		Х	Х
UT	Utah					
	R430-50 Residential Certificate Child Care Standards	9/1/2008	2010			Х
	R430-90 Licensed Family Child Care	9/1/2008	2010		Х	
	R430-100 Child Care Centers	7/1/2009	2010	Х		
	R381-100 Child Care Centers	12/28/2017	2017	Х		
	R430-90 Licensed Family Child Care	12/28/2017	2017		Х	
	R430-50 Residential Certificate Child Care	12/28/2017	2017			Х
VT	Vermont					
	Early Childhood Programs Licensing Regulations	2/12/2001	2010	Х		
	Family Child Care Licensing Regulations	2/12/2001	2010		Х	Х
	Regulations for Family Day Care Homes	9/17/2009	2010			Х
	Child Care Licensing Regulations: Center Based Child Care and Preschool Programs	9/1/2016	2016	Х		

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Color Code: Update years highlighted as follows:

^{*} previously undiscovered document; rated in 2017 and ratings applied retroactively

State	Regulation Document Title For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document		
			Year	CTR	LRG	SML
	Child Care Licensing Regulations: Registered and Licensed Family Child Care Homes	9/1/2016	2016		Х	Х
VA	Virginia					
	Standards for Licensed Child Day Centers	3/6/2008	2010	Χ		
	Standards for Licensed Family Day Homes	3/2011	2011		Х	X
WA	Washington					
	Chapter 170-295 Minimum Licensing Requirements for Child Day Care Centers	5/31/2008	2010	Х		
	Chapter 170-296 Child Care Business Regulations for Family Home Child Care	5/31/2008	2010		Х	Х
	Chapter 170-296A Licensed Family Home Child Care Standards	5/8/2012	2012		Х	Х
	Chapter 110-300 WAC Foundational Quality Standards for Early Learning Programs (Formerly: Chapter 170-300 WAC)	11/6/2019	2019	Х	х	х
wv	West Virginia					
	Title 78, Series 1, Child Care Centers Licensing	5/20/2009	2010	Х		
	Title 78, Series 18, Family Child Care Facility Licensing Requirements	7/1/2007	2010		Х	
	Title 78, Series 19, Family Child Care Home Registration Requirements	7/1/2007	2010			Х
	Title 78 Child Care Centers Licensing	7/2014	2014	Х		
WI	Wisconsin					
	DCF 202 - Child Care Certification	11/2008	2010			Х
	DCF 250 - Licensing Rules for Family Child Care Centers	1/1/2009	2010			Х
	DCF 251 - Licensing Rules for Group Child Care Centers	1/1/2009	2010	Х	Х	
	DCF 251 Licensing Rules for Group Child Care Centers and Child Care Programs Established or Contracted for by School Boards	9/20/2019	2019	Х		
	DCF 250 Rule Book for Family Child Care Centers	9/30/2019	2019			Х
WY	Wyoming					
	Administrative Rules For Certification of Child Care Facilities	9/1/2008	2010	Х	Х	Х

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2010

2011

2012

2013 2014

2015

20

2017

20

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State	Regulation Document Title For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document		
			Year	CTR	LRG	SML
	Chapter 6 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Homes	4/1/2012	2012	Х	х	х
	Chapter 7 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Centers	4/1/2012	2012	х	х	х
	Chapter 6 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Homes	12/2013	2013			х
	Chapter 7 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Centers	12/2013	2013		х	
	Chapter 8- Administrative Rules for Certification of Child Care facilities Rules relating specifically to Child Care Centers	12/2013	2013	Х		

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