





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

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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**

The report <u>Achieving a State of Healthy Weight 2020, ASHW 2020,</u> <sup>1</sup> is the tenth update of Achieving a State of Healthy Weight: A National Assessment of Obesity Prevention Terminology in Child Care Regulations 2010 (ASHW 2010). <sup>2</sup> 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). <sup>3</sup> 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). <sup>4</sup> 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). <sup>5</sup>

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.

### **RECENT UPDATES 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.)
- e) 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 2020, report Appendix C. Methodology). Previous LFCCH rating values were retained in the ASHW database and dataset.

1

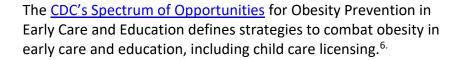
# **INTRODUCTION**

### **USE OF ASHW SUPPLEMENTS**

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 appendices are included. The appendices 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.

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.<sup>7</sup>
- Review other states' profiles to reveal those states that have achieved regulatory text fully consistent with the HIOPS in support prevent of childhood obesity.





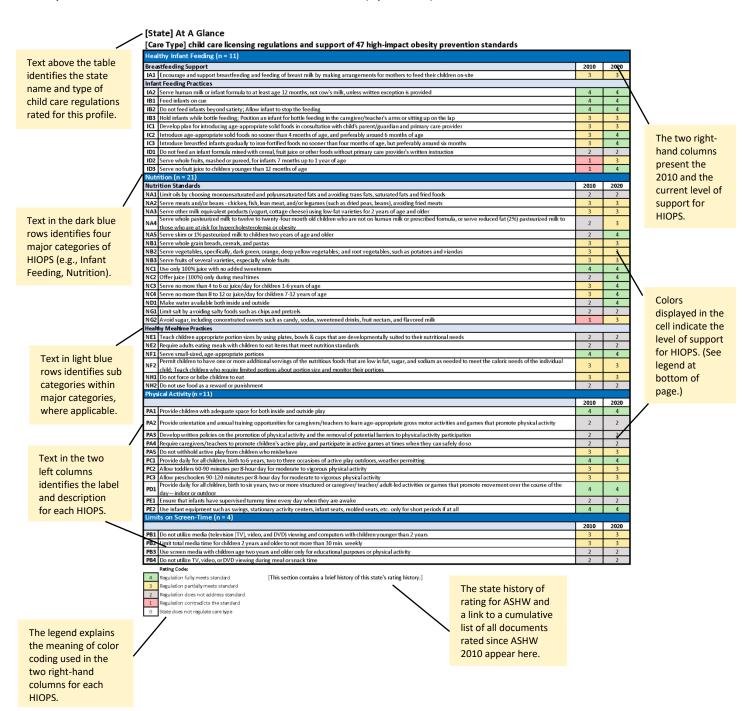
### **NOTES & REFERENCES:**

- <sup>1</sup> Achieving a state of healthy weight 2020 report. National Resource Center for Health and Safety in Child Care and Early Education. University of Colorado Anschutz Medical Campus. Published September 22, 2021. https://nrckids.org/files/ASHW.2020.Report.pdf
- 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 (2011-2019) may be accessed @ https://nrckids.org/HealthyWeight/Archives.
- 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.
- <sup>4</sup> 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.
- <sup>5</sup> Origin of achieving a state of healthy weight high-impact obesity prevention standards. National Resource Center for Health and Safety in Child Care and Early Education; University of Colorado Anschutz Medical Campus. Updated September 18, 2020. https://nrckids.org/files/HIOPSOrigin.pdf
- <sup>6</sup> 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
- <sup>7</sup> ASHW 2020 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 @ <a href="https://nrckids.org/HealthyWeight">https://nrckids.org/HealthyWeight</a>.

# **INTRODUCTION**

### **Guide to State Profiles**

The following state profiles display all states' ASHW results through 2020. 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, 2020. 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)					
	stfeeding Support	2010	2020		
_	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	2		
	nt Feeding Practices				
_	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		
_		3	2		
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				
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		
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	2		
	Serve no fruit juice to children younger than 12 months of age	1	2		
	rition (n = 21)	2040	2020		
	ition Standards	2010	2020		
	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		
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	2	2		
NAF	those who are at risk for hypercholesterolemia or obesity	2	-		
	Serve skim or 1% pasteurized milk to children two years of age and older	2	2		
	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		
	Serve fruits of several varieties, especially whole fruits	3	3		
	Use only 100% juice with no added sweeteners	4	2		
	Offer juice (100%) only during meal times	2	2		
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	2		
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	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	1	2		
Heal	hy 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	3	2		
	child; Teach children who require limited portions about portion size and monitor their portions				
	Do not force or bribe children to eat	3	3		
	Do not use food as a reward or punishment	3	3		
Phys	ical Activity (n = 11)				
		2010	2020		
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	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		
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	2	2		
	day—indoor or outdoor  Ensures that infants have supported tummy time every day when they are awake	4	4		
	Ensure that infants have supervised tummy time every day when they are awake	2	2		
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		Z		
-1111	ts on Screen-Time (n = 4)	2010	2020		
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:				

#### Rating Code:

4 Regulation fully meets standard Regulation Rating History: 2010 (CTR, LRG, SML); 2012\* (CTR, LRG, SML); 2018 (CTR, LRG, SML); 2019 (CTR)

3 Regulation partially meets standard 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.

1 Regulation contradicts the standard State does not regulate care type

### **ALASKA At A Glance:**

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

	Healthy Infant Feeding (n = 11)					
	stfeeding Support	2010	2020			
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3			
	nt Feeding Practices	3				
	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	3			
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4			
		3	4			
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months  Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2				
ID1			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			
	rition (n = 21)	2040	2020			
	ition Standards	2010	2020			
	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%) pasteurized milk to	2	3			
NAF	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	3	3			
	Serve whole grain breads, cereals, and pastas					
NB2	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			
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4			
_	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4			
	Make water available both inside and outside	2	4			
_	Limit salt by avoiding salty foods such as chips and pretzels	2	2			
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3			
	hy Mealtime Practices	1				
	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	3	3			
	child; Teach children who require limited portions about portion size and monitor their portions					
_	Do not force or bribe children to eat	3	3			
	Do not use food as a reward or punishment	2	2			
Phys	ical Activity (n = 11)	2010	2022			
<u> </u>		2010	2020			
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	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			
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	4	4			
	day—indoor or outdoor					
	Ensure that infants have supervised tummy time every day when they are awake	2	2			
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	4	4			
Lim	ts on Screen-Time (n = 4)	2010	2020			
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			
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2			
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2			
	Rating Code:					

#### Rating Code:

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

	Small family nome child care licensing regulations and support of 47 high-impact obesity prevention standards					
Healthy Infant Feeding (n = 11)						
Brea	stfeeding Support	2010	2020			
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	0	0			
_	nt Feeding Practices					
	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			
	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			
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	0	0			
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	0	0			
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	0	0			
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	0	0			
ID3	Serve no fruit juice to children younger than 12 months of age	0	0			
Nut	rition (n = 21)					
Nutr	ition Standards	2010	2020			
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	0	0			
NA2	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%) pasteurized milk to	0	0			
	those who are at risk for hypercholesterolemia or obesity					
_	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			
	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			
Heal	thy Mealtime Practices					
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	0	0			
NE2	Require adults eating meals with children to eat items that meet nutrition standards	0	0			
NF1	Serve small-sized, age-appropriate portions	0	0			
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	0	0			
	child; Teach children who require limited portions about portion size and monitor their portions					
	Do not force or bribe children to eat	0	0			
	Do not use food as a reward or punishment	0	0			
Phys	ical Activity (n = 11)	2015	2022			
		2010	2020			
PA1	Provide children with adequate space for both inside and outside play	0	0			
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	0	0			
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	0	0			
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	0	0			
PA5	Do not withhold active play from children who misbehave	0	0			
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	0	0			
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	0	0			
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	0	0			
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	0	0			
	day—indoor or outdoor					
	Ensure that infants have supervised tummy time every day when they are awake	0	0			
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	0	0			
Lim	ts on Screen-Time (n = 4)	2010	2020			
PR1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	0	0			
	Limit total media time for children 2 years and older to not more than 30 min. weekly	0	0			
	Use screen media with children age two years and older only for educational purposes or physical activity	0	0			
	Do not utilize TV, video, or DVD viewing during meal or snack time	0	0			
. 54	Rating Code:		ı			

### Rating Code:

Arizona Regulation Rating History: 2010 (CTR, LRG); 2011 (LRG); 2015 (LRG); 2020 (LRG)

Regulation partially meets standard

Regulation does not address standard

Regulation contradicts the standard

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

i ea	Ithy Infant Feeding (n = 11)	Healthy Infant Feeding (n = 11)				
	astfeeding Support	2010	2020			
_	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2010	3			
	nt Feeding Practices	2	3			
_	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			
		3	4			
IB2		3	3			
IB3		3	3			
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	4			
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age					
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			
	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			
	rition (n = 21)	2010	2020			
_	rition Standards	2010	2020			
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2			
NA2	5	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%) pasteurized milk to	3	3			
NA4	those who are at risk for hypercholesterolemia or obesity	2	3			
ΝΔ5	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			
NB2		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			
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4			
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4			
	Make water available both inside and outside	4	4			
		2	2			
	Limit salt by avoiding salty foods such as chips and pretzels  Avoid sugar including concentrated support such as cough, sadds, support and drieks, fruit poetars, and flavored milk	1	3			
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk  thy Mealtime Practices	1	3			
_	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2			
NE2		2	2			
INFI	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	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 children who require limited portions about portion size and monitor their portions.	3	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 the individual child; Teach children who require limited portions about portion size and monitor their portions  Do not force or bribe children to eat					
NH1	child; Teach children who require limited portions about portion size and monitor their portions	3	3			
NH1 NH2	child; Teach children who require limited portions about portion size and monitor their portions  Do not force or bribe children to eat  Do not use food as a reward or punishment	3	3 4			
NH1 NH2	child; Teach children who require limited portions about portion size and monitor their portions  Do not force or bribe children to eat	3	3 4			
NH1 NH2 Phys	child; Teach children who require limited portions about portion size and monitor their portions  Do not force or bribe children to eat  Do not use food as a reward or punishment  sical Activity (n = 11)	3 3 3	3 4 3 2020			
NH1 NH2 Phys	child; Teach children who require limited portions about portion size and monitor their portions  Do not force or bribe children to eat  Do not use food as a reward or punishment	3 3 3	3 4 3			
NH1 NH2 Phys PA1 PA2	child; Teach children who require limited portions about portion size and monitor their portions  Do not force or bribe children to eat  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	3 3 3 2010 2	3 4 3 2020 3 3			
NH1 NH2 Phys PA1 PA2 PA3	child; Teach children who require limited portions about portion size and monitor their portions  Do not force or bribe children to eat  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	3 3 3 2010 2 2 2	3 4 3 2020 3 3 3			
NH1 NH2 Phys PA1 PA2 PA3 PA4	child; Teach children who require limited portions about portion size and monitor their portions  Do not force or bribe children to eat  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	3 3 3 2010 2 2 2 2	3 4 3 2020 3 3 3 2			
PA1 PA2 PA3 PA4 PA5	child; Teach children who require limited portions about portion size and monitor their portions  Do not force or bribe children to eat  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	3 3 3 2010 2 2 2 2 2 4	3 4 3 2020 3 3 3 2 4			
PA1 PA2 PA3 PA4 PA5 PC1	child; Teach children who require limited portions about portion size and monitor their portions  Do not force or bribe children to eat  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	3 3 3 2010 2 2 2 2 2 4 3	3 4 3 2020 3 3 3 2 4 3			
PA1 PA2 PA3 PA4 PA5 PC1 PC2	child; Teach children who require limited portions about portion size and monitor their portions  Do not force or bribe children to eat  Do not use food as a reward or punishment  cical 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	3 3 3 2010 2 2 2 2 2 4 3 3	3 4 3 2020 3 3 3 2 4 3 3			
PA1 PA2 PA3 PA4 PA5 PC1 PC2	child; Teach children who require limited portions about portion size and monitor their portions  Do not force or bribe children to eat  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 course of the	3 3 3 2010 2 2 2 2 2 4 3	3 4 3 2020 3 3 3 2 4 3			
NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3	child; Teach children who require limited portions about portion size and monitor their portions  Do not force or bribe children to eat  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	3 3 3 2010 2 2 2 2 2 4 3 3 3 3	3 4 3 2020 3 3 3 2 4 3 3 3 2 2			
NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1	child; Teach children who require limited portions about portion size and monitor their portions  Do not force or bribe children to eat  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	3 3 3 3 2010 2 2 2 2 4 3 3 3 3 2 2	3 4 3 2020 3 3 3 2 4 3 3 3 2 2 2			
NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	child; Teach children who require limited portions about portion size and monitor their portions  Do not force or bribe children to eat  Do not use food as a reward or punishment  ical 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 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 2010 2 2 2 2 2 4 3 3 3 3	3 4 3 2020 3 3 3 2 4 3 3 3 2 2			
NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	child; Teach children who require limited portions about portion size and monitor their portions  Do not force or bribe children to eat  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	3 3 3 3 2010 2 2 2 2 4 3 3 3 3 2 2 2	3 4 3 2020 3 3 3 2 4 3 3 3 2 2 2 2 2			
NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Lim	child; Teach children who require limited portions about portion size and monitor their portions  Do not force or bribe children to eat  Do not use food as a reward or punishment  Frovide 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)	3 3 3 3 2010 2 2 2 2 4 3 3 3 2 2 2 2 2 2 4 2 2 2 2 2	3 4 3 2020 3 3 3 2 4 3 3 3 2 2 2 2 2			
NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Lim PB1	child; Teach children who require limited portions about portion size and monitor their portions  Do not force or bribe children to eat  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 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 2010 2 2 2 2 4 3 3 3 2 2 2 2 2 2 4 2 2 2 2 2	3 4 3 2020 3 3 3 2 4 4 3 3 2 2 2 2 2 2			
NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Lim PB1 PB2	child; Teach children who require limited portions about portion size and monitor their portions  Do not force or bribe children to eat  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 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	3 3 3 2010 2 2 2 2 4 3 3 3 2 2 2 2 2 2 2 4 3 3 2 2 2 2	3 4 3 2020 3 3 3 2 4 3 3 3 2 2 2 2 2 2 2 2			
NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Lim PB1 PB2 PB3	child; Teach children who require limited portions about portion size and monitor their portions  Do not force or bribe children to eat  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 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 2010 2 2 2 2 4 3 3 3 2 2 2 2 2 2 4 2 2 2 2 2	3 4 3 2020 3 3 3 2 4 4 3 3 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

Arkansas Regulation Rating History: 2010 (CTR, LRG, SML); 2011 (CTR, LRG, SML); 2015 (CTR, LRG, SML); 2017\* (CTR, LRG, SML); 2020 (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

	Healthy Infant Feeding (n = 11)					
		2010	2020			
	stfeeding Support  Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	<b>2010</b>	<b>2020</b>			
	t Feeding Practices	2				
_	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2			
	Feed infants on cue	2	2			
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2			
_	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			
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2			
	Serve no fruit juice to children younger than 12 months of age	2	2			
	ition (n = 21)					
	ition Standards	2010	2020			
NA1	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	2	2			
	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					
NA4	those who are at risk for hypercholesterolemia or obesity	2	2			
	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			
	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			
_	Use only 100% juice with no added sweeteners	2	4			
NC2	Offer juice (100%) only during meal times	2	2			
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	3			
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	3			
ND1	Make water available both inside and outside	2	4			
	Limit salt by avoiding salty foods such as chips and pretzels	2	2			
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3			
	hy 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			
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	2	2			
NF2	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			
	Do not use food as a reward or punishment	3	3			
Phys	ical Activity (n = 11)					
		2010	2020			
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			
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	2			
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			
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	2	2			
	day—indoor or outdoor					
	Ensure that infants have supervised tummy time every day when they are awake	2	2			
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)	2	2			
	ts on screen-time (ii – 4)	2010	2020			
	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:					

#### Rating Code:

4 Regulation fully meets standard California Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); \*2017 (CTR)

8 Regulation partially meets standard Regulation does not address standard documents also were rated for CACFP changes.

9 Regulation contradicts the standard State does not regulate care type

### **COLORADO At A Glance:**

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

	Healthy Infant Feeding (n = 11)				
		2010	2020		
	stfeeding Support	2010	2020		
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site at Feeding Practices	4	4		
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4		
	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		
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		
	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		
	ition (n = 21)				
	ition Standards	2010	2020		
	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		
_	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				
NA4	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	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	hy 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	3	3		
	child; Teach children who require limited portions about portion size and monitor their portions				
	Do not force or bribe children to eat	3	3		
	Do not use food as a reward or punishment	3	3		
Phys	ical Activity (n = 11)				
		2010	2020		
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		
	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	3	3		
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		
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	2	2		
DE1	day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake	2	4		
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	4		
	ts on Screen-Time (n = 4)	3	4		
	Son Server Time (II - 4)	2010	2020		
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3		
-	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		
	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

Colorado Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2015 (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.

## **CONNECTICUT At A Glance:**

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

	Healthy Infant Feeding (n = 11)					
		2010	2020			
	stfeeding Support  Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	<b>2010</b>	<b>2020</b>			
	t Feeding Practices	2				
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2			
	Feed infants on cue	2	2			
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2			
_	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			
_	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2			
	Serve no fruit juice to children younger than 12 months of age	2	2			
	ition (n = 21)					
Nutr	ition Standards	2010	2020			
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			
_	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	2	2			
	those who are at risk for hypercholesterolemia or obesity					
	Serve skim or 1% pasteurized milk to children two years of age and older	2	2			
	Serve whole grain breads, cereals, and pastas	2	2			
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2			
	Serve fruits of several varieties, especially whole fruits	2	2			
	Use only 100% juice with no added sweeteners	2	2			
_	Offer juice (100%) only during meal times	2	2			
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2			
_	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2			
	Make water available both inside and outside	2	2			
_	Limit salt by avoiding salty foods such as chips and pretzels  Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2			
	hy Mealtime Practices	2				
	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	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 the individual					
NF2	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			
NH2	Do not use food as a reward or punishment	2	2			
Phys	ical Activity (n = 11)					
		2010	2020			
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	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			
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3			
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	2	2			
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2			
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2			
Limi	ts on Screen-Time (n = 4)					
		2010	2020			
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:					

#### Rating Code:

Regulation fully meets standard
Connecticut Regulation Rating History: 2010(CTR, LRG, SML); 2012\* (CTR, LRG); 2017\* (CTR, LRG)
Regulation partially meets standard
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.

Regulation contradicts the standard
State does not regulate care type

### **DELAWARE At A Glance:**

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

	Healthy Infant Feeding (n = 11)				
		2010	2020		
	stfeeding Support	2010	2020		
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site at Feeding Practices	4	4		
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4		
	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	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		
-	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	4	4		
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3		
	Serve whole truits, masked on pureed, for marks 7 months up to 1 year or age  Serve no fruit juice to children younger than 12 months of age	3	3		
	ition (n = 21)	3	3		
	ition Standards	2010	2020		
	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		
	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				
NA4	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		
Heal	hy 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		
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	3	3		
	child; Teach children who require limited portions about portion size and monitor their portions				
	Do not force or bribe children to eat	3	3		
	Do not use food as a reward or punishment	3	3		
Phys	ical Activity (n = 11)	2015	2022		
		2010	2020		
	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	2		
	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		
-	Do not withhold active play from children who misbehave	4	4		
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	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		
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	3	2		
DE1	day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake	2	2		
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3		
	ts on Screen-Time (n = 4)	3			
		2010	2020		
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	2		
-	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	4	4		
	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
4 Regulation contradicts the standard
5 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); 2020 (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.

## **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)					
	stfeeding Support	2010	2020			
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2010	4			
	at Feeding Practices	2	4			
	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			
	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			
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3			
	Serve no fruit juice to children younger than 12 months of age	2	4			
	ition (n = 21)	_				
	ition Standards	2010	2020			
	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					
NA4	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			
	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			
	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			
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3			
	hy 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			
	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	2	3			
NF2	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	2	3			
NH2	Do not use food as a reward or punishment	2	3			
Phys	ical Activity (n = 11)	<u>'</u>				
		2010	2020			
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			
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	2	3			
	day—indoor or outdoor  Ensures that infants have supervised tummy time every day when they are awake	2	4			
	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	2	3			
	ts on Screen-Time (n = 4)		3			
		2010	2020			
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	3			
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3			
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	4			
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2			
_	Rating Code:		· ·			

#### Rating Code:

4 Regulation fully meets standard District of Columbia Regulation Rating History: 2010 (CTR, SML); 2016 (CTR, LRG, SML); 2017\* (CTR, LRG, SML)

Regulation partially meets standard 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.

Regulation contradicts the standard

State does not regulate care type

### **FLORIDA At A Glance:**

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

A		Healthy Infant Feeding (n = 11)					
Main   Feedings and support insensitienting and freeding of breast mit by marking arrangements for mortenes to read their distinance reads   2			2010	2020			
Institution   Common   Commo		<b>V</b> 11					
Main							
In			2	4			
183   180							
Incl.   Develop panel for introducing age-apprepiate sold in control of age, and perfolaty amound in months of age, and perfolaty amound in months of age, and perfolaty amound in months of age, but perferably amound in months of age, and perferably amound in a perferably amound in							
Compute a ge-apopropriate sold foods no sooner than 4 months of age   4   2   4   3   3   3   3   3   3   3   3   3	-						
1.00							
100   100							
10.2   10.2							
103   Serve not multiplies to addresh younges than 12 months of age   100							
Nutrition Standards	_						
Nutrition   Standards   Stan			_				
MAX   Serve ments and five bits or school first process that and avoiding trans first, saturated fits and fired fineds   Serve ments and/five bits or school, find, had ment and/fired first such as dided peak shows, avoiding fred ments   Serve white grain betails, find, had ment and first process that are such as dided peak shows a dided peak peak peak peak peak peak peak peak			2010	2020			
NAZ         Sever meats and/or bears - chicken, fish, lear meat, and/or legiumes (such as dired peas, bears), avoiding fried meats         2         3           NAB         Sever bertine ille, equivalent products (sogut, cuttering cheese) using beart survised for survival survi							
NAS   Serve wither mill equivalent products by organt, cottage chaese) using low-fat varieties for 2 years of age and older   2							
NA         Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fal (2%) pasteurized milk to the blose who are at risk for hyperchelesterolemis no cheesesty         2         3           NAS         Serve ve skin or 1% pasteurized milk to children two years of age and older         2         3           NAS         Serve ve skin or 1% pasteurized milk to children two years of age and older         2         3           NAS         Serve ve skin or 1% pasteurized milk to children two years of age and older         2         3           NAS         Serve ve skin or 1% pasteurized milk to children the years of age and older         2         4           NCI         Older juce (100%) only during meal times         2         4           NCI         Older juce (100%) only during meal times         2         4           NCI         Older juce (100%) only during meal times         2         2         4           NCI         Older juce (100%) only during meal times         2         2         4           NCI         Older juce (100%) only during meal times the pasteurized seed and outside         2         2         4           NCI         Oscal and substitution of the pasteurized seed and outside and outside pasteur pasteurized seeds such as a charly, scalas, severed and pasteurized seeds such as a charly, scalas, severed and pasteurized seeds such as a cha							
NA         NA         Na         Na         Na         Na         1         3         3           NAS         Serve skin or 1½ postburized milk to children to veyears of age and older         2         4           NB         Serve skin or 1½ postburized milk to children to veyears of age and older         2         3           NB         Serve skin or 1½ postburized milk to children to 1½ postburized milk to 1½ postburized mi							
Na 1         Serve whole grain breads, cereals, and pastas         2         3           NB 2         Serve vergatebles, specifically, disk green, carrage, deep yellow vegetables; and not vegetables, such as potatoes and viandas         2         3           NB 3         Serve fruits of several varieties, especially whole fruits         2         3           NB 1         Serve fruits of several varieties, especially whole fruits         2         4           NC 1         Use only 100% judge with no added sweeteners         2         4           NC 2         Offer judge in Cloroly only during meal times         2         4           NG 3         Serve no more than 4 to 6 or judge/day for children 1-6 years of age         2         4           ND 1         Make water available both inside and outside         4         4         4           ND 1         Make water available both inside and outside         4         2         2           ND 2         ND 2         Auxiliary and the particular water available both inside and outside         4         4         4           ND 2         Auxiliary and particular water available both inside and outside         4         2         2           ND 2         Auxiliary and the particular water available both inside and outside         4         2         2           ND 2	NA4		2	3			
NB2   Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and vianidas   2   3   3   3   3   3   3   3   3   3	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4			
NB3 3 serve funits of several variaties, especially whole funits         2 2 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	NB1	Serve whole grain breads, cereals, and pastas	2	3			
NCI   Use only 100% juke with no added sweeteners	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3			
MCZ	NB3	Serve fruits of several varieties, especially whole fruits	2	3			
NC3         serve no more than 4 to 6 or juice/day for children 1-6 years of age         4           NC4         Serve no more than 4 to 6 or juice/day for children 7-12 years of age         2         4           NC5         Serve no more than 4 to 6 or juice/day for children 7-12 years of age         4         4           NC5         Serve no more than 4 to 6 or juice/day for children 7-12 years of age         4         4           NC6         Limit salt by a voiding salty foods such as chips and pretzels         2         3           NC6         Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk         2         2           NC6         Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk         2         2           NC7         Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk         2         2           NC8         The mitch filder montal transport site portions size in the flavored milk         2         2         2           NC1         Serve small-sized, age-appropriate portions size shy using plates, bowls & cups that are developmentally suited to their nutritional needs         2         2         2           NC1         Serve small-sized, age-appropriate portions size shit mutritional flavored by flavored by flavored by flavored by flavored by fla	NC1	Use only 100% juice with no added sweeteners	2	4			
NCI	NC2	Offer juice (100%) only during meal times	2	4			
NDI         Make water available both inside and outside         4         4           NDI         Limit as it by avoiding salty foods such as chips and pretzels         2         2           NDI         Limit salt by avoiding salty foods such as chips and pretzels         2         2           NDI         Limit salt by avoiding salty foods such as chips and pretzels         2         3           NDI         Signal plates, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk         2         3           NBB         2 avoiding rapid plates again, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk         2         2           NEZ         2 avoid sugar, including concentrated sweets such as candisonal servings of the nutritious foods that are levelopmentally suited to their nutritional needs         2         2           NEZ         Remit 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 filled in the calo	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4			
MG	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4			
NG2   Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   Neathine Practices   Neathine	ND1	Make water available both inside and outside	4	4			
Healthy Mealtime Practices  ***Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  2 2 2  2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2			
NEI         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         4           NEZ         Require adults eating meals with children to eat items that meet nutritions foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual 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 children to eat         3         3           NHI         Do not force or bribe children to eat         2         3           NHI         Do not use food as a reward or punishment         2         3           Physical Activity (n=11)         2010         2020           PA2         Provide children with a dequate space for both inside and outside play         4         4           PA2         Provide children with a dequate space for both inside and outside play         4         4           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         2         2           <	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3			
NEZ   Require adults eating meals with children to eat items that meet nutrition standards   2   3   4   5   5   5   5   5   5   5   5   5	Heal	hy Mealtime Practices					
NF1   Serve small-sized, age-appropriate portions   2   4	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	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 the individual child. Teach children who require limited portions about portion size and monitor their portions (1) a 3 a 3 a 3 a 3 a 3 a 3 a 3 a 3 a 3 a	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2			
NF2 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       2010       2020         PA1 Provide children with adequate space for both inside and outside play       2010       2020         PA2 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 pand 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       3       2         PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting       3       2         PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity       3       2         PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity       3       2         PC3 A	NF1	Serve small-sized, age-appropriate portions	2	4			
httl Do not force or bribe follidren two fore equire limited portions about portions size and monitor their portions  NH2 Do not to use food as a reward or punishment  NH3 Do not use food as a reward or punishment for educational purposes or physical activity  NH3 Do not use food as a reward or punishment for educational purposes or physical activity  NH3 Do not use food as a reward or punishment for educational purposes or physical activity  NH3 Do not use food as a reward or punishment for educational purposes or physical activity  NH3 Do not use food as a reward or punishment for educational purposes or physical activity  NH3 Do not use food as a reward or punishment for	NF2		3	2			
NHZ Do not use food as a reward or punishment 33 3  Physical Activity (n = 11)  The provide children with adequate space for both inside and outside play 2010 2010 2010 2010 2010 2010 2010 201							
Physical Activity (n = 11)  PAX Provide children with adequate space for both inside and outside play 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	_						
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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 2 2 2 2 2 2 2 2 2 2 3 3 2 2 2 2 3 3 2 2 2 3 3 2 2 2 3 3 2 2 3 3 2 2 3	PA1	Provide children with adequate space for both inside and outside play	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  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  Brovide 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 2 2  Limits on Screen-Time (n = 4)  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  Browled activities on safely do so the day in the safe 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	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity		2			
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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  PC4 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 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC7 PC8 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  PC6 PC7 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  PC7 PC8 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  PC8 PC9 PC9 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  PC8 PC9	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			
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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  2 2 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  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 2	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		2			
PDI day—indoor or outdoor PEI 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 2 1 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	2			
PD1 day—indoor or outdoor  PD2 Ensure that infants have supervised tummy time every day when they are awake  PD2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  PD2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  PD2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  PD2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  PD2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  PD2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  PD2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  PD2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  PD2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  PD2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  PD2 Use infant equipment such as swings, stationary activity centers and sold activity centers and	PC3	, , , , ,	3	2			
Comparison of the Comparison	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 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  PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly 2  PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2  2 2							
Limits on Screen-Time (n = 4)       2010     2020       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							
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							
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		to di screen filme (ii = 4)	2010	2020			
PB3 Use screen media with children age two years and older only for educational purposes or physical activity  2 2	_						
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly		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	2			
Rating Code:	PB4		2	2			

#### Rating Code:

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

ASHW 2020 Supplement: Small Family Child Care Homes

### **GEORGIA At A Glance:**

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

	Healthy Infant Feeding (n = 11)				
		2010	2020		
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	<b>2010</b>	<b>2020</b>		
	t Feeding Practices	2	3		
_	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4		
	Feed infants on cue	2	4		
IB2	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		
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	4		
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		
	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	2	3		
ID3	Serve no fruit juice to children younger than 12 months of age	2	4		
Nuti	ition (n = 21)				
Nutr	ition Standards	2010	2020		
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%) pasteurized milk to	2	3		
	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	2	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	2	4		
	Offer juice (100%) only during meal times	2	4		
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4		
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		4		
	Make water available both inside and outside  Limit salt by avaiding salty foods such as ships and protzels	2	2		
	Limit salt by avoiding salty foods such as chips and pretzels  Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3		
	hy Mealtime Practices	2	3		
	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 the individual				
NF2	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	4	4		
Phys	ical Activity (n = 11)				
		2010	2020		
PA1	Provide children with adequate space for both inside and outside play	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	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		
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	2	2		
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	4		
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	3		
	ts on Screen-Time (n = 4)				
		2010	2020		
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	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	2	2		
	Rating Code:				

#### Rating Code:

4 Regulation fully meets standard Georgia Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR, LRG, SML); 2017\* (CTR); 2020 (SML)

3 Regulation partially meets standard 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.

4 Regulation contradicts the standard State does not regulate care type

## **HAWAII At A Glance:**

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

	Healthy Infant Feeding (n = 11)					
		2010	2020			
	stfeeding Support	2010	2020			
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site  It Feeding Practices	3	3			
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4			
	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	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			
	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			
	rition (n = 21)					
	ition Standards	2010	2020			
	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			
_	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					
NA4	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			
Heal	hy 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	3	3			
	child; Teach children who require limited portions about portion size and monitor their portions					
	Do not force or bribe children to eat	3	3			
	Do not use food as a reward or punishment	4	4			
Phys	ical Activity (n = 11)					
		2010	2020			
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			
	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			
-	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			
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	2	2			
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2			
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2			
	ts on Screen-Time (n = 4)					
		2010	2020			
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			
	Pating Code:					

#### Rating Code:

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

	Ithy Infant Feeding (n = 11)		
	stfeeding Support	2010	2020
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2010	2020
	nt Feeding Practices	2	
	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
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
IC3 ID1	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	2	2
	Serve no fruit juice to children younger than 12 months of age	2	2
	rition (n = 21)	2	
	ition Standards	2010	2020
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2010	2020
NA2		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%) pasteurized milk to	2	2
NA4	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
	Serve whole grain breads, cereals, and pastas	2	2
NB2		2	2
	Serve fruits of several varieties, especially whole fruits	2	2
	Use only 100% juice with no added sweeteners	2	2
	Offer juice (100%) only during meal times	2	2
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
	Make water available both inside and outside	2	2
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	thy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2		2	2
	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 the individual		
NF2	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
NH2	Do not use food as a reward or punishment	2	2
Phy:	ical Activity (n = 11)		
		2010	2020
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	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	2	2
	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	2	2
_	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 course of the		
PD1	day—indoor or outdoor	2	2
	Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
Lim	ts on Screen-Time (n = 4)	2010	2020
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2

### Rating Code:

Idaho Regulation Rating History: 2010 (CTR, LRG, SML) 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

## **ILLINOIS At A Glance:**

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

	Small ramily nome child care licensing regulations and support of 47 high-impact obesity prevention standards					
Healthy Infant Feeding (n = 11)						
Brea	restfeeding Support	2010	2020			
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2			
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	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			
ID3	Serve no fruit juice to children younger than 12 months of age	1	1			
	rition (n = 21)					
	ition Standards	2010	2020			
_	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			
-	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					
NA4	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			
	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	4	4			
	Use only 100% juice with no added sweeteners	4	4			
	Offer juice (100%) only during meal times	2	2			
_	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	4	4			
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	4	4			
	Make water available both inside and outside	3	3			
-		2	2			
	Limit salt by avoiding salty foods such as chips and pretzels  Avoid sugar including concentrated support such as cough, seeder support and driefs fruit nectors, and flavored milk	2	2			
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk					
	thy Mealtime Practices	2	_			
	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			
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	4	4			
NF2		2	2			
NILI1	child; Teach children who require limited portions about portion size and monitor their portions  Do not force or bribe children to eat	3	3			
	Do not use food as a reward or punishment	3	3			
		3	3			
PHY	ical Activity (n = 11)	2010	2020			
Bac	Day the shiller with a decrease for both to the and entitle also	2010	2020			
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			
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	3	3			
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			
-	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 course of the					
PD1	day—indoor or outdoor	3	3			
	Ensure that infants have supervised tummy time every day when they are awake	4	4			
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2			
Lim	its on Screen-Time (n = 4)	2010	2020			
PR1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2			
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2			
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2			
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2			
. 04	poor not delined 111, 11000, or 1010 by rewriting defining friedroil struck time.					

	Rating Code:	
4	Regulation fully meets standard	Illinois Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR)
3	Regulation partially meets standard	
2	Regulation does not address standard	
1	Regulation contradicts the standard	
0	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

Healthy Infant Feeding (n = 11)					
	stfeeding Support	2010	2020		
_	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2		
	nt 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		
	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  Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2		
ID1					
_	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2		
	Serve no fruit juice to children younger than 12 months of age	2	2		
	rition (n = 21)	2040	2020		
	ition Standards	2010	2020		
	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	2	2		
	those who are at risk for hypercholesterolemia or obesity	2			
	Serve skim or 1% pasteurized milk to children two years of age and older	2	2		
	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		
_	Serve fruits of several varieties, especially whole fruits	2	2		
	Use only 100% juice with no added sweeteners	2	2		
	Offer juice (100%) only during meal times	2	2		
	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		
Heal	hy 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	2	2		
	child; Teach children who require limited portions about portion size and monitor their portions				
_	Do not force or bribe children to eat	2	2		
	Do not use food as a reward or punishment	3	3		
Phys	ical Activity (n = 11)				
		2010	2020		
PA1	Provide children with adequate space for both inside and outside play	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	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		
	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 course of the				
PD1	day—indoor or outdoor	2	2		
	Ensure that infants have supervised tummy time every day when they are awake	2	2		
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2		
Lim	ts on Screen-Time (n = 4)	2010	2020		
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2		
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2		
_	Use screen media with children age two years and older only for educational purposes or physical activity	2	2		
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		

### Rating Code:

Regulation fully meets standard Indiana 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

## **IOWA At A Glance:**

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

	Healthy Infant Feeding (n = 11)					
		2010	2020			
	stfeeding Support  Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	<b>2010</b>	<b>2020</b>			
	t Feeding Practices	3	3			
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4			
	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			
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			
	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			
	ition (n = 21)					
Nutr	ition Standards	2010	2020			
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%) pasteurized milk to	2	3			
	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			
	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			
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4			
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  Make water available both inside and outside	2	4			
	Limit salt by avoiding salty foods such as chips and pretzels	2	2			
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3			
	hy Mealtime Practices		3			
	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 the individual					
NF2	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			
Phys	ical Activity (n = 11)	1				
		2010	2020			
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			
<b>H</b>	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			
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3			
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			
	Ensure that infants have supervised tummy time every day when they are awake	2	2			
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2			
Limi	ts on Screen-Time (n = 4)	2010	2020			
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:					

### Rating Code:

4	Regulation fully meets standard	lowa Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG)/2012* (SML); 2017* (CTR, LRG, SML)
3	Regulation partially meets standard	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
2	Regulation does not address standard	documents also were rated for CACFP changes.
1	Regulation contradicts the standard	
0	State does not regulate care type	

### **KANSAS At A Glance:**

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

Healthy Infant Feeding (n = 11)					
	stfeeding Support	2010	2020		
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3		
	nt 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		
	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		
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2		
_	Serve no fruit juice to children younger than 12 months of age	2	2		
	rition (n = 21)	_			
	ition Standards	2010	2020		
	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				
NA4	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		
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		
Heal	hy 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		
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	1	1		
	child; Teach children who require limited portions about portion size and monitor their portions				
	Do not force or bribe children to eat	2	3		
	Do not use food as a reward or punishment	2	3		
Pnys	ical Activity (n = 11)	2010	2020		
DA1	Provide children with adequate space for both inside and outside play	3	<b>2020</b>		
		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	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	4		
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3		
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	2	2		
	day—indoor or outdoor				
	Ensure that infants have supervised tummy time every day when they are awake	2	2		
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)	2	2		
	ts on screen-time (n = 4)	2010	2020		
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3		
_	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2		
_	Use screen media with children age two years and older only for educational purposes or physical activity	2	2		
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		
	Rating Code:				

#### Rating Code:

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

		Healthy Infant Feeding (n = 11)					
Main   Security   Main   Security   Securi			2010	2020			
Internst		<b>V</b> 11					
Max   Section formation infinite formals to al least age 2   2   2   2   2   2   2   2   2   2							
18			2	4			
18.1   18.1   18.1   18.2							
18   18   18   18   18   18   18   18							
Col   Company page of promoting age or page propriets cold foods in consultation with chart's general grandian and primary case providers   3   2   2   2   2   2   2   2   2   2							
Company   Comp							
1							
100   100							
102   103							
103   Serve no fault piace to clairform younger than 12 months of age   100							
Note							
Number   N							
MAX   Serve ments and off beachs - Chicker, Bink   amena, and off registrates (but so dided pasts head off beachs - Chicker, Bink   amena, and off registrates (but so dided pasts head off beach - Chicker, Bink   amena, and off registrates (but so dided pasts head off beach - Chicker, Bink   amena, and off registrates (but so dided pasts head off beach - Chicker, Bink   amena, and off registrates (but so dided pasts head off beach - Chicker, Bink   amena, and off registrates (but so dided pasts head off beach - Chicker, Bink   amena, and off registrates (but so dided pasts head off beach - Chicker, Bink   amena, and off beach - Chick			2010	2020			
No.   Serve ments and/for beans - chicken, fish, lean meat, and/for legames fouch as dried peas, beams), avoiding fried meats   2   2   2   3   3   3   3   3   3   3							
NAS   Serve when							
No. 5   Serve whole pasteurized milk to tweely to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fal (2%) pasteurized milk to the those who are at risk for hyperchelesteroleste							
No.   Serve stan or 19 has technology and pasts   Serve stan or 19 has technology and stage and older   3   3   3   3   3   3   3   3   3							
Nat   Serve whole grain breads, cereals, and pastas   2   3   3   3   3   3   3   3   3   3	NA4		2	3			
Nat   Serve whole grain breads, cereals, and pastas   2   3   3   3   3   3   3   3   3   3	NA5		2	4			
NB3   Save fruits of several varieties, especially whole fruits         3         3         3         4           NC1   Use only 100% juice with no added sweeteners         4         4         4           NC2   Offer juice (100%) juify with no added sweeteners         2         4           NC3   Seven on more than 4 to 6 or juice/day for children 7-12 years of age         2         2         2           NC3   Seven on more than 4 to 6 or juice/day for children 7-12 years of age         2         2         2           ND1   Make water available both inside and outside         2         2         2           ND2   Audio Sagar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk         2         2         2           ND2   Audio Sagar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk         2         2         2           ND2   Filter and Practics         2	NB1	Serve whole grain breads, cereals, and pastas	2	3			
NCL   Use only 100% juice with no added sweeteners	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3			
NC2   Offer juice (100%) only during meal times	NB3	Serve fruits of several varieties, especially whole fruits	3	3			
NCS         Serve no more than 4 to 6 oz juice/day for children 1-6 years of age         2         2           NCS         Serve no more than 6 to 12 oz juice/day for children 7-12 years of age         2         4           NCS         Serve no more than 6 to 12 oz juice/day for children 7-12 years of age         2         4           NCS         Unit salt by avoiding salty foods such as chips and pretzles         2         2           NCS         I will salt by avoiding salty foods such as chips and pretzles         2         2           NCS         Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk         2         2         2           NCS         Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk         2         2           NCS         Avoid flavored milks and by avoiding salty floods such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk         2         2           NCS         Avoid flavored milks and sold such salt server mall salt server more additional servings of the nutritions foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual server more additional servings of the nutrition food salt are low in a server more additional servings o	NC1	Use only 100% juice with no added sweeteners	4	4			
NCE   Require and to 1.2 or juice/day for children 7-12 years of age   2   3   3   3   3   3   3   3   3   3	NC2	Offer juice (100%) only during meal times	2	4			
NC4   Seve no more than 8 to 12 or juice/day for children 7-12 years of age  1	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2			
MG   Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   2   2   2   2   2   2   2   2   2			2	2			
NG2   Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   Net	ND1	Make water available both inside and outside	2	4			
Mode	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2			
Heathly Mealtime Practices  NEI 1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  REQ Require adults eating meals with children to eat terms that meet nutrition standards  REQ Require adults eating meals with children to eat terms that meet nutrition standards  REQ Require adults eating meals with children to eat terms that meet nutrition standards  REQ Require adults eating meals with children to eat terms that meet nutrition standards  REQ Remit 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 children to have one or more additional servings of the nutritious foods and not prequire limited portions about portions size and monitor their portions  PRIVE Do not force or bribe children to eat  PRIVE Do not force or bribe children to eat  PRIVE Do not seed oad as a reward or punishment  PRIVE Do not seed oad as a reward or punishment  PRIVE Do not with adequate space for both inside and outside play  PRIVE Do not with adequate space for both inside and outside play  PRIVE PRIVE Device children with adequate space for both inside and outside play  PRIVE Do not without addition and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PRIVE Do not withhold active play from children who misbehave  PRIVE Do not withhold active play from children who misbehave  PRIVE Do not withhold active play from children who misbehave  PRIVE Do not withhold active play from children who misbehave  PRIVE DO NOT Withhold active play from children who misbehave  PRIVE DO NOT Withhold active play from children via case, such to the occasions of active play outdoors, weather permitting  PRIVE DO NOT Withhold active play from children via private policy or all children years, two or more structured or caregiver/ teacher/ adult-led activities or games th			2	2			
NEI   Require adults eating meals with children to eat items that meet nutrition standards   2   3   3     NEI   Serve small-sized, age-appropriate portions   4   3   3     NEI   Permitt (hildren 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   2   1     NII   Do not force or bribe 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   2   2     NII   Do not force or bribe children to eat   2   2   4     Provide children who require limited portions about portion size and monitor their portions   2   4     Provide   Do not use food as a reward or punishment   2   4     Provide children with adequate space for both inside and outside play   7   7   7   7   7   7   7   7   7							
NF1   Serve small-sized, age-appropriate portions   Fermit 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 children feach 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 children feach 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 children feach children for the require limited portion sabout portion size and monitor their portions   2	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	3			
Nemit 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 and individual and individual by the control of the individual by the indiv	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2			
NF2         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           NH2         Do not use food as a reward or punishment         2         4           Physical Activity (n = 11)           To vide children with adequate space for both inside and outside play         2010         200           PA2         Provide children with adequate space for both inside and outside play         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 preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         3         3           PC2         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         3         3 </td <td>NF1</td> <td>Serve small-sized, age-appropriate portions</td> <td>4</td> <td>3</td>	NF1	Serve small-sized, age-appropriate portions	4	3			
Reality   Teach children who require limited portions shout portion size and monitor their portions   2   2   2   3   3   3   3   3   3   3			2	1			
NH2 Do not use food as a reward or punishment 2 4 Physical Activity (n = 11)  PA2 Provide children with adequate space for both inside and outside play 200 PA1 Provide children with adequate space for both inside and outside play 3 A 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 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	INFZ	child; Teach children who require limited portions about portion size and monitor their portions		1			
Physical Activity (n = 11)  Pat Provide children with adequate space for both inside and outside play and Provide children with adequate space for both inside and outside play are visited 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 2 2 2 2 2 2 2 2 2 2 2 2 2 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 PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA3 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 PA6 Provide daily for all children, birth to 5 years, two to three occasions of active play outdoors, weather permitting PA6 Allow preschoolers 90-120 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 PA7 Allow preschoolers 90-120 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 PA7 Allow preschoolers 90-120 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 PA7 Allow preschoolers 90-120 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 PA7 Allow preschoolers 90-120 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 PA7 Allow preschoolers 90-120 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 PA7 Allow preschoolers 90-120 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 P	NH2	Do not use food as a reward or punishment	2	4			
PAI Provide children with adequate space for both inside and outside play  PAZ Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PAZ Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PAZ Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PAZ 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  3 3 3  PCZ Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  3 3 3  PDZ Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  3 3 3  PDZ Ensure that infants have supervised tummy time every day when they are awake  PEZ Is used that infants have supervised tummy time every day when they are awake  PEZ Is 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)  PDZ In total media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PDZ Use screen media with children age two years and older to not more than 30 min. weekly  PDZ Use screen media with children age two years and older only for educational purposes or physical activity  2 3 4  PDZ DO not utilize TV, video, or DVD viewing during meal or snack time	Phys	ical Activity (n = 11)					
PAZ 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  3 3 3 PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  3 3 3 PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  3 3 3 PC3 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 Is near 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  1 2 2 1 2 1 2 1 2 1 2 1 2 1 2 1 3 1 3 1 3 1 3 1 3 1 3 1 3 1 3 1 3 1 3							
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	PA1	Provide children with adequate space for both inside and outside play	3	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  PC6 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC7 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC8 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 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 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 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 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 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 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 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 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physi	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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PD   day—indoor or outdoor   2   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)     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   3     PB4   Do not utilize TV, video, or DVD viewing during meal or snack time   2   4	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3			
PET   Ensure that infants have supervised tummy time every day when they are awake   2   2     PEZ   Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all   2   2     Limit on Screen-Time (n = 4)   2010   2020     PBT   Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years   3   3     PBZ   Limit total media time for children 2 years and older ton tomore than 30 min. weekly   3   3     PBZ   Use screen media with children age two years and older only for educational purposes or physical activity   2   3     PBZ   Do not utilize TV, video, or DVD viewing during meal or snack time   2   4	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	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     2020       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     3       PB4     Do not utilize TV, video, or DVD viewing during meal or snack time     2     4							
Limits on Screen-Time (n = 4)       Z010     2020       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     3       PB4     Do not utilize TV, video, or DVD viewing during meal or snack time     2     4							
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PB3     Use screen media with children age two years and older only for educational purposes or physical activity     2     3       PB4     Do not utilize TV, video, or DVD viewing during meal or snack time     2     4							
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time  2 4	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly					
Rating Code:	PB4		2	4			

#### Rating Code:

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

Kentucky Regulation Rating History: 2010 (CTR, LRG, SML); 2013 (CTR, LRG); 2018 (CTR, LRG, SML)

Kentucky Regulation Rating History: 2010 (CTR, LRG, SML); 2013 (CTR, LRG); 2018 (CTR, LRG, SML)

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

Healthy Infant Feeding (n = 11)					
	stfeeding Support	2010	2020		
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	0	0		
	nt Feeding Practices				
_	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		
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	0	0		
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	0	0		
ID1	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		
_	Serve no fruit juice to children younger than 12 months of age	0	0		
	rition (n = 21)	, j	- U		
	ition Standards	2010	2020		
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	0	0		
NA2		0	0		
NA3		0	0		
	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				
NA4	those who are at risk for hypercholesterolemia or obesity	0	0		
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	0	0		
NB1	Serve whole grain breads, cereals, and pastas	0	0		
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	0	0		
NB3	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		
	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		
_	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	0	0		
	thy Mealtime Practices	<u> </u>			
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	0	0		
NE2		0	0		
NF1	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 the individual	_	0		
NF2	child; Teach children who require limited portions about portion size and monitor their portions	0	0		
NH1	Do not force or bribe children to eat	0	0		
NH2	Do not use food as a reward or punishment	0	0		
Phys	ical Activity (n = 11)				
		2010	2020		
PA1	Provide children with adequate space for both inside and outside play	0	0		
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	0	0		
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	0	0		
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	0	0		
PA5	Do not withhold active play from children who misbehave	0	0		
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	0	0		
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	0	0		
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	0	0		
	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				
PD1	day—indoor or outdoor	0	0		
_	Ensure that infants have supervised tummy time every day when they are awake	0	0		
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	0	0		
Limi	ts on Screen-Time (n = 4)	2010	2020		
DD 4	Do not utilize modic (talevicine [TV]) video and DVD) viewing and computers with shill	2010	2020		
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	0	0		
_	Limit total media time for children 2 years and older to not more than 30 min. weekly	0	0		
	Use screen media with children age two years and older only for educational purposes or physical activity	0	0		
	Do not utilize TV, video, or DVD viewing during meal or snack time	0	0		

### Rating Code:

4 Regulation fully meets standard Louisiana Regulation Rating History: 2010 (CTR); 2015 (CTR); 2017\* (CTR)

3 Regulation partially meets standard 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.

4 Regulation does not address standard Regulation contradicts the standard State does not regulate care type

### **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)					
		2010	2020			
	stfeeding Support  Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	<b>2010</b>	<b>2020</b>			
	t Feeding Practices	2	3			
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2			
	Feed infants on cue	4	4			
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2			
	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			
	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			
	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			
Nutr	ition (n = 21)					
Nutr	ition Standards	2010	2020			
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	2	2			
	those who are at risk for hypercholesterolemia or obesity					
	Serve skim or 1% pasteurized milk to children two years of age and older	2	2			
	Serve whole grain breads, cereals, and pastas	2	3			
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3			
	Serve fruits of several varieties, especially whole fruits	2	3			
	Use only 100% juice with no added sweeteners	2	2			
	Offer juice (100%) only during meal times	2	2			
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2			
	Make water available both inside and outside	2	3			
	Limit salt by avoiding salty foods such as chips and pretzels	2	2			
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2			
	hy Mealtime Practices	2				
	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	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 the individual					
NF2	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			
Phys	ical Activity (n = 11)					
		2010	2020			
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			
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			
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4	3			
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	2			
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	2			
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	2	2			
	Ensure that infants have supervised tummy time every day when they are awake	2	2			
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2			
Limi	ts on Screen-Time (n = 4)					
			2020			
		2010				
	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 2	2			
PB2 PB3		3	2			

#### Rating Code:

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

Regulation partially meets standard 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.

Regulation contradicts the standard State does not regulate care type

### **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)					
	stfeeding Support	2010	2020			
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	4			
	t Feeding Practices	3	4			
	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			
	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			
	ition (n = 21)	1	4			
	ition Standards	2010	2020			
	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 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	3	3			
NA4	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			
	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			
	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			
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4			
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4			
	Make water available both inside and outside	2	4			
	Limit salt by avoiding salty foods such as chips and pretzels	2	2			
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3			
	hy Mealtime Practices					
	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			
	Serve small-sized, age-appropriate portions	3	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 the individual					
NF2	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			
Phys	ical Activity (n = 11)					
		2010	2020			
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	2			
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			
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	3	3			
	day—indoor or outdoor					
	Ensure that infants have supervised tummy time every day when they are awake	2	2			
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2			
Lim	ts on Screen-Time (n = 4)	2010	2020			
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	4			
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3			
	Use screen media with children age two years and older only for educational purposes or physical activity	2	3			
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4			
	Rating Code:					

#### 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

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

Realthry Infant Feedings (no. 13)		Small family nome child care licensing regulations and support of 47 high-impact obesity prevention standards				
Main   Feeding and support treaspring of leeding of breast milk by marking anangements for motion to release the support foreign terms   Feeding and contact   Feeding and con	Hea	Ithy Infant Feeding (n = 11)				
Name   Present	Brea	stfeeding Support	2010	2020		
Mathematical international is or intent age of 22 months, not cave mills, unless written exception is provided   92 months on co.   93 months   93 m	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3		
18	Infa	nt Feeding Practices				
Institution   Common   Commo	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		2		
Isra   Tool Inforts while bottle feeding. Protince an unfant for bottle feeding in the caregive/leacher's amon or string up on he lap	IB1	Feed infants on cue	3	3		
Col	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2		
Incl.   Includes age-specing residence from any study to color not concert than an extend to a great preferably around 5 months of age   2   2   2   3   3   3   3   3   3   3	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		
Committed in infract formula missed with the rend finding seed on the comments of age, but preferably acoust distinctions   2	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2		
10.1   10.2	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2		
102   102   103	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2		
103   Serve no furth juste to clinkform younger than 12 months of age   2   2   2   2   2   2   2   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		
Nutrition In. 2.1	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2		
Nutrition   Standards	ID3	Serve no fruit juice to children younger than 12 months of age	2	2		
NAL   Intro-oils by choosing monournaturated and polyumaturated sits and avoiding trans fats, atturated fats and fried froods  All Server wents and/of beans - Children, folk, ain ments and of each server with a decide peak, beans, avoiding from mests  2 2 2 3AS 28 serve wents and and of beans - Children, folk, ain ments and offer segures (such as decide peak, beans), avoiding from from the children who are not on human milk or prescribed formula, or server reduced fat (2%) pasteurized milk to be children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to children who years of age and older  8 Serve whole grain breads, cereals, and pastas  9 2 2 2 2 2 2 3 2 3 3 Serve reduced fat (2%) pasteurized milk to children who years of age and older  9 2 2 2 2 2 3 2 3 3 Serve whole grain breads, cereals, and pastas  9 2 2 2 2 2 3 3 Serve whole grain breads, cereals, and pastas  9 2 2 2 2 2 3 3 Serve whole grain breads, cereals, and pastas  9 2 2 2 2 2 3 3 Serve whole grain breads, cereals, and pastas  9 2 2 2 2 2 3 3 Serve whole grain breads, cereals, and pastas  9 2 2 2 2 2 3 3 Serve whole grain breads, cereals, and pastas  9 2 2 2 2 2 3 3 Serve whole grain breads, cereals, and pastas  9 2 2 2 2 2 3 3 Serve whole grain breads, cereals, and pastas  9 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	Nut	ition (n = 21)				
NAZ Sever meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dired peas, beans), avoiding fried meats  All Sever other and rike quarketer products/ (yogut, cottage cheese) using low for varieties for 2 years of age and older  All Sever whole pastwerized milk to twelve to twenty-four month old ricipre who are not on human milk or prescribed formula, or server reduced fit (2%) posteurized milk to the blother to week to be week of age and older  NAS Sever vestime at fisk fich hypecrofiderectivenian or cheeseby  NAS Sever skim or 1% pastwerized milk to children two years of age and older  NAS Sever vestime at fisk fich hypecrofiderectivenian or cheeseby  NAS Sever vestime of 1% pastwerized milk to children two years of age and older  NAS Sever vestime of 1% pastwerized milk to children two years of age and older  NAS Sever vestime of 1% pastwerized milk to children two years of age and older only for pastwerized products of the pastwerized products of	Nutr	ition Standards	2010	2020		
NAZ Sever meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dired peas, beans), avoiding fried meats  All Sever other and rike quarketer products/ (yogut, cottage cheese) using low for varieties for 2 years of age and older  All Sever whole pastwerized milk to twelve to twenty-four month old ricipre who are not on human milk or prescribed formula, or server reduced fit (2%) posteurized milk to the blother to week to be week of age and older  NAS Sever vestime at fisk fich hypecrofiderectivenian or cheeseby  NAS Sever skim or 1% pastwerized milk to children two years of age and older  NAS Sever vestime at fisk fich hypecrofiderectivenian or cheeseby  NAS Sever vestime of 1% pastwerized milk to children two years of age and older  NAS Sever vestime of 1% pastwerized milk to children two years of age and older  NAS Sever vestime of 1% pastwerized milk to children two years of age and older only for pastwerized products of the pastwerized products of	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2		
NAS   Serve wellner milk equivalent products (yegunt, totage cheese) using low-fact varieties for 2 years of age and older   2			2	2		
National Serve whole pasteurized milk to thewhore to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to be those who are not no human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to be those who are not 1% pasteurized milk to children two years of age and older 2 2 2 8 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1			2	2		
No.   Serve skin or 15 pasteured milk to hildren two yearn of age and older   2   2   2   3   3   3   3   3   3   3						
NB1 Serve whole grain breads, careals, and pastass 2 2 2 NB2 Serve tweeptables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 2 2 2 NB3 Serve fixts of several varieties, especially whole fixtils 2 2 2 NB3 Serve fixts of several varieties, especially whole fixtils 2 2 2 NB3 Serve fixts of several varieties, especially whole fixtils 2 2 2 NB3 Serve fixts of several varieties, especially whole fixtils 3 2 2 2 NB3 Serve no more than 4 to 6 or juice/day for children 1-5 years of age 2 2 2 NB3 Serve no more than 6 to 6 or juice/day for children 1-5 years of age 3 2 2 2 NB3 Serve no more than 6 to 10 2 juice/day for children 1-7 2 years of age 4 2 2 2 NB3 Serve no more than 6 to 6 or juice/day for children 1-7 2 years of age 4 2 2 2 NB3 Serve no more than 6 to 6 or juice/day for children 1-7 2 years of age 4 2 2 2 NB3 Serve no more than 6 to 6 or juice/day for children 1-7 2 years of age 4 2 2 2 NB4 Serve no more than 6 to 6 or juice/day for children 1-7 2 years of age 4 2 2 2 NB4 Serve no more than 6 to 6 or juice/day for children 1-7 2 years of age 4 2 2 2 NB4 Serve no more than 6 to 6 or juice/day for children 1-7 2 years of age 4 2 2 2 NB4 Serve no more than 6 to 6 or juice/day for children 1-7 2 years of age 4 2 2 2 NB4 Serve no more than 6 to 6 or juice/day for children 1-8 years of age 4 2 2 2 NB4 Serve no more than 6 to 6 or juice/day for children 1-8 years of age 4 2 2 2 NB4 Serve no more than 6 to 6 or juice/day for children 1-8 years of age 4 2 2 2 NB5 Serve no more than 6 to 6 or juice/day for children 1-8 years of age 4 3 3 3 NB5 Regular adulting concentrated sweets such as candy, sodas, sweetened drinks, full nectars, and flavored milk 4 4 4 NB5 Serve no more than 6 to 6 or juice/day for children 1-8 years of a years of years of a years of years of years of years of years of years	NA4	those who are at risk for hypercholesterolemia or obesity	2	2		
182 Serve regetables, specifically, dark green, orange, deep yellow vegetables, and not vegetables, such as potatoes and viandas  2 2 2  183 Serve regetables, specifically, dark green, orange, deep yellow vegetables; and not vegetables, such as potatoes and viandas  2 2 2  182 NGL   Use only, 100% jude with no added sweetners  2 2 2  183 Serve no more than 4 to 50 judicidy for forhidren 1-5 years of age  2 2 2  184 Serve no more than 4 to 50 judicidy for forhidren 1-5 years of age  2 2 2  185 Serve no more than 4 to 50 judicidy for forhidren 7-12 years of age  2 2 2  186 Serve no more than 4 to 50 judicidy for forhidren 7-12 years of age  2 2 2  186 Serve no more than 4 to 50 judicidy for forhidren 7-12 years of age  2 2 2  186 Serve no more than 4 to 50 judicidy for forhidren 7-12 years of age  2 2 2  186 Serve no more than 4 to 50 judicidy for forhidren 7-12 years of age  2 2 2  186 Serve no more than 4 to 50 judicidy for forhidren 7-12 years of age  2 2 2  186 Serve no more than 4 to 50 judicidy for forhidren 7-12 years of age  2 2 2  186 Serve no more than 4 to 50 judicidy for forhidren 7-12 years of age  2 2 2  186 Serve no more than 4 to 12 judicidy for forhidren 7-12 years of age  3 3 4 4 4  186 Link salt by avoiding salty foods such as chips and pretzels  187 Link salt by avoiding salty foods such as chips and pretzels  188 Link salt salty avoiding salty foods such as chips and pretzels  188 Link salt salty avoiding salty foods such as chips and pretzels  188 Link salt salty avoiding salty foods such as chips and pretzels  188 Link salt salty avoiding salty foods such as chips and pretzels  188 Link salt salty avoiding salty foods such as chips and pretzels  188 Link salty avoiding salty foods such as chips and pretzels  188 Link salty avoiding salty foods such as chips and pretzels  188 Link salty avoiding salty foods such as chips and pretzels  188 Link salty avoiding salty foods such salty salt	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2		
NB3 Serve finits of several varieties, especially whole finits  Li Lee only 1005; juice with no added sweetners  2 2 2  NC2 Offer juice (100%) only during meal times  NC3 Serve no more than at 10 ac juice/day for children 1-6 years of age  2 2 2  NC3 Serve no more than at 10 ac juice/day for children 7-12 years of age  2 2 2  NC3 Serve no more than at 10 ac juice/day for children 7-12 years of age  2 2 2  NC3 M3 Serve no more than at 10 ac juice/day for children 7-12 years of age  2 2 2  NC4 Serve no more than at 10 ac juice/day for children 7-12 years of age  2 2 2  NC5 M3 Serve no more than at 10 ac juice/day for children 7-12 years of age  2 2 2  NC6 Serve no more than at 10 ac juice/day for children 7-12 years of age  3 4 4 4  NC7 M4 Serve are valiable both inside and outside  NC8 Li Limits at thy avoiding satily foods such as ships and pretzels  NC9 Li Limits at thy avoiding satily foods such as ships and pretzels  NC9 Li Limits at thy avoiding satily foods such as ships and pretzels  NC9 Li Limits at the value of such such such such such such as a construction of the satily sati	NB1	Serve whole grain breads, cereals, and pastas	2	2		
NB3 Serve finits of several varieties, especially whole finits  Li Lee only 1005; juice with no added sweetners  2 2 2  NC2 Offer juice (100%) only during meal times  NC3 Serve no more than at 10 ac juice/day for children 1-6 years of age  2 2 2  NC3 Serve no more than at 10 ac juice/day for children 7-12 years of age  2 2 2  NC3 Serve no more than at 10 ac juice/day for children 7-12 years of age  2 2 2  NC3 M3 Serve no more than at 10 ac juice/day for children 7-12 years of age  2 2 2  NC4 Serve no more than at 10 ac juice/day for children 7-12 years of age  2 2 2  NC5 M3 Serve no more than at 10 ac juice/day for children 7-12 years of age  2 2 2  NC6 Serve no more than at 10 ac juice/day for children 7-12 years of age  3 4 4 4  NC7 M4 Serve are valiable both inside and outside  NC8 Li Limits at thy avoiding satily foods such as ships and pretzels  NC9 Li Limits at thy avoiding satily foods such as ships and pretzels  NC9 Li Limits at thy avoiding satily foods such as ships and pretzels  NC9 Li Limits at the value of such such such such such such as a construction of the satily sati	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2		
NC2 Offer juice (100%) only during meal times  NC3 Serve no more than 4 to 5 or juice/day for children 7-12 years of age  NC3 Serve no more than 8 to 12 or juice/day for children 7-12 years of age  NC4 Serve no more than 8 to 12 or juice/day for children 7-12 years of age  NC5 Serve no more than 8 to 12 or juice/day for children 7-12 years of age  NC5 Serve no more than 8 to 12 or juice/day for children 7-12 years of age  NC5 Serve no more than 8 to 12 or juice/day for children 7-12 years of age  NC5 Serve no more than 8 to 12 or juice/day for children 7-12 years of age  NC6 Serve no more than 8 to 12 or juice/day for children 7-12 years of age  NC7 Serve no more than 8 to 12 or juice/day for children 7-12 years of age  NC7 Serve no more than 8 to 12 or juice/day for children 7-12 years of age  NC7 Serve no more than 8 to 12 or juice/day for children 7-12 years of age  NC8 Serve no more than 8 to 12 or juice/day for children 7-12 years of age  NC9 Avoid Sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk  2     2			2	2		
NCZ   Serve no more than 4 to 6 az julce/day for children 1-6 years of age   2   2   2   2   2   2   3   3   3   3	NC1	Use only 100% juice with no added sweeteners	2	2		
NC4   Serve no more than 8 to 12 oz juice/day for children 7-12 years of age			2	2		
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  NG2 Limit sait 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 2  Healthy Mealtime Practices  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 terms that meet nutrition standards  2 2 2  NE2 Require adults eating meals with children to eat terms that meet nutrition standards  2 2 2  NE1 Serve small-sized, age-appropriate portions  NE2 Require adults eating meals with children to eat terms that meet nutrition standards  2 2 2  NE1 Serve small-sized, age-appropriate portions  NE2 Require adults eating meals with children to bave on 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 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 children who require limited portions about portion size and monitor their portions  NE2 Require adults eating meals with children to eat terms that meet nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual children with required the caloric needs of the individual children with required the caloric needs of the individual children with required the caloric needs of the individual children with required the caloric needs of the individual children with required the caloric needs of the individual children with required the caloric needs of the individual children with required the caloric needs of the individual children with needs are caloric needs of the individual children with needs are caloric needs of the individual children with needs are caloric needs of the individual children with needs are caloric need				1		
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### Rating Code:

Massachusetts Regulation Rating History: 2010 (CTR, LRG, SML) 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 At A Glance:**

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

	Healthy Infant Feeding (n = 11)				
	· · · · · · · · · · · · · · · · · · ·	2010	2020		
	stfeeding Support	2010	2020		
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site  1t Feeding Practices	3	3		
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4		
IB1		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		
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		
-	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		
	rition (n = 21)				
	ition Standards	2010	2020		
	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		
_	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				
NA4	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	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		
Heal	thy 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	3	3		
	child; Teach children who require limited portions about portion size and monitor their portions				
	Do not force or bribe children to eat	2	3		
	Do not use food as a reward or punishment	3	3		
Phys	ical Activity (n = 11)				
		2010	2020		
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		
PA4		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		
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	2	2		
	day—indoor or outdoor				
	Ensure that infants have supervised tummy time every day when they are awake	2	2		
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2		
4177	ts on Screen-Time (n = 4)	2010	2020		
DD 4	Do not utilize modis (talevision [TV]) video, and DVD) viewing and computers with children very good than 2 years	2010	2020		
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3		
	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  Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		
DD 4		,			

#### 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

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

	Healthy Infant Feeding (n = 11)				
		2010	2020		
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	<b>2010</b>	<b>2020</b>		
	t Feeding Practices	3	3		
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4		
	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	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		
	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		
	ition (n = 21)				
Nutr	ition Standards	2010	2020		
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%) pasteurized milk to	2	3		
	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		
	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		
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4		
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  Make water available both inside and outside	3	4		
	Limit salt by avoiding salty foods such as chips and pretzels	2	2		
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3		
	hy Mealtime Practices		3		
	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 the individual				
NF2	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		
Phys	ical Activity (n = 11)	1			
		2010	2020		
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	3	3		
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		
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		
	Ensure that infants have supervised tummy time every day when they are awake	2	2		
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2		
Limi	ts on Screen-Time (n = 4)	2010	2020		
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2		
	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:				

#### Rating Code:

Regulation fully meets standard Minnesota Regulation Rating History: 2010 (CTR, LRG, SML); 2012\*(CTR, LRG, SML); 2017\*(CTR, LRG, SML)
Regulation partially meets standard 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.

Regulation contradicts the standard State does not regulate care type

### MISSISSIPPI At A Glance:

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

	Small family nome child care licensing regulations and support of 47 high-impact obesity prevention standards				
Неа	Ithy Infant Feeding (n = 11)				
Brea	stfeeding Support	2010	2020		
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4		
_	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		
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		
Nut	rition (n = 21)				
Nutr	ition Standards	2010	2020		
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	3	3		
NA4	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		
	thy Mealtime Practices				
NE1	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	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 the individual				
NF2	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		
Phys	ical Activity (n = 11)				
		2010	2020		
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		2	2		
-	Do not withhold active play from children who misbehave	3	3		
	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	4		
-	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 course of the				
PD1	day—indoor or outdoor	2	2		
	Ensure that infants have supervised tummy time every day when they are awake	2	2		
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	3		
Lim	ts on Screen-Time (n = 4)	2010	2020		
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3		
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3		
	Use screen media with children age two years and older only for educational purposes or physical activity	4	4		
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		
	Rating Code:	_			

#### 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

Mississippi Regulation Rating History: 2010 (CTR, LRG, SML); 2012\* (CTR, LRG, SML); 2013 (CTR,LRG, SML); 2020 (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

Healthy Infant Feeding (n = 11)				
	astfeeding Support	2010	2020	
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2	
	nt 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	
		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	
_	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2	
	Serve no fruit juice to children younger than 12 months of age	2	2	
	rition (n = 21)			
	rition Standards	2010	2020	
	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		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	2	2	
	those who are at risk for hypercholesterolemia or obesity			
	Serve skim or 1% pasteurized milk to children two years of age and older	2	2	
	Serve whole grain breads, cereals, and pastas	2	2	
NB2		2	2	
_	Serve fruits of several varieties, especially whole fruits	4	4	
	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	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	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	
Heal	thy 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 the individual	2	2	
NF2	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	
Phys	sical Activity (n = 11)			
		2010	2020	
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	
РΔЗ	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	
_	Do not withhold active play from children who misbehave	4	4	
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3	
PC1 PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3	
		3	3	
143	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	3	3	
PD1	day—indoor or outdoor	2	2	
PF1	Ensure that infants have supervised tummy time every day when they are awake	2	4	
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3	
	its on Screen-Time (n = 4)	,		
	to on ourcent time (n=4)	2010	2020	
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	
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2	
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	

### Rating Code:

Missouri Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR, LRG, SML) 4 Regulation fully meets standard 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)				
	stfeeding Support	2010	2020		
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3		
	nt Feeding Practices	3			
	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	3		
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4		
		3	4		
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months  Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2			
ID1			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		
	rition (n = 21)	2040	2020		
	ition Standards	2010	2020		
	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%) pasteurized milk to	2	3		
NIAF	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	2	4		
	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		
_	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		
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4		
_	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		
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3		
Heal	hy 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	3	3		
	child; Teach children who require limited portions about portion size and monitor their portions				
	Do not force or bribe children to eat	2	2		
	Do not use food as a reward or punishment	2	2		
Phys	ical Activity (n = 11)				
		2010	2020		
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	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	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 course of the				
PD1	day—indoor or outdoor	2	2		
	Ensure that infants have supervised tummy time every day when they are awake	2	2		
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3		
Lim	ts on Screen-Time (n = 4)	2010	2020		
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3		
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3		
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2		
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		
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#### Rating Code:

4 Regulation fully meets standard Montana Regulation Rating History: 2010 (CTR, LRG, SML); 2012\* (CTR,LRG, SML); 2017\* (CTR,LRG, SML)

Regulation partially meets standard 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.

Regulation contradicts the standard

State does not regulate care type

### **NEBRASKA At A Glance:**

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

	Healthy Infant Feeding (n = 11)				
		2010	2020		
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	<b>2010</b>	<b>2020</b>		
	t Feeding Practices	2	3		
_	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4		
	Feed infants on cue	2	4		
IB2	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		
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		
	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	2	3		
ID3	Serve no fruit juice to children younger than 12 months of age	2	4		
Nuti	ition (n = 21)				
Nutr	ition Standards	2010	2020		
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		
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	2	3		
	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	2	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	2	4		
	Offer juice (100%) only during meal times	2	4		
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4		
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4		
	Make water available both inside and outside	3	2		
	Limit salt by avoiding salty foods such as chips and pretzels  Avoid sugget including appropriated sugget such as earthy codes, sugget and driefs fruit posters and flavored milk	2	3		
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk  hy Mealtime Practices	2	3		
	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	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				
NF2	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	2	2		
NH2	Do not use food as a reward or punishment	3	3		
Phys	ical Activity (n = 11)				
		2010	2020		
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	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	2	2		
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2		
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	2	2		
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2		
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2		
Limi	ts on Screen-Time (n = 4)				
		2010	2020		
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:				

#### Rating Code:

Regulation fully meets standard
Regulation partially meets standard
Regulation partially meets standard
Regulation partially meets standard
Regulation partially meets standard
Regulation contradicts the standard
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)				
	stfeeding Support	2010	2020		
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2010	3		
	It Feeding Practices				
	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		
	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		
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3		
_	Serve no fruit juice to children younger than 12 months of age	2	4		
	ition (n = 21)				
	ition Standards	2010	2020		
	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				
NA4	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		
Heal	hy 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		
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	3	3		
	child; Teach children who require limited portions about portion size and monitor their portions				
_	Do not force or bribe children to eat	3	3		
	Do not use food as a reward or punishment	4	4		
Phys	ical Activity (n = 11)				
		2010	2020		
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	3	3		
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	2	3		
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	2	2		
	day—indoor or outdoor  Figures that infrats have supposited tummy time event day when they are awake				
	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	2		
	ts on Screen-Time (n = 4)	3	2		
	ts on screen-time (ii = 4)	2010	2020		
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:				

#### Rating Code:

4 Regulation fully meets standard Nevada Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2018 (CTR, LRG, SML)

3 Regulation partially meets standard 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.

4 Regulation does not address standard Regulation contradicts the standard State does not regulate care type

## **NEW HAMPSHIRE 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				
Неа	thy Infant Feeding (n = 11)				
	stfeeding Support	2010	2020		
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3		
Infar	t 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		
Nuti	ition (n = 21)				
Nutr	ition Standards	2010	2020		
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		
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	3	3		
	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		
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		
Healt	hy 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	2	3		
	child; Teach children who require limited portions about portion size and monitor their portions	2	3		
_	Do not force or bribe children to eat	3	3		
	Do not use food as a reward or punishment	3	4		
Phys	ical Activity (n = 11)				
		2010	2020		
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	3	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		
РС3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	3		
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	2	3		
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2		
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	4		
Limi	ts on Screen-Time (n = 4)				
		2010	2020		
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:				

#### Rating Code:

4 Regulation fully meets standard New Hampshire Regulation Rating History: 2010 (CTR, LRG, SML); 2017 (CTR, LRG, SML)

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

9 State does not regulate care type

#### **NEW JERSEY At A Glance:**

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

	Ithy Infant Feeding (n = 11)		
	stfeeding Support	2010	2020
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2010	2
	nt Feeding Practices	2	
	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
	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	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	2	2
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
_	Serve no fruit juice to children younger than 12 months of age	2	2
	ition (n = 21)	2	2
	ition Standards	2010	2020
	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  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	2	2
NA4	those who are at risk for hypercholesterolemia or obesity	2	2
NΔ5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2
	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
_	Serve fruits of several varieties, especially whole fruits	2	2
_	Use only 100% juice with no added sweeteners	2	2
	Offer juice (100%) only during meal times	2	2
		2	
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		2
_	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
	Make water available both inside and outside	4	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	hy Mealtime Practices	_	_
	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 the individual	3	3
NILI1	child; Teach children who require limited portions about portion size and monitor their portions  Do not force or bribe children to eat	3	3
_	Do not use food as a reward or punishment	3	3
	ical Activity (n = 11)	3	3
FIIIys	ical Activity (ii = 11)	2010	2020
DA1	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	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	3
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
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	2	2
	day—indoor or outdoor		
	Ensure that infants have supervised tummy time every day when they are awake	2	4
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
-1111	ts on Screen-Time (n = 4)	2010	2020
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	2
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
_	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
PD4			

#### Rating Code:

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

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)

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

Healthy Infant Fooding (n = 11)				
Healthy Infant Feeding (n = 11)				
Breastfeeding Support	2010	2020		
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		
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	2020		
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 NA4	3	3		
those who are at risk for hypercholesterolemia or obesity				
NAS 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		_		
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	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	4	4		
NF2   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		
NH2 Do not use food as a reward or punishment	3	3		
Physical Activity (n = 11)	3	3		
in please they (ii—11)	2010	2020		
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	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 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	2020		
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	4		
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		
		2		
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time	2			

#### 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 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

	thy Infant Feeding (n = 11)		
	stfeeding Support	2010	2020
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
	It 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
	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
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
	Serve no fruit juice to children younger than 12 months of age	2	2
	ition (n = 21)		
	ition Standards	2010	2020
	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		
NA4	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
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
Healt	hy 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	4	4
	child; Teach children who require limited portions about portion size and monitor their portions		
	Do not force or bribe children to eat	3	4
	Do not use food as a reward or punishment	3	4
Pnys	ical Activity (n = 11)	2010	2020
244		2010	2020
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	3
	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
	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	3	3
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	3
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	3
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	2	2
DF1	day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake	2	3
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
	ts on Screen-Time (n = 4)	3	3
		2010	2020
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	4
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4
	Rating Code:		

#### Rating Code:

Regulation fully meets standard
Regulation partially 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

	thy Infant Feeding (n = 11)		
		2010	2020
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2010 4	2020 4
	t Feeding Practices	4	4
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
	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	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
	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
	ition (n = 21)		
	ition Standards	2010	2020
NA1	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
	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		
NA4	those who are at risk for hypercholesterolemia or obesity	2	3
	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
_	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	2	4
	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
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	hy Mealtime Practices	1	
	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	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 the individual	4	4
NF2	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
	Do not use food as a reward or punishment	3	4
	ical Activity (n = 11)		
		2010	2020
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
	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	3	3
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
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	2	2
	day—indoor or outdoor		
	Ensure that infants have supervised tummy time every day when they are awake	4	4
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
LIM	ts on Screen-Time (n = 4)	2010	2020
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4	4
	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	2	2
	Rating Code:		

4	Regulation fully meets 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); 2018
3	Regulation partially meets standard	SML)
2	Regulation does not address standard	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
1	Regulation contradicts the standard	documents also were rated for CACFP changes.
n	State does not regulate care type	

#### **NORTH DAKOTA At A Glance:**

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

	lthy Infant Feeding (n = 11)		
	astfeeding Support	2010	2020
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
	nt Feeding Practices	3	3
	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		2	2
		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
	Introduce age-appropriate solid roots no sooner than 4 months of age, and preferably around six months  Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
IC3	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	4	4
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
	Serve no fruit juice to children younger than 12 months of age	2	2
	rition (n = 21)	2	2
	rition Standards	2010	2020
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2010	2020
NA2		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%) pasteurized milk to	2	2
NA4	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
	Serve whole grain breads, cereals, and pastas	2	2
NB2		2	2
	Serve fruits of several varieties, especially whole fruits	2	2
	Use only 100% juice with no added sweeteners	2	2
	Offer juice (100%) only during meal times	2	2
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
	Make water available both inside and outside	2	2
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	thy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	3
NE2		2	2
	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 needs of the individual		
NF2	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
Phys	sical Activity (n = 11)		
		2010	2020
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	3
PA4		2	4
	Do not withhold active play from children who misbehave	3	4
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	4
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	4
	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		
	Trovide daily for all alliances, billar to six years, two or more structured or carefivery teacher, additional and promote movement over the course or the	2	2
PD1	day—indoor or outdoor		
PE1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	2
PE1 PE2	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		2
PE1 PE2	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2 2	3
PE1 PE2 Limi	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)	2 2 2 2010	2020
PE1 PE2 Limi	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	2 2 2010 2	3 2020 2
PE1 PE2 Limi PB1 PB2	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	2 2 2010 2 2	2020 2 2
PE1 PE2 Limi PB1 PB2 PB3	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	2 2 2010 2	3 2020 2

#### Rating Code:

Regulation fully meets standard
Regulation partially meets standard
Regulation partially meets standard
Regulation obes not address standard
Regulation contradicts the standard
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

	thy Infant Feeding (n = 11)		
	stfeeding Support	2010	2020
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
	t Feeding Practices	3	
	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
	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
		3	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months  Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID1			
_	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	2
	Serve no fruit juice to children younger than 12 months of age	1	2
	ition (n = 21)	2010	2020
	ition Standards	2010	2020
	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  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	3	2
NA4	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
	Serve whole grain breads, cereals, and pastas	4	2
		3	3
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas  Serve fruits of several varieties, especially whole fruits	3	3
_		4	3
	Use only 100% juice with no added sweeteners		
-	Offer juice (100%) only during meal times	2	2
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	2
_	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	2
	Make water available both inside and outside	4	4
_	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	2
	hy Mealtime Practices		
	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 needs of the individual	3	2
	child; Teach children who require limited portions about portion size and monitor their portions	2	-
_	Do not force or bribe children to eat	2	2
	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)	2012	2022
D::	Bur Markellan - Markellan - Calabar Markellan - Landa	2010	2020
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	3	3
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	2
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2
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	2	2
	day—indoor or outdoor		
	Ensure that infants have supervised tummy time every day when they are awake	2	4
_	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
-1111	ts on Screen-Time (n = 4)	2010	2020
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
_	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4

#### Rating Code:

4 Regulation fully meets standard Ohio Regulation Rating History: 2010 (CTR, LRG, SML); 2012\*(CTR, LRG, SML); 2016 (CTR, LRG, SML)

8 Regulation partially meets standard 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.

9 Regulation contradicts the standard State does not regulate care type

#### **OKLAHOMA At A Glance:**

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

	Ithy Infant Feeding (n = 11)		
	stfeeding Support	2010	2020
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2010	3
	nt Feeding Practices		
	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
	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
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3
_	Serve no fruit juice to children younger than 12 months of age	2	4
	rition (n = 21)		
	ition Standards	2010	2020
	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		
NA4	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
	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
	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
_	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
	hy 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 caloric needs of the individual	3	1
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	1
NH1	Do not force or bribe children to eat	3	3
NH2	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)		
		2010	2020
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	4	2
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	2
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
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	2	2
	day—indoor or outdoor		
	Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)	3	3
-1111	ts on screen-time (n = 4)	2010	2020
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	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:		· ·

#### Rating Code:

4 Regulation fully meets standard Oklahoma Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR); 2017 (CTR, LRG, SML)

8 Regulation partially meets standard 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.

9 Regulation contradicts the standard State does not regulate care type

#### **OREGON At A Glance:**

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

Hea	Ithy Infant Feeding (n = 11)		
		2010	2020
	stfeeding Support  Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	<b>2010</b>	<b>2020</b>
	t Feeding Practices	3	3
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
	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	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
	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
	ition (n = 21)		
Nutr	ition Standards	2010	2020
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%) pasteurized milk to	2	3
	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
	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
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
_	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  Make water available both inside and outside	2	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
_	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	hy Mealtime Practices		3
	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 the individual		
NF2	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
Phys	ical Activity (n = 11)		
		2010	2020
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
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	2
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2
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	2	2
	Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
Lim	ts on Screen-Time (n = 4)		
		2010	2020
-	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  Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
FD4	PO HOL GUILZE 1 4, 410CO, OF DAD ALEMING MINING HIGH OF SHOCK MINE		

#### Rating Code:

4 Regulation fully meets standard Oregon Regulation Rating History: 2010 (CTR, LRG, SML); 2012\* (CTR, LRG, SML); 2017\* (SML)

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

9 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.

8 State does not regulate care type

#### **PENNSYLVANIA At A Glance:**

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

	Ithy Infant Feeding (n = 11)		
	stfeeding Support	2010	2020
_	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2010	3
	nt Feeding Practices	2	
	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
		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
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
_	Serve no fruit juice to children younger than 12 months of age	2	2
	rition (n = 21)	_	
Nutr	ition Standards	2010	2020
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2		3	3
NA3		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		
NA4	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
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
Heal	thy 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	3	3
NUIA	child; Teach children who require limited portions about portion size and monitor their portions	2	2
	Do not force or bribe children to eat  Do not use food as a reward or punishment	2	2
	ical Activity (n = 11)	2	2
AIIV.	sical Activity (ii = 11)	2010	2020
ΡΔ1	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
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	2
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2
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	2	2
	day—indoor or outdoor		
	Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)	2	2
-1111	ts on screen time (ii = 4)	2010	2020
DR 1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010	2020
_	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	1		

#### 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

#### **RHODE ISLAND At A Glance:**

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

	Ithy Infant Feeding (n = 11)		
		2010	2020
	stfeeding Support	2010	2020
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site at Feeding Practices	3	3
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
	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
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
-	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	3
	ition (n = 21)		
	ition Standards	2010	2020
	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
	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		
NA4	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
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	hy 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	3	3
	child; Teach children who require limited portions about portion size and monitor their portions		
	Do not force or bribe children to eat	2	2
	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)	2040	2020
Da.	Describe shildness with a describe access for both incide and a staids when	2010	2020
	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
	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
-	Do not withhold active play from children who misbehave	4	4
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
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	2	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
	ts on Screen-Time (n = 4)		
		2010	2020
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	2	2
	Pating Code:		

#### Rating Code:

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

#### **SOUTH CAROLINA At A Glance:**

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

	thy Infant Feeding (n = 11)		
		2010	2020
	stfeeding Support  Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	<b>2010</b>	<b>2020</b>
	t Feeding Practices	2	
_	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
	Feed infants on cue	2	2
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
_	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
	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
Nuti	ition (n = 21)		
Nutr	ition Standards	2010	2020
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	2	2
	those who are at risk for hypercholesterolemia or obesity		
	Serve skim or 1% pasteurized milk to children two years of age and older	2	2
	Serve whole grain breads, cereals, and pastas	2	2
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
	Serve fruits of several varieties, especially whole fruits	2	2
_	Use only 100% juice with no added sweeteners	2	2
	Offer juice (100%) only during meal times	2	2
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  Make water available both inside and outside	2	2
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	hy Mealtime Practices	2	
	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	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 the individual		
NF2	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
NH2	Do not use food as a reward or punishment	2	2
Phys	ical Activity (n = 11)		
		2010	2020
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
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	2
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
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	2	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
Limi	ts on Screen-Time (n = 4)		
		2010	2020
	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:		

#### Rating Code:

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

	ithy Infant Feeding (n = 11)		
	stfeeding Support	2010	2020
_	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
	nt 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	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
	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
_	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
	Serve no fruit juice to children younger than 12 months of age	2	2
	rition (n = 21)		
	ition Standards	2010	2020
	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	2	2
	those who are at risk for hypercholesterolemia or obesity		
	Serve skim or 1% pasteurized milk to children two years of age and older	2	2
	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
_	Serve fruits of several varieties, especially whole fruits	2	2
	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
Heal	hy 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 the individual	_	_
NF2	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
Phys	ical Activity (n = 11)		
		2010	2020
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
РΔЗ	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
_	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 PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2
143	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	2	2
PD1	day—indoor or outdoor	2	2
PF1	Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
	ts on Screen-Time (n = 4)		
	to on selection time (ii =4)	2010	2020
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
	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		

#### Rating Code:

South Dakota Regulation Rating History: 2010 (CTR, LRG, SML) 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

#### **TENNESSEE At A Glance:**

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

A   Concursion and support   A   Concursion and support   A   A   A   A   A   A   A   A   A		thy Infant Feeding (n = 11)		
Mail   Security   Contained			2010	2020
Institution   Comment		<b>V</b> 11		
AB   Sear   Infants formals to at least age 2.2 months, not con scee   1.2 months, not con sceen   1.2 months, not consider   1				
Miss			2	1
180   Done fleet infinitis beyond stelling. Allow infinit to stop the feeding.   2   3   3   3   3   3   3   3   3   3				
19.   10.				
Inc.   Develop plant for introducing age-apprepriate solid foods in consultation with child's parently gaudina and primary care provider   2				
Company   Comp				
1.00				
10.1   Do not feed an infant formula mised with creal, Intil pice or other foods without primary care provider's written instruction   2   3   3   3   3   3   3   3   3   3				
10.2   13.0				
103   Serve monitar jace to children younger than 12 months of age   103   1				
Note	_			
No.			2	4
NAI   Int   als by choosing monounsaturated and polyunsaturated fast and avoiding trans fats, saturated fast and fried foods   Serve ments and/br beans: without, finish term fast and avoiding trans fats, saturated fast and fried foods   Serve ments and/br beans: without, finish term fast and avoiding trans fats, saturated fast and fried foods   Serve without prosterities equivalent products (rygar, cottage chees) using lour fast varieties for 2 years of age and older   Serve without prosterities of the production for control in control in control man milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to 1 a 3   Serve since is pasteurized milk to children bow years of age and older   Serve without production are at this for typectholesteroclema or obesity.   Serve since is \$1 pasteurized milk to children bow years of age and older   Serve without print be children for years of age and older   3 a 3 a 3 a 3 a 3 a 3 a 3 a 3 a 3 a 3			2010	2020
NAZ         Sever meats and/or beans - chicken, fish, kean meat, and/or legumes (such as dried peas, beans), avoiding fried meats         3 <td></td> <td></td> <td></td> <td></td>				
Nat   Serve where milk equivalent products (vigout, cottage cheese) using low-fat varieties for 2 years of age and older   Serve whole pateutised milk to the who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteutized milk to   2				
NA         Extra whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fal (2%) pasteurized milk to the block who are at risk for hyperchelesteroletism occleants (3 a 3 a)         3. <td></td> <td></td> <td></td> <td></td>				
NAM         NAMe was at a clink for hypercholest cendenia or obesity         2         3           NAM         Serve skinn or 15 postaturized milt to children to vyears of age and older         2         4           NBI         Serve whole grain breads, cereals, and pastas         3         3           NBI         Serve verbel pashes, cereals, and pastas         3         3           NBI         Serve verbel pashes, cereals, and pastas         3         3           NBI         Serve verbel pashes, cereals, and pastas         3         3           NBI         Serve verbel pashes, cereals, and pastas         3         3           NBI         Serve remover bena for the cereal varieties, especially whole fruits         4         4           NBI         Serve remover bena for the cereal varieties, especially whole fruits for many remover than 4 to 6 or juice/day for children 1-6 years of age         3         4           NBI         Serve no more than 4 to 6 or juice/day for children 1-6 years of age         3         4           NBI         Jave was more than 4 to 6 or juice/day for children 1-6 years of age         3         4           NBI         Line third the yave office store of the store of the children 1-6 years of age         3         4           NBI         Line third yave office store of the stor	IVAS		1	3
NAS   Serve whole grain breads, creals, and pasts	NA4		2	3
NBI 3         Serve whole grain breads, cereals, and pastas         3         3           NBI 2         Serve vergatebles, sportfulls, of skif green, orange, deep yellow vegetables; and root vegetables, such as potatoes and vinadas         3         3           NBI 3         Serve fruits of several varieties, especially whole fruits         4         4         4           VICU 3         Objective with no added sweeteners         4 <t< td=""><td>NA5</td><td></td><td>2</td><td>4</td></t<>	NA5		2	4
NB2   Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas   3   3   3   3   3   3   3   3   3				
NB3   Sever furtils of several varieties, especially whole fruits         3         3           NC2   Use only 100% juice with no added sweeteners         4			3	3
NCL	_			
NCZ   Offer juice (100%) only during meal times   3   4   NC3   Serve no more than 4 to 6 oz juice/day for children 1-6 years of age   3   4   NC3   Serve no more than 6 to 1 oz juice/day for children 7-12 years of age   3   4   NC3   Serve no more than 6 to 1 oz juice/day for children 7-12 years of age   3   4   NC3   Serve no more than 6 to 1 oz juice/day for children 7-12 years of age   3   4   NC3   Serve no more than 6 to 1 oz juice/day for children 7-12 years of age   3   4   NC3   Serve no more than 6 to 1 oz juice/day for children 7-12 years of age   3   4   NC3   Serve no more than 6 to 1 oz juice/day for children 7-12 years of age   3   4   NC3   Serve no more than 6 to 1 oz juice/day for children 7-12 years of age   3   4   NC3   Serve no more than 6 to 5   2   2   NC3   Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   3   3   NC4   Serve no more than 6 to 5   2   2   NC5   Serve small step for step	_			
NC3   Serve no more than 4 to 6 oz julce/day for children 1-6 years of age			2	4
NCG   Aver no more than 8 to 12 or juice/day for children 7-12 years of age   3   4   NDI   Make water available both inside and outside   3   2   NDI   Common   3   3   4   NDI   Make water available both inside and outside   3   2   NDI   Common   3   3   3   ND				4
NDI   Make water available both inside and outside   3   4     NOI   Ulint salt by avoiding salty foods such as chips and pretzels   3   3   3     NOI   Ulint salt by avoiding salty foods such as chips and pretzels   3   3   3     NOI   Ulint salt by avoiding salty foods such as chips and pretzels   3   3   3     NOI   White salt by avoiding salty foods such as chips and pretzels   3   3   3     NOI   White salt by avoiding salty foods such as chips and pretzels   3   3   3     NOI   White salt by avoiding salty foods such as chips and pretzels   3   3   3     NOI   White salt by avoiding salty foods such as chips and pretzels   3   3   3     NOI   White salt by avoiding salty foods such as chips and pretzels   3   3   3     NOI   White salt by avoiding salty foods such as chips and such salt salt salt salt salt salt salt salt				4
MG	_			4
NG2   Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   Net				
Healthy Mealtime Practices  NET   Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  2 2 2  2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	_		3	3
NEZ         Require adults eating meals with children to eat items that meet nutrition standards         2         2           NET         Serve small-sized, age-appropriate portions         4         4           NEZ         Permits 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 in				
NEZ         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 ind	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NF1   Serve small-sized, age-appropriate portions   4   4   4   4   4   4   4   4   4			2	2
Nerrit 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 (1)d; Teach children who require limited portions about portion size and monitor their portions (1)d; Teach children who require limited portions about portion size and monitor their portions (1)d; Teach children who require limited portions about portion size and monitor their portions (1)d; Teach children with a cerus as a reward or punishment (1)d; Teach children with a cerus as a reward or punishment (1)d; Teach children with a cerus are reward or punishment (1)d; Teach children with a cerus are reward or punishment (1)d; Teach children with a dequate space for both inside and outside play (1)d (1)d (1)d (1)d (1)d (1)d (1)d (1)d	NF1		4	4
httl Do not use food as a reward or punishment 3 3 3 3 NH2 Do not use food as a reward or punishment 3 3 4 Physical Activity (n = 11)  The provide children with adequate space for both inside and outside play 2 2 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2			2	
NH2 Do not use food as a reward or punishment  NH2 Drovide children with adequate space for both inside and outside play  PA2 Provide children with adequate space for both inside and outside play  PA3 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's active play, and participate in active games at times when they can safely do so  PA6 Require caregivers/teachers to promote children's active play and participate in active games at times when they can safely do so  PA6 Require caregivers/teachers to promote children's active play and participate in active games at times when they can safely do so  PA6 Require caregivers/teachers to promote children's active play and participate in active games at times when they can safely do so  PA6 Require caregivers/teachers to promote children's active play and participate in active games at times when they can safely do so  PA7 Low twithhold active play from children who misbehave  PA7 Low twithhold active play from children who misbehave  PA8 Low twithhold active play from children's active play and participate in active games at times when they can safely do so  PA7 Low twithhold active play from children who misbehave  PA7 Low twithhold active play from children who misbehave  PA8 Low twithhold active play from children who misbehave  PA9 Low twithhold active play from children's active play and activity games at times when they can safely do so  PA9 Low twithhold active play from children's active play acti	NFZ	child; Teach children who require limited portions about portion size and monitor their portions	3	3
Physical Activity (n = 11)           PA1         Provide children with adequate space for both inside and outside play         2010         2020           PA2         Provide children with adequate space for both inside and outside play         3         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         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           C1         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         2         4           PC1         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         2         4           PC2         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         2         4           PC1         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/	NH1	Do not force or bribe children to eat	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 PA3 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 PA6 PA7 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PA7 Allow preschoolers 90-120 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 PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA8 Allow preschoolers 90-120 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 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA8 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA8 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA8 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activi	NH2	Do not use food as a reward or punishment	3	4
PAI 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  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC9 Allow 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  PC3 Limits on Screen-Time (n = 4)  PC4 Limits media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PC5 Limit total media time for children 2 years and older to not more than 30 min. weekly  PC6 Limit total media with children age two years and older only for educational purposes or physical activity  PC7 Limits total media with children age two years and older only for educational purposes or physical activity	Phys	ical Activity (n = 11)		
PAZ Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity and be removal of potential barriers to physical activity participation 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2			2010	2020
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation 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 2 2 PC5 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting 3 3 3 PC6 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 2 4 PC7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 2 4 PC8 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 2 4 PC9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 2 4 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 course of the day—indoor or outdoor 2 3 3 PC9 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 2 4 PC9 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 2 4 PC9 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 3 4 PC9 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 3 4 PC9 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 3 4 PC9 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 3 4 PC9 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 3 4 PC9 Use infant equipment such as swings, stationary	PA1	Provide children with adequate space for both inside and outside play	3	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  PC6 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  PC6 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC8 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  PC7 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all time to supple 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 time to supple that infants have supervised tummy time every day when they are awake  PC9 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all time to supple that infants have supervised tummy time every day when they are awake  PC9 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all time to supple that infants have supervised tummy time every day when they are awake  PC9 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all time to supple that infants have supervised tummy time every day when they are awake  PC9 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	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
PA5 Do not withhold active play from children who misbehave 2 2 2 PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting 3 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 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 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 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 3 3 4 PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly 3 3 3 PB3 Use screen media with children age two years and older only for educational purposes or physical activity 3 3 4	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	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         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       2       3         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       4         Limits on Screen-Time (n = 4)       2010       2020         PB1       Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years       3       4         PB2       Limit total media time for children 2 years and older to not more than 30 min. weekly       3       3       3         PB3       Use screen media with children age two years and older only for educational purposes or physical activity       3       4	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
PCZ       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         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       2       3         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       4         Limits on Screen-Time (n = 4)       2010       2020         PB1       Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years       3       4         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       3       4	PA5	Do not withhold active play from children who misbehave	2	2
PCZ       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         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       2       3         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       4         Limits on Screen-Time (n = 4)       2010       2020         PB1       Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years       3       4         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       3       4	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PDI day—indoor or outdoor 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 14 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 3 4	PC2		2	4
PD1 day—indoor or outdoor  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  PB3 Use screen media with children age two years and older only for educational purposes or physical activity  3 4	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	4
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   4     Limits on Screen-Time (n = 4)	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	2	3
PE2     Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all     2     4       Limits on Screen-Time (n = 4)     2010     2020       PB1     Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years     3     4       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     3     4				
Limits on Screen-Time (n = 4)       Z010     2020       PB1     Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years     3     4       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     3     4				
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years     3     4       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     3     4			2	4
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     3     4	-1111	ts on screen-Time (n = 4)	2010	2020
PB3 Use screen media with children age two years and older only for educational purposes or physical activity  3 4	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	4
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly		3
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time	PB3	Use screen media with children age two years and older only for educational purposes or physical activity		
Rating Code:	PB4		2	4

#### 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

#### **TEXAS At A Glance:**

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

	Ithy Infant Feeding (n = 11)		
		2010	2020
	stfeeding Support	2010	2020
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site  1t Feeding Practices	2	4
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1		3	3
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
	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
-	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
_	Serve no fruit juice to children younger than 12 months of age	2	4
	rition (n = 21)	_	
	ition Standards	2010	2020
	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
_	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		
NA4	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	4
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	3	3
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	2	3
Heal	thy 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	3	3
	child; Teach children who require limited portions about portion size and monitor their portions		
	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	4	4
Phys	ical Activity (n = 11)		
		2010	2020
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
PA4		2	2
PA5	Do not withhold active play from children who misbehave	4	4
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	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
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	2	2
	day—indoor or outdoor		
	Ensure that infants have supervised tummy time every day when they are awake	4	4
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
-1111	ts on Screen-Time (n = 4)	2010	2020
DD 1	Do not utilize media (television [TV] video, and DVD) viewing and computers with children vounger than 2 years		
	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	3	3
		2	2
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
DD A	Do not utilize TV, video, or DVD viewing during meal or snack time		

#### Rating Code:

4 Regulation fully meets standard Texas Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2014 (CTR, LRG, SML)

Regulation partially meets standard 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.

Regulation contradicts the standard

State does not regulate care type

#### **UTAH At A Glance:**

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

	thy Infant Feeding (n = 11)		
	stfeeding Support	2010	2020
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2010	3
	It Feeding Practices		
	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
	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
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3
_	Serve no fruit juice to children younger than 12 months of age	2	4
	ition (n = 21)	_	
	ition Standards	2010	2020
	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		
NA4	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	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
Heal	hy 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 the individual	2	3
	child; Teach children who require limited portions about portion size and monitor their portions		
	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	3	3
Pnys	ical Activity (n = 11)	2010	2020
DA1	Provide children with adequate space for both inside and outside play	2010	<b>2020</b>
		2	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	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
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	2	2
	day—indoor or outdoor  Figures that infrats have supposited tummy time event day when they are awake		
	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	2	3
	ts on Screen-Time (n = 4)	2	3
-1111	S on Scientific (ir = 4)	2010	2020
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	3
_	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		

#### Rating Code:

4	Regulation fully meets standard	Utah Regulation Rating History: 2010 (CTR, LRG, SML); 2012*(CTR, LRG); 2017 (CTR, LRG, SML)
3	Regulation partially meets standard	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
2	Regulation does not address standard	documents also were rated for CACFP changes.
1	Regulation contradicts the standard	
0	State does not regulate care type	

#### **VERMONT At A Glance:**

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

	thy Infant Feeding (n = 11)		
	stfeeding Support	2010	2020
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4
	t Feeding Practices	4	4
	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	4	4
IB2	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
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
		2	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months  Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	4
ID1			
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3
	Serve no fruit juice to children younger than 12 months of age	2	4
	ition (n = 21)	2040	2020
	ition Standards	2010	2020
	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%) pasteurized milk to	2	3
NAF	those who are at risk for hypercholesterolemia or obesity  Some skipper 10's postavijised milk to abilden two years of are and alder.	2	4
	Serve skim or 1% pasteurized milk to children two years of age and older	2	3
	Serve whole grain breads, cereals, and pastas		
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3
	Serve fruits of several varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	2	4
	Offer juice (100%) only during meal times	2	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4
	Make water available both inside and outside	3	4
	Limit salt by avoiding salty foods such as chips and pretzels	4	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3
	hy Mealtime Practices	1	
	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 the individual	2	3
	child; Teach children who require limited portions about portion size and monitor their portions	2	_
	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)	2040	2020
		2010	2020
PA1	Provide children with adequate space for both inside and outside play	3	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	4	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	2	4
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	3
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	2	2
	day—indoor or outdoor		
	Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)	2	3
-1111	ts on screen-time (n = 4)	2010	2020
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	4
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	4	3
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		

#### Rating Code:

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

Regulation partially meets standard 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.

Regulation contradicts the standard State does not regulate care type

#### **VIRGINIA At A Glance:**

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

Institute		Ithy Infant Feeding (n = 11)		
Main   Institute   Main   Ma			2010	2020
Inflict    Feeding Practices		V		
ABA   1   1   1   1   1   1   1   1   1			3	
Mile   Section			1	1
182   Income frost infinitions beyond staffley. Allow unfant to stop the freeding. In the caregiver/hearber's arms or siting, up on the typ   3   3   3   3   3   3   3   3   3				
19.1				
Company   Comp				
ICC Introduce age-appropriate sold foods in a sooner than 4 months of age and perferably around is months of age in the control of the perfect				
Commonweight   Comm				
100   Door treed an infant, formula mixed with creat, initiplize or other foods without primary care provider's written instruction   1   3   3   3   3   3   3   3   3   3				
102   Serve whole finals, mashed or gureenf, for infinits? 7 months or ga year of age   1   3   3   4				
103   Seven furth jutor to children younger than 12 months of age   Nutrition   Standards   Nutrition   Nutritio				
Nutrition Standards  12 0 200  12 0 200  13 0 200  13 0 200  13 0 200  14 0 200  15 0	_			
Nutrition   Standards				
NAL Lind cills by choosing monounsaturated and ophymusaturated fats and avaiding trans ofts, suburated fats and freed finods  NS Serve ments and/or bears - Chicker, fish, learn ment and/or figures (such as dided pears, because), avaiding free ments  Serve whole praise quieted misk control or the properties of the pro			2010	2020
NZ Sever meats and/or beans - chicken, fish, lean meat, and/or legemes (such as dried peas, beams), avoiding fried meats  AS Sever other intelligent with the chicken of th				
NA3 Serve withor milk equivalent products (regard, cottage cheese) using box-fat varieties for 2 years of age and older Serve white pateutisch milk to twelve to twenty-for unmorth old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteutized milk to 4 4 4 4 81.5 Serve without part in the children two years of age and older 81.5 Serve without part in the children two years of age and older 81.5 Serve without grain breads, cereals, and pastas 81.5 Serve without grain breads serve with an addeds weeterners 81.5 Serve without grain breads serve with an addeds weeterners 81.5 Serve without grain breads serve with an added sweeterners 81.5 Serve without grain the added sweeterners 81.5 Serve without grain the added sweeterners 81.5 Serve without grain the added sweeterners 81.5 Serve without and the serve grain and prescribe 81.5 Serve without and the serve grain and prescribe 81.5 Serve without and the serve grain and prescribe 81.5 Serve without and the serve grain and prescribe 81.5 Serve without grain the serve grain and prescribe serve grain grain and prescribe serve grain and prescribe serve grain and grain g				
NAS Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fal (2%) pasteurized milk to those who are at risk for hyperchelesterolemia or obesity  NAS Serve skinn or 1% pasteurized milk to children two years of age and older  All 4 4 8 NAS Serve skinn or 1% pasteurized milk to children two years of age and older  NAS Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas  NAS Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas  NAS Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas  NAS Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas  NAS Serve vegetables, specifically, dark green, orange, deep yellow regetables; and root vegetables, specifically, dark green, orange, deep yellow regetables; and root vegetables, specifically, dark green, orange, deep yellow regetables; and root vegetables, specifically, dark green, orange, deep yellow regetables; and root vegetables, specifically, dark green or more than 8 to 2 to globally dark green, and specifically, dark green or more than 8 to 2 to globally dark green or more than 8 to 2 to globally dark green or more than 8 to 2 to globally dark green or more than 8 to 12 or globally dark green or dark green or more than 8 to 12 or globally dark green or more than 8 to 12 or globally dark green or green than 8 to 12 or globally dark green or green than 8 to 12 or globally dark green or green or green than 8 to 12 or globally dark green or green than 8 to 12 or globally dark green or green or green dark green or green or green than 8 to 12 or globally dark green or green or green dark green or green than 8 to 12 or globally green or green or green dark green or green dark green or green dark green or				
Name with a max at risk for hypercholesterollenia or obesity         4         4           Name with Same at risk for hypercholesterollenia or obesity         4         4           Name Same with milk to childer no wyears of age and older         4         4           Name Same with grain broads, cereals, and pasts         3         3           Name Same with the same with same with same with the same with	INAS		3	3
NAS   Serve skilm or 1% pasteurized milk to children two years of age and older	NA4		4	4
NBI   Serve whole grain breads, cereals, and pastas   3   3   3   3   3   3   3   3   3	NA5		4	4
NB2   Serve regetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables; such as potatoes and visindas   3   3   3   3   3   3   3   3   3				
NB3         3         3         3         3         3         3         3         4			3	3
NCI   Use only 100% juice with no added sweeteners	_			
NCZ   Serve no more than 4 to 6 oz juice/day for children 1-6 years of age   3	_			
NC3   Serve no more than 4 to 6 or juice/day for children 1-6 years of age				
NCA   Serve no more than 8 to 12 or julce/day for children 7-12 years of age				
NDI   Make water available both inside and outside   4   4   NOI   Limit sait by avoiding salty foods such as chips and pretzels   2   2   2   2   2   2   3   3   3   3				
Imits alt by avoiding salty foods such as chips and pretzels   1   3   3   3   3   3   3   3   3   3	_			
NGC   Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   1   3   1   1   1   1   1   1   1   1				
Healthy Mealtime Practices  NEI Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	_			
NEI Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  2 2 2  NEI Require adults eating meals with children to eat items that meet nutrition standards  2 2 2  NEI Serve small-sized, age-appropriate portions  4 4 4  4 4  NEI Serve small-sized, age-appropriate portions  NEI 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 children who require limited portions about portion size and monitor their portions  NII Do not force or brithe children to eat  NII Do not to record or brithe children to eat  NII Do not use food as a reward or punishment  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  PRAI Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  2 2  PRAI Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  2 2  PRAI Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  2 2  PRAI Require caregivers/teachers to promote children who misbehave  A 4  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PROI Provide daily for all children, birth to 6 year			_	
NEZ       Require adults eating meals with children to eat items that meet nutrition standards       2       2         NET       Serve small-sized, age-appropriate portions       4       4         NEZ       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 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 children to the children who require limited portions about portion size and monitor their portions         NHI       Do not force or bribe children who require limited portions about portion size and monitor their portions       3       3         NHI       Do not force or bribe children who require limited portions about portion size and monitor their portions       3       3         NHI       Do not such search or purple with a dequate space for both inside and outside play       2       20 <t< td=""><td></td><td></td><td>2</td><td>2</td></t<>			2	2
NF1   Serve small-sized, age-appropriate portions   4   4   4   4   4   4   4   4   4				
NF2   NF2   Continue 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 continue 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 continue 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 continue 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 continue to have one or more additional servings of the nutritious for continue to the continue to the first of the firs				
child; Teach children who require limited portions about portion size and monitor their portions  NHL Do not use food as a reward or punishment  NHL Do not use food as a reward or punishment  NHL Do not use food as a reward or punishment  NHL Do not use food as a reward or punishment  NHL Do not use food as a reward or punishment  NHL Do not use food as a reward or punishment  NHL Do not use food as a reward or punishment  NHL DO not use food as a reward or punishment  NHL DO not use food as a reward or punishment  NHL DO not use food as a reward or punishment  NHL DO not use food as a reward or punishment  NHL DO not use food as a reward or punishment  NHL DO not use food as a reward or punishment  NHL DO not use food as a reward or punishment  NHL DO not use food as a reward or punishment  NHL DO not use food as a reward or punishment  NHL DO not use food as a reward or punishment  NHL DO not use food as a reward or punishment  NHL DO not use food as a reward or punishment  NHL DO not use food as a reward or punishment  NHL DO not use food as a reward or punishment  NHL DO not use food as a reward or punishment  NHL DO not use food as a reward or punishment  NHL DO not use food as a reward or punishment  NHL DO not use food as a reward or punishment  NHL DO not utilize media with children age two years and older only for educational purposes or physical activity  NHL DO not utilize media with children age two years and older only for educational purposes or physical activity  NHL DO not utilize media with children age two years and older only for educational purposes or physical activity  NHL DO not utilize media with children age two years and older only for educational purposes or physical activity  NHL DO not utilize media with children age two years and older on nore than 30 min. weekly				
NH2 Do not use food as a reward or punishment 3  Physical Activity (n = 11)  PA2 Provide children with adequate space for both inside and outside play 4 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 2  PA5 Do not withhold active play from 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'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 4 4 4  PC2 Allow toddle fors 60-90 minutes per 8-hour day for moderate to vigorous physical activity 3 3 3  PA5 Allow toddle fors 60-90 minutes per 8-hour day for moderate to vigorous physical activity 3 3 3  PA6 Sa Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 3 3  PA6 Sa 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 and 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 course of the day for indoor or indiffers because 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 course of the day 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 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 for all childr	NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3
Physical Activity (n = 11)  PAI Provide children with adequate space for both inside and outside play 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	NH1	Do not force or bribe children to eat	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  PA3 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  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  PA6 Value to deally 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  PA6 Allow preschoolers 90-120 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  PA7 Allow preschoolers 90-120 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  PA7 Allow preschoolers 90-120 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  PA7 Allow preschoolers 90-120 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  PA7 Allow preschoolers 90-120 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  PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PA8 Allow preschoolers 90-120 minutes per	NH2	Do not use food as a reward or punishment	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  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  PA6 PC1 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 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  PA7 Allow preschoolers 90-120 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  PA7 Allow preschoolers 90-120 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 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PA8 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PA8 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PA8 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PA8 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PA8 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PA9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physic	Phys	ical Activity (n = 11)		
PAZ 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 PAA Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation 2 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 2 PAS Do not withhold active play from children who misbehave 4 4 4 PC2 Allow toddlers fol-90 minutes per 8-hour day for moderate to vigorous physical activity 4 4 PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 4 3 3 3 3 PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 3 3 3 PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4			2010	2020
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation 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 2 2 PA5 Do not withhold active play from children who misbehave 4 4 4 PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting 4 4 4 PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 3 3 3 PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 3 3 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 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	PA1	Provide children with adequate space for both inside and outside play	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  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  A 4 4  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  B 5 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  B 7 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  B 7 PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly  B 8 Use screen media with children age two years and older only for educational purposes or 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	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  A 4 4 PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  B 5 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  B 7 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  P 6 PC2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  D 8 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  D 9 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  D 9 Do not utilize media with children age two years and older only for educational purposes or physical activity  D 9 Do not utilize media with children age two years and older only for educational purposes or physical activity	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PC1Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting44PC2Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity33PC3Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity33PD1Provide 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 outdoor44PE1Ensure that infants have supervised tummy time every day when they are awake33PE2Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all33Limits on Screen-Time (n = 4)20102020PB1Do 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 activity22	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
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         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       4       4         PE1       Ensure that infants have supervised tummy time every day when they are awake       3       3         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       2020         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	PA5	Do not withhold active play from children who misbehave	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         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       4       4         PE1       Ensure that infants have supervised tummy time every day when they are awake       3       3         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       2020         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	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4	4
PDI day—indoor or outdoor PEI 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  Some of the day—indoor or outdoor PEI 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  Some of the day—indoor or outdoor PEI Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Some of the day—indoor or outdoor  POI Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PEI Umit total media time for children 2 years and older to not more than 30 min. weekly  Some or outdoor  Some of the day—indoor of the count of the	PC2		3	3
PDI day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake 3 3 3 PEZ 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)  PBI Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PBZ Limit total media time for children 2 years and older to not more than 30 min. weekly  BBZ Use screen media with children age two years and older only for educational purposes or physical activity 2 2	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PE1   Ensure that infants have supervised tummy time every day when they are awake   3   3   3     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)	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	1	1
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  3 3 3 4 3 5 3 7 3 7 3 8 3 8 3 9 3 9 3 9 3 9 3 9 3 9 3 9 3 9 3 9 3 9				
Limits on Screen-Time (n = 4)       2010     2020       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				
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			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	-1111	ts on screen-time (n = 4)	2010	2020
PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2 2				
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly		
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time	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:

Regulation fully meets standard Virginia Regulation Rating History: 2010 (CTR); 2011 (LRG, SML); 2012\*(CTR, LRG, SML); 2017\*(CTR, LRG, SML)

Regulation partially meets standard 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.

Regulation contradicts the standard State does not regulate care type

#### **WASHINGTON At A Glance:**

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

	all family home child care licensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2020
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infar	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
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	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	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	1	4
Nuti	ition (n = 21)		
Nutr	ition Standards	2010	2020
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%) pasteurized milk to	3	3
	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
NB1	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	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
Healt	hy 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	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	3	3
	child; Teach children who require limited portions about portion size and monitor their portions	2	-
_	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)	2040	2020
Dar	Describe shildness with a describe access for both incide and a staids also	2010	2020
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
_	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	4
PA5	Do not withhold active play from children who misbehave	2	4
	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	4
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	4
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	2	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	4
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	3
	ts on Screen-Time (n = 4)		
		2010	2020
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	4
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
_	Use screen media with children age two years and older only for educational purposes or physical activity	4	4
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4
	Rating Code:		

#### Rating Code:

Regulation fully meets standard
Regulation partially meets standard
Regulation partially meets standard
Regulation partially meets standard
Regulation partially meets standard
Regulation contradicts the standard
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

	all family home child care licensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2020
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
Infar	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	2	2
IB1	Feed infants on cue	2	2
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
	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
	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	2	2
	Serve no fruit juice to children younger than 12 months of age	2	2
	ition (n = 21)		_
	ition Standards	2010	2020
	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	2	2
_	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		
NA4	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
	Serve whole grain breads, cereals, and pastas	2	2
_	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
	Serve fruits of several varieties, especially whole fruits	2	2
_	Use only 100% juice with no added sweeteners	2	2
_	Offer juice (100%) only during meal times	2	2
_	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
_	Make water available both inside and outside	4	4
_	Limit salt by avoiding salty foods such as chips and pretzels	2	2
_		2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	
	hy Mealtime Practices	2	
_	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
NF1	, 6 11 1 1	2	2
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	2	2
NILI1	child; Teach children who require limited portions about portion size and monitor their portions  Do not force or bribe children to eat	3	3
-	Do not use food as a reward or punishment	3	3
	ical Activity (n = 11)	3	3
rilys	icar Activity (ii = 11)	2010	2020
DAC	Descride abildean with a degreete cases for both incide and extends also	2010	2020
PAI	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
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	4	4
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
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	2	2
	day—indoor or outdoor		
_	Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
Limi	ts on Screen-Time (n = 4)		
		2010	2020
_	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
_	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:		

#### Rating Code:

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

#### **WISCONSIN At A Glance:**

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

	ithy Infant Feeding (n = 11)		
		2010	2020
	stfeeding Support  Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	<b>2010</b>	<b>2020</b>
	nt Feeding Practices	3	3
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
	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	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
	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
	rition (n = 21)		
	ition Standards	2010	2020
NA1	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
_	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		
NA4	those who are at risk for hypercholesterolemia or obesity	2	3
	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
	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
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	hy 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
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	3	3
NILI1	child; Teach children who require limited portions about portion size and monitor their portions  Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	3	3
	ical Activity (n = 11)	3	3
		2010	2020
PA1	Provide children with adequate space for both inside and outside play	4	4
PAZ	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	2
PA5	Do not withhold active play from children who misbehave	4	4
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
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	2	2
DE4	day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake	4	4
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
	ts on Screen-Time (n = 4)	2	
-1111	to on selection time (II - 4)	2010	2020
PR1	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	2
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		

#### Rating Code:

Regulation fully meets 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)

Regulation contradicts the standard

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

	Ithy Infant Feeding (n = 11)		
	stfeeding Support	2010	2020
_	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
	nt 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	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
	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
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
_	Serve no fruit juice to children younger than 12 months of age	2	2
	ition (n = 21)	2	
	ition Standards	2010	2020
	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  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	2	2
NA4	those who are at risk for hypercholesterolemia or obesity	2	2
NΔ5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2
	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
_	Serve fruits of several varieties, especially whole fruits	2	2
_	Use only 100% juice with no added sweeteners	2	2
_	Offer juice (100%) only during meal times	2	2
		2	2
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
_	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		
	Make water available both inside and outside	2	2
_	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	hy Mealtime Practices		
	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  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	2	4
NF2		2	3
NH1	child; Teach children who require limited portions about portion size and monitor their portions  Do not force or bribe children to eat	4	3
_	Do not use food as a reward or punishment	3	3
	ical Activity (n = 11)	3	
200		2010	2020
ΡΔ1	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	3	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	2
PA5	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	2	3
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
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	2	2
	day—indoor or outdoor		
	Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)	3	3
-1111	to on selection time (it = 4)	2010	2020
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
_	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
PB4	I DO NOL ULIIZE I V, VIUEO, OI DVD VIEWING UUNIIG MEATOL SHACK LINE		

#### Rating Code:

4 Regulation fully meets standard Wyoming Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (CTR, LRG, SML)

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

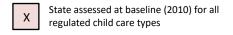
9 State does not regulate care type

# **TABLE 1: Assessment Years for Each State**

#### Table 1. State Assessment Years 2010 to 2020

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

	Years Rated												Yea	rs Ra	ated								
	2	2	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	0	State	0	0	0	0	0	0	0	0	0	0	0
State	1	1	1	1	1	1	1	1	1	1	2	State	1	1	1	1	1	1	1	1	1	1	2
	0	1	2	3	4	5	6	7	8	9	0		0	1	2	3	4	5	6	7	8	9	0
Alabama	X		Х						Х	Х		Montana	Х		X					X			Ш
Alaska	X		X					X				Nebraska	Х		X	X				X			Ш
Arizona	Х	Х								Х	Х	Nevada	Х		Х						Х		
Arkansas	X	Х				Х		X			Х	New Hampshire	Х							Х			
California	X		Х					X				New Jersey	Х			Х				Х			
Colorado	X		Х			Х	Х	Х				New Mexico	Х		Х		Х			Х			
Connecticut	X		Х					X				New York	X				Х	Х		Х			
Delaware	Х		Х			Х		X		Х	Х	North Carolina	Х		Х	Х				Х	Х		
District of Columbia	Х						Х	Х				North Dakota	Х	Х		Х							Х
Florida	Х		Х	Х				X		Х		Ohio	Х		Х				Х				
Georgia	Х		Х		Х			X			Х	Oklahoma	Х						Х	Х			
Hawaii	Х		Х					Х				Oregon	Х		Х					Х			
Idaho	Х											Pennsylvania	Х										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		Х						
Minnesota	Х		Х					Х				Wisconsin	Х		Х							Х	
Mississippi	Х		Х	Х							Х	Wyoming	Х		Х	Х							
Missouri	Х						Х																



X State assessed due to new or revised child care licensing regulations

X State assessed due to National CACFP updates

State	Regulation Document Title  For links to states' documents, click here	Document Date	ASHW Assessment Year	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	Х			
	Arizona Administrative Code and Arizona Revised Statues for Child Care Group Homes (Title 9 Ch 3)	9/30/2020	2020		Х		
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		

Key to Abbreviations: CTR - Child Care Center, LRG = Large Family Child Care Home, SML = Small Family Child Care Home

Color Code: Update years highlighted as follows:

**2010** | **2011** | **2012** | **2013** | **2014** | **2015** | **2016** | **2017** | **2018** | **2019** | **2020** 

<sup>\*</sup> 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	C	d Care To Overed b Oocumer	ру
			Year	CTR	LRG	SML
	Minimum Licensing Requirements for Voluntary Registered Child Care Family Homes	3/2010	2010			
	Minimum Licensing Requirements for Child Care Centers	11/1/2011	2011	Х		
	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
	Minimum Licensing Requirements for Licensed Child Care Centers	12/1/2020	2020	Х		
	Minimum Licensing Requirements for Licensed Child Care Family Homes	12/1/2020	2020		Х	
	Minimum Licensing Requirements for Registered Child Care Family Homes	12/1/2020	2020			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

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Color Code: Update years highlighted as follows:

2010

2011

2012

2013

2014 2015

201

2017

2018

<sup>\*</sup> 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	
	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		
	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	Х			
	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	
	Delacare: Regulations for Early Care and Education and School-Age Centers	9/10/2020	2020	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	

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Color Code: Update years highlighted as follows:

2010

2011

2012

2013

2014

2015 2

2017

20

18

<sup>\*</sup> 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 Year	Child Care Types Covered by Document				
-	Florida		Year	CTR	LRG	SML		
FL								
	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	x		
	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	Х	Х	Х		
	Chapter 65C-22 Florida Administrative Code Child Care Standards	8/2013	2013	Х				
	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		Χ	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		Χ	Х		
GA	Georgia							
	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		
	Rules and Regulations Family Child Care Learning Homes: Chapter 290-2-3	10/1/2020	2020			Х		
н	Hawaii							
	Title 17: Chapter 891.1 Registration of Family Child Care Homes	12/19/2002	2010			Х		

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Color Code: Update years highlighted as follows:

<sup>\*</sup> 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	
	Title 17: Chapter 892.1 Licensing of Group Child Care Centers and Group Child Care Homes	12/19/2002	2010	Χ	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		
	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		Χ	Х	
	Chapter 109: Child Care Centers	5/1/2012	2012	Х	Χ		
KS	Kansas						
	Regulations for Licensing Preschools and Child Care Centers	7/11/2008	2010	Х			

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Color Code: Update years highlighted as follows:

<sup>\*</sup> 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	Document				
			Year	CTR	LRG	SML		
	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		
КҮ	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	Х	Х			
	922 KAR 2:120. Child-care Center Health and Safety Standards	9/2013	2013	Х	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	Х				
	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	9/1/2009	2010		Х	Х		
	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			

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Color Code: Update years highlighted as follows:

2013 2014

<sup>\*</sup> 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
	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	Χ	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		
	Regulations Governing Licensure of Child Care Facilities	1/1/2020	2020	Х		
	Child Care Regulations: 12 or Fewer Children in the Operator's Home (Complete)	1/1/2020	2020		Х	Х

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9 2020

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State	Regulation Document Title For links to states' documents, click here	Document Date	ASHW Assessment Year	Child Care Types Covered by Document				
	Missauri .		Year	CTR	LRG	SML		
МО	Missouri	4 /2002	2010					
	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		Х	Х		
	Licensing Rules for Group Child Care Homes and Child Care Centers	2016	2016	Х	Х			
	Licensing Rules for Family Day Care Homes	2016	2016			Х		
MT	Montana							
	Licensing Requirements for Child Day Care Centers	9/1/2006	2010	Х				
	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	Х				
	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			

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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 126 - Manual of Requirements for Family Child Care Registration	8/25/2009	2010			Х	
	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			X	
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	

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State	Regulation Document Title  For links to states' documents, click here	Document Date	ASHW Assessment	С	d Care T overed l Documer	ру
			Year	CTR	LRG	SML
	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
	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	9/2013	2013	Х	Х	Х
	Chapter 75-03-10 Child Care Center Early Childhood Services	7/1/2020	2020	Х		
	Chapter 75-03-09 Group Child Care Early Childhood Services	7/1/2020	2020		Х	
	Chapter 75-03-08 Family Child Care Early Childhood Services	7/1/2020	2020			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

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			Year	CTR	LRG	SML
OK	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	Χ		
	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
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
	Chapter 3270 - Child Day Care Centers	12/19/2020	2020	Х		
	Chapter 3280 - Group Child Day Care Homes	12/19/2020	2020		Х	
	Chapter 3290 - Family Child Day Care Homes	12/19/2020	2020			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		

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				CTR	LRG	SML
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	Х		
	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	Техаѕ					
	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

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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 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		
	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	Х		

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				CTR	LRG X	SML X
	Standards for Licensed Family Day Homes	3/2011	2011		^	^
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	X	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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				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	Χ	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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