2021 Supplement

State Profile Pages:
Small Family Child Care Homes
Achieving a State of Healthy Weight







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

ACKNOWLEDGEMENTS

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Suggested citation: National Resource Center for Health and Safety in Child Care and Early Education. 2022. *Achieving a state of healthy weight 2021 supplement: State profile pages: Small family care homes*. Aurora, CO: University of Colorado Anschutz Medical Campus. https://nrckids.org/HealthyWeight.

This study is supported by the Centers for Disease Control and Prevention, Division of Nutrition, Physical Activity, and Obesity, in the National Center for Chronic Disease Prevention and Health Promotion (subcontract #UCDCN-02-4574, awarded by prime contract McKing Consulting Corporation).

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.

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INTRODUCTION

ASHW 2021 STATE SUPPLEMENTS

Achieving a State of Healthy Weight 2021 Annual Report,¹ is the eleventh update of Achieving a State of Healthy Weight: A National Assessment of Obesity Prevention Terminology in Child Care Regulations 2010 (ASHW 2010).² In addition to this report, each year the National Resource Center for Health and Safety in Child Care and Early Education (NRC) publishes three supplements that offer state-specific data on regulatory support for 47 high-impact obesity prevention standards (HIOPS) for each licensed child care type. ASHW supplements from 2013-2018 presented data for all three types of care in a single 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 revises the state profiles collaboratively with the Center for Disease Control and Prevention, Division of Nutrition, Physical Activity and Obesity (DNPAO). Since 2019, a familiar reader will note the following changes to the state supplement pages:

- State profiles consist of a one-page table showing support in the regulations for the 47 ASHW HIOPS.
- 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.
- 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.)



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If a state does not regulate a specific child care type, ratings of "0" are displayed for the care type for all HIOPS on the state profile page. In the past, some states that did 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.

For more information on methodology and 2019 policy changes, see the ASHW 2021 Report, Appendix C.

History of ASHW: The ASHW HIOPS were drawn from standards included in Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 3rd Ed. (CFOC3).³ More specifically, the CFOC standards used to derive the HIOPS were those included in a special CFOC collection, Preventing Childhood Obesity in Early Care and Early Education: Selected Standards from Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 3rd Edition (PCO).⁴ NRC developed the HIOPS with input from representatives of key federal agencies and national stakeholders in children's wellbeing and healthy development (see Origin of Achieving a State of Healthy Weight High-Impact Obesity Prevention Standards).⁵

INTRODUCTION

HOW TO USE THE ASHW 2021 STATE SUPPLEMENT

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. This state supplement presents updated ASHW ratings for Small Family Child Care Homes.



Policy makers and licensing agencies may use the state supplement profiles to:

- 1. **Identify** areas of strength and needed improvement to inform promulgation of new and revised rules.
- Review other states' profiles to reveal those states that have achieved regulatory text fully consistent with the HIOPS in support prevent of childhood obesity.

To prevent obesity among our youngest children, and encourage healthy behaviors early in life, state licensing officials, public health practitioners, and child care providers can adopt evidence-based high-impact obesity prevention standards into statewide early care and education (ECE) licensing regulations.

Here are two helpful resources to get started:

- CDC's <u>Spectrum of Opportunities for Obesity Prevention in Early Care and Education</u>: defines strategies to combat obesity in early care and education, including child care licensing
- <u>High Impact Obesity Prevention Standards</u> for Early Care and Education: learn more about the HIOPS and how they can be used to strengthen licensed state child care regulations

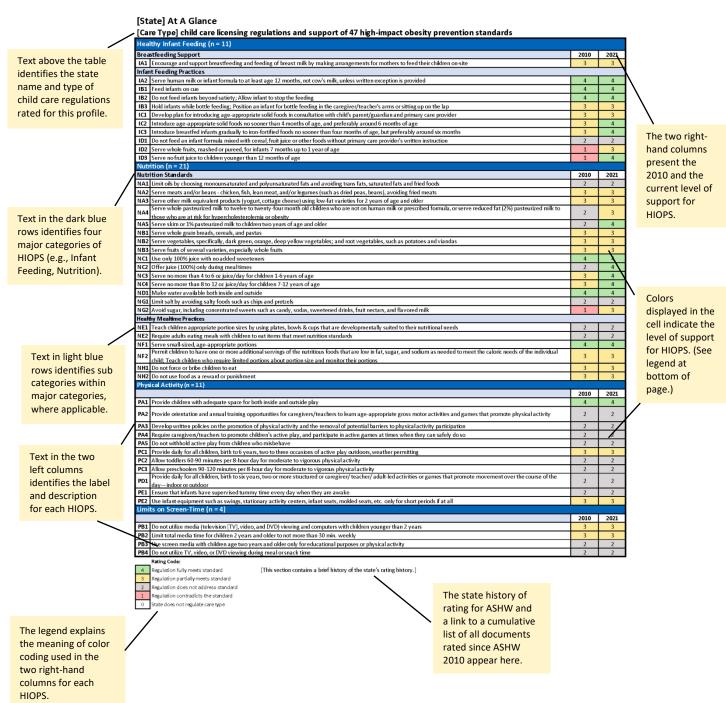
NOTES & REFERENCES:

- ¹ Achieving a state of healthy weight 2021 report. National Resource Center for Health and Safety in Child Care and Early Education. University of Colorado Anschutz Medical Campus. Published September 20, 2022. https://nrckids.org/files/ASHW.2021.Report.pdf
- ² The baseline assessment, Achieving a State of Healthy Weight: A National Assessment of Obesity Prevention Terminology in Child Care Regulations 2010, which details the study methodology, and subsequent annual ASHW updates (2011-2020) may be accessed @ https://nrckids.org/HealthyWeight/Archives.
- ³ American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education. *Caring for our children: National health and safety performance standards; Guidelines for early care and education programs,* 3rd ed. Elk Grove Village, IL: American Academy of Pediatrics; Washington, DC: American Public Health Association:2011.
- ⁴ American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education. 2012. 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.
- 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

INTRODUCTION

A Guide to Understanding the State Supplement Profiles

The following state profiles display all states' ASHW results through 2021. 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, 2021. 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

Small family frome child care incensing regulations and support of 47 mgn-impact obesity prevention standards				
Healthy Infant Feeding (n = 11)				
Brea	stfeeding Support	2010	2021	
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	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	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	2	
ID2	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	
Nuti	ition (n = 21)			
Nutr	ition Standards	2010	2021	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3	
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3	
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3	
NAE	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	3	
	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	
	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	
_	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	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	3	3	
NH2	Do not use food as a reward or punishment	3	3	
Phys	ical Activity (n = 11)			
		2010	2021	
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	
	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	
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3	
	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	
PF1	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	4	
	ts on Screen-Time (n = 4)			
		2010	2021	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	4	
	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	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
3	Regulation partially meets standard
2	Regulation does not address standard
1	Regulation contradicts the standard
0	State does not regulate care type

Alabama Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2018 (CTR, LRG, SML); 2019 (CTR); 2021 (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.

ALASKA At A Glance:

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

	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2021
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infan	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	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
ID2	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
Nutr	rition (n = 21)		
Nutr	ition Standards	2010	2021
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
		3	3
		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	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 Offer juice (100%) only during meal times		
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
		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
		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	1	3
	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
		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	3	3
NH2	Do not use food as a reward or punishment	2	2
Phys	ical Activity (n = 11)		
		2010	2021
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	3	3
D-0-	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4	4
		3	3
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		
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 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
PC2 PC3 PD1	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	4
PC2 PC3 PD1 PE1	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 4 2	4
PC2 PC3 PD1 PE1 PE2	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	4
PC2 PC3 PD1 PE1 PE2	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 4 2 4	4 2 4
PC2 PC3 PD1 PE1 PE2 Limi	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 ts on Screen-Time (n = 4)	3 4 2 4 2010	4 2 4 2021
PC2 PC3 PD1 PE1 PE2 Limit	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 ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 4 2 4 2010 3	2 4 2 2021 3
PC2 PC3 PD1 PE1 PE2 Limit	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 ts 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 4 2 4 2010 3 3	2 4 2021 3 3
PC2 PC3 PD1 PE1 PE2 Limit PB1 PB2 PB3	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 ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 4 2 4 2010 3	2 4 2 2021 3

Alaska Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2017* (CTR, LRG, SML) Regulation fully meets standard 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. Regulation contradicts the standard O State does not regulate care type

ARIZONA At A Glance:

Шоо	thy Infant Fooding (n = 11)		
	ithy Infant Feeding (n = 11)		
	stfeeding Support	2010	2021
	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
-	Feed infants on cue Do not feed infants beyond satiety; Allow infant to stop the feeding	0	0
IB2		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 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	0	0
IC3	Introduce age-appropriate solid roods no sooner trian 4 months of age, and preferably around 6 months of age Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	0	0
-	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	0	0
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	0	0
	Serve no fruit juice to children younger than 12 months of age	0	0
	rition (n = 21)		
	ition Standards	2010	2021
_	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	0	0
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	0	0
	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
	Offer juice (100%) only during meal times	0	0
	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
_	Make water available both inside and outside	0	0
	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	0	0
	hy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	0	0
	Require adults eating meals with children to eat items that meet nutrition standards	0	0
	Serve small-sized, age-appropriate portions	0	0
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	0	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
	Do not use food as a reward or punishment	0	0
Phys	ical Activity (n = 11)		
		2010	2021
	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
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
DE1	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
	ts on Screen-Time (n = 4)		J
		2010	2021
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	0	0
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	0	0
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	0	0
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	0	0
	Rating Code:		

		Mating Code.	
	4	Regulation fully meets standard	Arizona Regulation Rating History: 2010 (CTR, LRG); 2011 (LRG); 2015 (LRG); 2019 (CTR); 2020 (LRG)
3 Regulation partially meets standard		Regulation partially meets standard	
	2	Regulation does not address standard	
ı	1	Regulation contradicts the standard	
	0	State does not regulate care type	

ARKANSAS At A Glance:

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

	Healthy Infant Feeding (n = 11)				
	stfeeding Support	2010	2021		
	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		
	Serve no fruit juice to children younger than 12 months of age	1	4		
Nuti	ition (n = 21)				
Nutr	ition Standards	2010	2021		
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		
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 Serve skim or 1% pasteurized milk to children two years of age and older	2	4		
		3	3		
	Serve whole grain breads, cereals, and pastas 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	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	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		
	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	4		
NH2	Do not use food as a reward or punishment	3	3		
Phys	ical Activity (n = 11)				
		2010	2021		
PA1	Provide children with adequate space for both inside and outside play	2	3		
	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	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	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		
DF1	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		
	ts on Screen-Time (n = 4)				
		2010	2021		
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	3		
	Use screen media with children age two years and older only for educational purposes or physical activity	2	4		
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		
-	Rating Code:				

4	1	Regulation fully meets standard
(7)	3	Regulation partially meets standard
2	2	Regulation does not address standard
1	1	Regulation contradicts the standard
() _	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

	Ithy Infant Feeding (n = 11)		
	stfeeding Support	2010	2021
	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
	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
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3	Serve no fruit juice to children younger than 12 months of age	2	2
	ition (n = 21)	·	
Nutr	ition Standards	2010	2021
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	4
	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	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	2	3
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	3
	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
	thy 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	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
NH1	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
111,2		2010	2021
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
РС3	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	2	2
Limi	ts on Screen-Time (n = 4)		
		2010	2021
	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
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		

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

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

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

COLORADO At A Glance:

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

Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2021
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	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	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
ID2	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
Nutr	ition (n = 21)		
Nutr	ition Standards	2010	2021
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	3	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3
NAF	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
			3
	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 Serve fruits of several varieties, especially whole fruits	3	3
		4	4
	Use only 100% juice with no added sweeteners 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	4	4
		4	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	4	4
		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	3	3
	hy Mealtime Practices	3	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	3	3
NH2	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)		
		2010	2021
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
	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 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	4
		3	4
-11111	ts on Screen-Time (n = 4)	2010	2021
DP 1	Do not utilize modic (talevision [TV] video and DVD) viewing and computers with children very good 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	2	2
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
DDO	pose succernitional with children age two years and older only for Educational purposes of phrysical activity		
		2	2
	Do not utilize TV, video, or DVD viewing during meal or snack time Rating Code:	2	2

0 State does not regulate care type

	rating code.	
4	Regulation fully meets standard	Colorado Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2015 (CTR, LRG, SML); 2016 (CTR); 2017* (CTR, LRG, SML); 2021 (CTR,
3	Regulation partially meets standard	LRG, 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	Dogulation contradicts the standard	desuments also were rated for CACED 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)				
	stfeeding Support	2010	2021	
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2	
	at 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	
	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	4	
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2	
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2	
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2	
ID3	Serve no fruit juice to children younger than 12 months of age	2	2	
Nuti	ition (n = 21)			
Nutr	ition Standards	2010	2021	
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	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	-	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	2	2	
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	2	
NH1	Ciniu, react indired win require immed portions about portion size and monitor treat portions Do not force or bribe children to eat	2	2	
	Do not use food as a reward or punishment	2	2	
	ical Activity (n = 11)			
		2010	2021	
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	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)		2004	
	Provide Provide Andrews (PMA), the condition of the State	2010	2021	
	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	
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	Rating Code:			

Connecticut Regulation Rating History: 2010(CTR, LRG, SML); 2012* (CTR, LRG); 2017* (CTR, LRG); 2021 (SML) Regulation fully meets standard 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. Regulation contradicts the standard O 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

неа	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2021
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4
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	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	4	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	4	4
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
ID3	Serve no fruit juice to children younger than 12 months of age	3	4
Nuti	ition (n = 21)		
Nutr	ition Standards	2010	2021
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	4	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	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	3	3
	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
NII IA	child; Teach children who require limited portions about portion size and monitor their portions	2	2
	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	3	3
Pnys	ical Activity (n = 11)	2010	2024
		2010	2021
DA4	Describe shildren with a degreets space for both incide and outside along	2	
	Provide children with adequate space for both inside and outside play	3	4
	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA2			
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
PA2 PA3 PA4	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	2	2
PA2 PA3 PA4	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	2 2 2	2 2 2
PA2 PA3 PA4 PA5	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	2 2 2 4	2 2 2 4
PA2 PA3 PA4 PA5 PC1 PC2	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	2 2 2 4 3	2 2 2 4 4
PA2 PA3 PA4 PA5 PC1 PC2 PC3	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	2 2 2 4 3 3 3	2 2 2 4 4 3 3
PA2 PA3 PA4 PA5 PC1 PC2 PC3	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	2 2 2 4 3 3 3 3	2 2 2 4 4 3 3 2
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1	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	2 2 2 4 3 3 3 3 3	2 2 2 4 4 3 3 2
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	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	2 2 2 4 3 3 3 3	2 2 2 4 4 3 3 2
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	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	2 2 2 4 3 3 3 3 2 3	2 2 2 4 4 3 3 2 2 2 3
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi	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 ts on Screen-Time (n = 4)	2 2 2 4 3 3 3 3 2 3	2 2 2 4 4 3 3 2 2 2 3
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi	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 ts 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 2 4 3 3 3 3 2 3	2 2 2 4 4 3 3 2 2 2 3
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2	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 ts 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 2 4 3 3 3 3 2 3 2 3	2 2 2 4 4 3 3 2 2 2 3 2 2 3
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3	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 ts 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 Use screen media with children age two years and older only for educational purposes or physical activity	2 2 2 4 3 3 3 3 2 3 2 3 2010 3 4	2 2 2 4 4 3 3 2 2 2 3 2 2 3 4 4 4 3 4 4 4 3 4 4 4 4
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3	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 ts 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 2 4 3 3 3 3 2 3 2 3	2 2 2 4 4 3 3 2 2 2 3 2 2 3

Delaware Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2015 (CTR); 2017 (LRG, SML); 2019 (CTR, LRG, SML); 2020 (CTR); Regulation fully meets standard Regulation partially meets standard 2021 (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 2 Regulation does not address standard Regulation contradicts the standard documents also were rated for CACFP changes. 0 State does not regulate care type

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	2021	
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	4	
	at 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	
	Feed infants on cue	2	4	
IB2		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	
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4	
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2	
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3	
ID3	Serve no fruit juice to children younger than 12 months of age	2	4	
	ition (n = 21)			
Nutr	ition Standards	2010	2021	
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3	
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3	
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) 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	2	3	
	Serve fruits of several varieties, especially whole fruits	2	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	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	_	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	2	4	
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	3	
NH1	Ciniu, react indired win require immed portions about portion size and monitor treat portions Do not force or bribe children to eat	2	3	
	Do not use food as a reward or punishment	2	3	
	ical Activity (n = 11)			
		2010	2021	
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			
	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	
LIMI	ts on Screen-Time (n = 4)	2012	2024	
	Provide Provide Andrews (PMA), the condition of the State	2010	2021	
	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	4	
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	Rating Code:			

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

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

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

FLORIDA At A Glance:

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

Healthy Infant Feeding (n = 11) Breastfeeding Support IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site 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 IB1 Feed infants on cue IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider 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 ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2010 2 2 2 2 2 2 2 2 2	2021 3 4 4 4
Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months Introduce age-appropriate solid foods no sooner than four months of age, but preferably around six months Introduce age-appropriate solid foods no sooner than four months of age, but preferably around six months Introduce age-appropriate mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 2 2 2 2 2 2	3 4 4
Infant Feeding Practices IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided IB1 Feed infants on cue IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider 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 ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 2 2 2 2 2	4 4
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided IB1 Feed infants on cue IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider 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 ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 2 2 2	4
 IB1 Feed infants on cue IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider 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 ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction 	2 2 2 2	4
 IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider 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 ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction 	2 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 IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider 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 ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 2	4
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider 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 ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction 		3
Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		3
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		4
	2	4
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3
	2	3
ID3 Serve no fruit juice to children younger than 12 months of age	2	4
Nutrition (n = 21)		
Nutrition Standards	2010	2021
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3
those who are at risk for hypercholesterolemia or obesity		
NA5 Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1 Serve whole grain breads, cereals, and pastas	2	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3
NB3 Serve fruits of several varieties, especially whole fruits	2	3
NC1 Use only 100% juice with no added sweeteners	2	4
NC2 Offer juice (100%) only during meal times	2	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4
ND1 Make water available both inside and outside	4	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
Healthy Mealtime Practices		
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	3	3
child; Teach children who require limited portions about portion size and monitor their portions		
NH1 Do not force or bribe children to eat	2	3
NH2 Do not use food as a reward or punishment	3	3
Physical Activity (n = 11)		
	2010	2021
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	3
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
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		
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	2021
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
DD2 Headerson madia with children ago two years and older only for advectional numbers or physical activity.	2	2
PB3 Use screen media with children age two years and older only for educational purposes or physical activity		
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time	2	2

Regulation fully meets standard Regulation partially meets standard 2 Regulation does not address standard Regulation contradicts the standard O State does not regulate care type

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

GEORGIA At A Glance:

Brea	Ithy Infant Feeding (n = 11)	_	
	astfeeding Support	2010	2021
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infa	nt Feeding Practices	_	
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
IB1	Feed infants on cue	2	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	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
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3
ID3	Serve no fruit juice to children younger than 12 months of age	2	4
Nut	rition (n = 21)	_	
Nutr	rition Standards	2010	2021
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		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	2	4
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
	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		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
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	4	4
	sical Activity (n = 11)	4	4
тпу	ited Activity (ii = 11)	2010	2021
DA1	Provide children with adequate space for both inside and outside play		
		3	3
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA2	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
		2	2
PA3	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so		2
PA3 PA4 PA5	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	2	3
PA3 PA4 PA5 PC1	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	2	3
PA3 PA4 PA5 PC1 PC2	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	2 3 3	3
PA3 PA4 PA5 PC1 PC2 PC3	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	2 3 3 3	3 3 3
PA3 PA4 PA5 PC1 PC2	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	2 3 3	3
PA3 PA4 PA5 PC1 PC2 PC3 PD1	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	2 3 3 3	3 3 3
PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1	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	2 3 3 3	3 3 3 2
PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	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	2 3 3 3 2 2	3 3 3 2 4
PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	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	2 3 3 3 2 2	3 3 3 2 4
PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi	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	2 3 3 2 2 2	3 3 3 2 4 3
PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1	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)	2 3 3 2 2 2 2	3 3 3 2 4 3
PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 3 3 3 2 2 2 2 2	3 3 3 2 4 3 2021 2
PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	2 3 3 3 2 2 2 2 2 2 2 3	3 3 3 2 4 3 2021 2 3

	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
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	

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)				
	stfeeding Support	2010	2021		
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3		
	at Feeding Practices				
_	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		
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		
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3		
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4		
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4		
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2		
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	4		
ID3	Serve no fruit juice to children younger than 12 months of age	1	4		
Nuti	ition (n = 21)				
Nutr	ition Standards	2010	2021		
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	3	4		
	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	2	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	4		
NFI	Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	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	3	3		
NH2	Do not use food as a reward or punishment	4	4		
Phys	ical Activity (n = 11)				
		2010	2021		
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		
FAZ	r rovide onemation and annual italiting 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		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 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	2		
-1111	ts on streeth time (it = 4)	2010	2021		
DP 1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010	2021		
	Limit total media (television [17], 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		
	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		
. 54	Rating Code:				
	numb couc.				

Hawaii Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2017* (CTR, LRG, SML) Regulation fully meets standard 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. Regulation contradicts the standard O State does not regulate care type

IDAHO At A Glance:

BreastFeeding Support	2010 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2021 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
Incourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site Infant Feeding Practices 2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided 181 Feed infants on cue 182 Feed infants on cue 183 Hold infants while bottle feeding; Position an infant for bottle feeding 184 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap 185 Poevlop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider 186 Veelop plan for introducing age-appropriate solid foods no sooner than 4 months of age, and preferably around and primary care provider 187 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around in formation and primary care provider 188 Introduce breastfed infants gradually to inor-fortified foods no sooner than four months of age, but preferably around six months 189 Introduce breastfed infants gradually to inor-fortified foods no sooner than four months of age, but preferably around six months 189 Serve no fruit juice to children younger than 12 months of age 189 Serve no fruit juice to children younger than 12 months of age 189 Serve no fruit juice to children younger than 12 months of age 189 Nutrition (n = 21) 189 Serve whole pasteurized milk to twenty four months of age 189 Serve therm milk equivalent products (yogunt, cottage cheese) using low-favaracites for 2 years of age and older 189 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 ewhore at it isk for hypercholesterolemien or obesity 189 Serve skim or 1% pasteurized milk to children two years of age and older 180 Serve whole grain breads, cereals, and pastas 180 Serve fruits of several varieties, and pastas 180 Serve fru	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided IB1 Feed infants on cue	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
IB3 Feed infants on cue	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
IB32 Do not feed infants beyond satiety; Allow infant to stop the feeding	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 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 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
ICI Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age Introduce age-appropriate solid foods no sooner than 6 age, and preferably around 6 months of age Introduce age-appropriate solid foods no sooner than 6 months of age, but preferably around six months Introduce age-appropriate solid foods no sooner than 6 nor months of age, but preferably around six months Introduce age-appropriate solid foods no sooner than 6 nor months of age, but preferably around six months Introduce age-appropriate solid foods no sooner than 6 nor months of age, but preferably around six months Introduce age-appropriate solid foods no sooner than 6 nor months of age, but preferably around six months Introduce age-appropriate solid foods no sooner than 6 nor months of age, but preferably around six months Introduce age-appropriate solid foods no sooner than 6 nor months of age, but preferably around six months Introduce age-appropriate solid foods no sooner than 6 nor months of age, but preferably around six months Introduce age-appropriate solid foods no sooner than 6 nor months of age, but preferably around six months Introduce ape-appropriate solid foods no sooner than 6 nor months of age, but preferably around six months Introduce ape-appropriate solid foods no sooner than 6 nor months of age, but preferably around six months Introduce ape-appropriate solid foods no sooner than 6 nor months of age, but preferably around six months Introduce ape-appropriate portion size solid foods no sooner than 7 nor for federably around six months Introduce a pe-appropriate portion size solid foods in a solid food sone and introduced months Introduce a pe-appropriate portion size solid foods in a solid food solid food food solid foods Introduce ape-appropriate portion size solid food solid food foods Introduce ape-appropriate	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
Ito Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age Ito Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months Ito Boreve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age Nutrition (n = 21) Nutrition Standards NAI Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods NAI Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods NAI Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods NAI Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods NAI Serve whole pasteurized milk to twelve to twenty-four month oild children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to weelve to twenty-four month oild children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to see whole pasteurized milk to children two years of age and older NAI Serve whole grain breads, cereals, and pastas 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 NCI Use only 100% juice with no added sweeteners NCI Offer juice (100%) only during meal times NCI Use only 100% juice with no added sweeteners NCI Offer juice (100%) only during meal times NCI Serve no more than 4 to 12 oz juice/day for children 1-6 years of age NCI Serve no more than 6 to 12 juic/day for children 1-6 years of age NCI Teach children to foo	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
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 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age Nutrition (n = 21) Nutrition Standards NAI Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older 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 mil those who are at risk for hypercholesterolemia or obesity NA5 Serve skim or 1% pasteurized milk to children two years of age and older NB1 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 NB3 Serve fruits of several varieties, especially whole fruits NC1 Use only 100% juice with no added sweeteners OC2 Offer juice (100%) only during meal times NC3 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age NC5 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Healthy Mealtime Practices NE4 Require adults eating meals with children to eat items that meet nutrition standards NE5 Serve small-sized, age-appropriate portion sizes by using plates, bowls & cups that are low in fat, sugar, and sodium as needed t	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2 2 2 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 ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age ID3 Serve no fruit juice to children younger than 12 months of age Nutrition (n = 21) Nutrition (n = 21) Nutrition Standards NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older NA3 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 mit those who are at risk for hypercholesterolemia or obesity NA5 Serve skim or 1% pasteurized milk children two years of age and older NB1 Serve whole grain breads, cereals, and pastas NB2 Serve regetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas NB3 Serve fruits of several varieties, especially whole fruits NC1 Use only 100% juice with no added sweeteners NC2 Offer juice (100%) only during meal times NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age NC5 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age NC6 Limit salt by avoiding salty foods such as chips and pretzels NC7 Serve in more than 8 to 12 oz juice/day for children 7-12 years of age NC8 Limit salt by avoiding salty foods such as chips and pretzels NC9 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Healthy Mealtime Practices NC8 Feed and Scrippin and such children to eat items that meet nutrition standards NC9 Permit childre	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
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NH2 Do not use food as a reward or punishment	2	2
Physical Activity (n = 11)	2010	2024
DA1 Devide skilders with adoptate energy fay both incide and outside along	2010	2021
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
PAS Do not withhold active play from children who misbehave	2	2
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	2
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	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
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	2021
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	
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time		2
Rating Code:	2	2 2

4	Regulation fully meets standard	Idaho Regulation Rating History: 2010 (CTR, LRG, SML)
3	Regulation partially meets standard	
2	2 Regulation does not address standard	
1	Regulation contradicts the standard	
0	State does not regulate care type	

ILLINOIS At A Glance:

Healthy Infant Feeding (n = 11)				
		2010	2021	
	stfeeding Support Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2010	2021	
	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	1	1	
IB1	Feed infants on cue	4	4	
	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	3	3	
_	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3	
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	3	
	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	1	
	Serve no fruit juice to children younger than 12 months of age	1	1	
	ition (n = 21)			
	ition Standards	2010	2021	
	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	
NB1	Serve whole grain breads, cereals, and pastas	3	3	
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3	
NB3	Serve fruits of several varieties, especially whole fruits	4	4	
NC1	Use only 100% juice with no added sweeteners	4	4	
NC2	Offer juice (100%) only during meal times	2	2	
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	4	4	
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	4	4	
ND1	Make water available both inside and outside	3	3	
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2	
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	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)	1		
		2010	2021	
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	
		2	2	
_	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	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	
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3	
	Allow reschoolers 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	
PE1	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)			
		2010	2021	
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 Ullinois Regulation Rating History, 2010 (CTR LRG SML), 2014 (CTR)			

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:

Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2021
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
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	2	2
IB1	Feed infants on cue	2	2
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3	Serve no fruit juice to children younger than 12 months of age	2	2
Nuti	ition (n = 21)		
Nutr	ition Standards	2010	2021
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	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
NB1	Serve whole grain breads, cereals, and pastas	2	2
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
NB3	Serve fruits of several varieties, especially whole fruits	2	2
NC1	Use only 100% juice with no added sweeteners	2	2
NC2	Offer juice (100%) only during meal times	2	2
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
ND1	Make water available both inside and outside	4	4
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
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	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)	1	
		2010	2021
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
		2	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	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	3	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
РС3	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	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	2021
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
	Rating Code:	-	-
	· · · · · · · ·		

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

Recompany A		lealthy Infant Feeding (n = 11)			
Math			2010	2021	
Inflant Teeding Practices Is Serve human from to originat formula to at least age 1.7 months, not cow's milk, urless written exception is provided 4 4 4 18 18 Food inflants on one 4 9 18 18 19 Food inflants on one 4 9 18 19 Food inflants on one 4 9 18 19 Food inflants on one 4 9 18 19 Food inflants while botter Reduit, Polition an inflant for botte feeding in the camplese/feeder's arms or strong upon the lap 5 10 Food inflants while botter Reduit, Polition an inflant for botte feeding in the camplese/feeder's arms or strong upon the lap 6 19 Food inflants while botter Reduit, Polition an inflant for botte feeding in the camplese/feeder's arms or strong upon the lap 6 19 Food inflants while botter Reduit, Polition an inflant for botter feeding in the camplese/feeder's arms or strong upon the lap 7 10 Food feeder and the company of the politic politi	_				
Max Sear Inhaman Milk confined formula to at least age 22 months, not cow's milk, unless written exceptions provided 4			3	3	
18 18 18 18 19 19 19 19	_		4	4	
18.2 19.2					
183 Incidentes while bottle Federing, Frontier on a further for fortie Federing in the caragine/brachets a miss or string upon the lap Committed on the introducing are appropriate solid tools in consultation with childry or introducing age appropriate solid foods no soomet than for morths of age. Introducing an appropriate solid foods no soomet than for morths of age. Introducing an appropriate solid foods no soomet than for morths of age. Introducing a committed of a					
Inc. Develop plant for introducing age-appropriate solid floods in consultation with child's parent/guedan and primary care providers 3 4			2	2	
Company Comp					
Combine the an infert formula mean with crearfy forting to or other foods without primary care provider's written instruction 2			3	4	
10 Server whote finits, mashed or pureed, fire inflants / months or joy or of age 1 4 1 4 1 5 5 5 5 5 5 5 5 5	IC3		3	4	
103 Seven for furth further to children younger than 12 months of age Notifician Standards 2010 2021 Notifician Standards 2010 2010 Notifician Standards	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 Standards	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	4	
Nutrition Standards	ID3	Serve no fruit juice to children younger than 12 months of age	1	4	
NAI I Int 10 bit by choosing monomentaturated and polymunstructed fats and avoiding trans fats, saturated fits and fixed floods ANS Sever members and offer beams: Children, fink, lean mean, and quife regiments (bus, and gring flooring), avoiding from meats ANS Sever where milk equal-unter products by regiment, ordinage cheesels using love fat vancieties for 2 years of age and other Sever whore grant past act first for hoserchelesterolemian or obesity. ANS Sever whore grant beach or the post of the pos	Nuti	ition (n = 21)			
No.	Nutr	ition Standards	2010	2021	
NAS Serve when like qualvalent products' kryogun, cottage cheesel using love-fat varieties for 2 years of age and older 2	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
No. Serve whole pasteurized milk to twelve to twenty-four morth old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to 2 4 NAS Serve we kinn or 1% pasteurized milk to children two years of age and older 2 4 NAS Serve ve kinn or 1% pasteurized milk to children two years of age and older 2 4 NAS Serve ve late or 1% pasteurized milk to children two years of age and older 3 3 3 NAS Serve ve late of server late of server la varieties, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 3 3 NAC Offer juce (100%) only during meal times 4 4 4 NC Offer juce (100%) only during meal times 2 4 4 4 NC Offer juce (100%) only during meal times 3 4 4 4 4 NC Offer juce (100%) only during meal times 3 4 4 4 4 NC Offer juce (100%) only during meal times 3 4 4 4 4 NC Offer juce (100%) only during meal times 3	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3	
Name	NA3		3	3	
No.	NA4		2	3	
NBI Serve whole grain breads, cereals, and pastas 3 3 3 3 3 3 3 3 3					
No.					
NB3 Serve fruits of several varieties, especially whole fruits 3 3 3 3 4 2 <td></td> <td></td> <td></td> <td></td>					
NEI Ise only 100% junk with no added sweteners			1		
NC2 Offer juice (100%) only during meal times					
NG3 Save no more than 4 to 5 oz julice/day for children 7-12 years of age 3 4 NG4 Serve no more than 8 to 12 oz julice/day for children 7-12 years of age 3 4 NG1 Ilmit salt by avoiding salty foods such as chips and pretzles 2 2 NG2 Avoid Sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 1 3 NG2 Avoid Sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 1 3 NG2 Avoid Sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 1 3 NG2 Avoid Sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 1 3 NBC2 Avoid Sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 4 4 NEEZ Reculted children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs 2 2 2 NEEZ Require canditic activities on about portions about operations of the nutritions food shat are low in flat, sugar, and sodium as needed to meet the caloric needs of the individual dail. Teach children who req					
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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 NEI See Require adults eating meals with children to eat terms that meet nutrition standards 3 4 4 4					
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 2 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 inclination in the control of the individual inclination in the control of the individual part of the control of the control of the control of the individual part of the control of the control of the individual part of the control of the control of the individual part of the control o			1	3	
NEI Require adults eating meals with children to eat items that meet nutrition standards 2 2 2 2 3 3 3 3 3 3		<u>'</u>	2	2	
NF1 Serve small-sized, age-appropriate portions 4 4 4 4 4 4 4 4 4					
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Physical Activity (n = 11) Fal Provide children with adequate space for both inside and outside play 4 Provide children with adequate space for both inside and outside play 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 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	NH1		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 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 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 PA6 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 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 PA7 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 PA7 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 PA7 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 PA7 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 PA7 Provide daily for a	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 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 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 PA6 Allow preschoolers 90-120 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 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 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 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 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 PA	Phys	ical Activity (n = 11)	_		
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 PO3 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PC1 Ensure that infants have supervised tummy time every day when they are awake PC2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 1 2 2 2 PC2 I be infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 1 2 2 2 PC3 I be not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years 2 2 2 PC3 I limit total media time for children 2 years and older only for educational purposes or physical activity 2 2 2 PC3 I limit total media time for children 2 years and older only for educational purposes or physical activity 2 2 2 PC3 I limit total media time for children 2 years and older only for educational purposes or physical activity 2 2 2 PC3 I limit total media time for children 2 years and older only for educational purposes or physical activity 2 2 2 PC3 I limit total media tim			2010	2021	
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation 2 2 2 PA5 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 2 PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting 2 2 2 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 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 3 3 PC5 Allow toddlers 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 PC5 Allow provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor 4 2 2 2 PC5 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 4 2 2 PC6 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 4 2 2 PC7 PC8 I Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years 4 2 2 PC8 I Limit total media time for children 2 years and older to not more than 30 min. weekly 4 2 2 PC9	PA1	Provide children with adequate space for both inside and outside play	4	4	
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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

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

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

KANSAS At A Glance:

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

Realthy Infant Feeding (n - 11)		Use laber to Seeding (n = 44)				
In all Structures and support brestfeeding and feeding of react milk by making arrangements for mothers to feed their children on-sete In all Feed inflament on conc. 12 2 2 182 Food human milk or inflame formulat to at least age 12 mornths, not con's milk, unriess written exception is provided 22 2 182 Food head milk be bette feeding. Such is such to a feeding in this caregiver/leacher's arms or stifing up on the lap 33 3 183 Food inflames between statety. Allow inflant to stap the feeding 34 2 185 Food head feeding statety and the state feeding statety and the statety of the sta			1			
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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 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 4 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 day—indoor or outdoor 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) PD1 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	PA1	Provide children with adequate space for both inside and outside play	3	3		
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PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly 2 2	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children vounger than 2 years				
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PB4 Do not utilize TV, video, or DVD viewing during meal or snack time	_					
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

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:

Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2021
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
	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	4
IB1	Feed infants on cue	2	2
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	2
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	2
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
	Serve no fruit juice to children younger than 12 months of age	2	2
Nuti	ition (n = 21)		
Nutr	ition Standards	2010	2021
	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	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
	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	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
	Limit salt by avoiding salty foods such as chips and pretzels Avoid sugget including someostrated support such as county and as 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	2	2
	hy Mealtime Practices	2	2
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	3
	Require adults eating meals with children to eat items that meet nutrition standards	2	3
NFI	Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	4	3
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
	Do not use food as a reward or punishment	2	4
	ical Activity (n = 11)		
		2010	2021
PA1	Provide children with adequate space for both inside and outside play	3	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	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		
	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)		
-	and the state of t	2010	2021
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3
H	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
	Rating Code:		

Rating Code	:	
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4	Regulation fully meets standard	Kentucky Regulation Rating History: 2010 (CTR, LRG, SML); 2013 (CTR, LRG); 2018 (CTR, LRG, SML); 2021 (CTR, LRG)
3	Regulation partially meets standard	
2	Regulation does not address standard	
1	Regulation contradicts the standard	
0	0 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

	thy Infant Feeding (n = 11)		
	stfeeding Support	2010	2021
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	0	0
	at 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
	Feed infants on cue	0	0
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	0	0
IB3	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
Nuti	ition (n = 21)		
Nutr	ition Standards	2010	2021
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	0	0
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	0	0
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	0	0
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	0	0
NA5	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
	Offer juice (100%) only during meal times	0	0
	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
Healt	hy 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
NUIA	child; Teach children who require limited portions about portion size and monitor their portions	0	
	Do not force or bribe children to eat	0	0
	Do not use food as a reward or punishment ical Activity (n = 11)	U	0
Pilys	ital Activity (II - 11)	2010	2021
DΔ1	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
	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
	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 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
PD1	day—indoor or outdoor	0	0
PE1	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	2021
	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
РВ4	Do not utilize TV, video, or DVD viewing during meal or snack time	0	0
	Rating Code:		

Louisiana Regulation Rating History: 2010 (CTR); 2015 (CTR); 2017* (CTR); 2021 (CTR) Regulation fully meets standard 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. Regulation contradicts the standard 0 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

	thy Infant Feeding (n = 11)		
	stfeeding Support	2010	2021
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site at 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
IB1	Feed infants on cue	4	4
	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
		3	3
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
_	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
	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
	ition (n = 21)		4
	ition Standards	2010	2021
	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	3
	Serve meats and/or beans - chicken, rish, lean meat, and/or regumes (such as dried peas, beans), avoiding fried meats 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	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	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	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	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	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	2
	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
	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	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	ical Activity (n = 11)		
		2010	2021
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
_	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
	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	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
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	2	3
	ts on Screen-Time (n = 4)		3
	to on other mile (ii = 4)	2010	2021
DD 1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	2021
	Limit total media (television [17], 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	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
F 04			+
	Rating Code:		

Regulation fully meets standard Maine Regulation Rating History: 2010 (CTR, LRG, SML); 2017 (LRG, SML); 2021 (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 Regulation does not address standard documents also were rated for CACFP changes. Regulation contradicts the standard O 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) Breastfeeding Support Infal Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site 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 IB1 Feed infants on cue IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age ID3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age ID3 Serve no fruit juice to children younger than 12 months of age Nutrition (n = 21) Nutrition Standards ID3 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older NA4 Serve whole grain breads, cereals, and pastas		2021 4 4 4 4 4 2 3 4 4 2 3 4 4 2 2 3 4
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' °		
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
NB3 Serve fruits of several varieties, especially whole fruits		3
NC1 Use only 100% juice with no added sweeteners		4
NC2 Offer juice (100%) only during meal times		4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		4
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		4
ND1 Make water available both inside and outside		4
NG1 Limit salt by avoiding salty foods such as chips and pretzels		2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk		3
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		2
NE2 Require adults eating meals with children to eat items that meet nutrition standards		2
NF1 Serve small-sized, age-appropriate portions		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		3
child; Teach children who require limited portions about portion size and monitor their portions		
NH1 Do not force or bribe children to eat		3
NH2 Do not use food as a reward or punishment		3
Physical Activity (n = 11)		
20	.0	2021
PA1 Provide children with adequate space for both inside and outside play		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
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		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
PA5 Do not withhold active play from children who misbehave		2
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		4
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		3
PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		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		3
day—indoor or outdoor		
PE1 Ensure that infants have supervised tummy time every day when they are awake		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)		
20		2021
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		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		
PB3Use screen media with children age two years and older only for educational purposes or physical activity2PB4Do not utilize TV, video, or DVD viewing during meal or snack time2		4

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

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:

	alti	hy Infant Feeding (n = 11)		
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Institute Inst		V 11		2021
Jack Feed inflant formula to at least age 2.2 months, not cown mill, unless written exception is provided 3 3 3 3 3 3 3 3 3			3	3
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Isla Hold Infants while bottle feeding; Position an infant for bottle feeding in the caregiver/fascher's arms or stiting up on the lap 4	_			3
ICS Develop plan for introducing age-appropriate soli foot in consultation with child's parent/guandian and primary care providers 2 123 Introduce present/guandian plan primary care providers 2 124 125	_			2
Included present solid footh no sooner than 4 months of age, and preferably around is months of age. 2 2 2 2 2 2 2 2 2				4
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IDI DI Cone feed an infant formula mixed with create, fruit juice or other foods without primary care provider's written instruction 2 Serve we hold fruits, mached or pureed, for infants 7 months up to 1 year of age 2 NUTRITION 10 Serve in on but juice to children younger than 12 months of age 2 NUTRITION 10 Serve in on but juice to children younger than 12 months of age 2 NUTRITION 10 Serve in on but juice to children younger than 12 months of age 2 NUTRITION 10 Serve in on but juice to children younger than 12 months of age 2 NUTRITION 10 Serve in on but juice to children younger than 12 months of age 2 NUTRITION 10 Serve in on but juice to children younger than 12 months of disjoint on the serve in one of t	_	0 11 1		2
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Nutrition (1 = 21) Nutrit	_			2
Nutrition Standards	_		2	2
NAL Lint in list by choosing monoursaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fined foods 2				
NAZ Serve other milk equivalent products (yogurt, cottage cheese) using low fat varieties for 2 years of age and older AS Serve whole pasteurized milk to twelve to twernly-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to twelve to twernly-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to the father who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to the father who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to the father who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to the father who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to the father who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to the father who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to the father who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to the father who are not on the father serve reduced fat (2%) pasteurized milk to the father who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to the father serve father se	ıtriti	ion Standards		2021
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NAS Serve shole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for human cholestic melans or desity those who are at risk for human cholestic melans or desity the sew whole grain breadts, cereaks, and pastas NAS Serve whole grain breadts, cereaks, and pastas NES Serve vegletables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and vlandas NES Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and vlandas NES Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and vlandas NES Serve finits of several varieties, especially whole finits NES Use only 100% juice with no added sweeteners NES Use only 100% juice with no added sweeteners NES Use only 100% juice with no duited with the common or than 4 to 50 painting fat years of age NES Serve no more than 4 to 50 painting fat years of age NES Serve no more than 8 to 12 oz juice/day for children 1-5 years of age NES I limits at by avoiding salty foods such as only so and pretzels NES I leach children appropriate portion sizes by using part petzels NES I reach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs NES Require additise acting meals with children to at items that meet nutrition standards NES Require additise acting meals with children to at items that meet nutrition standards NES Require additise acting meals with children to a titems that meet nutrition standards NES Require additise acting meals with children to a titem shall meet nutrition standards NES Require additise acting meals with children to a titem shall meet nutrition standards NES Require additise acting meals with children to a titem shall meet nutrition standards NES Require additise acting meals with chi	42 S	erve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
NAS Serve skin for hypercholesterolemia or obesity 2 2 3 3 3 3 3 3 3 3			2	2
Ms Serve skin for hypercholesterolemia or obesity NS Serve skin or 1½ spatcurined milk to children two years of age and older NS Serve skin or 1½ spatcurined milk to children two years of age and older NS Serve skindle grain breads, cereals, and pastas NS Serve skindle grain breads, cereals, and pastas NS Serve skindle, dark green, orange, deep yellow vegetables; and root vegetables, spotchage with no added swetceners NS Serve fruits of several varieties, especially whole fruits NS Serve in more than 4 to 50 cg juice/day for children 1-54 years of age NS Serve no more than 4 to 50 cg juice/day for children 1-54 years of age NS Serve no more than 4 to 50 cg juice/day for children 1-54 years of age NS Serve no more than 4 to 50 cg juice/day for children 1-54 years of age NS Serve no more than 4 to 50 cg juice/day for children 1-54 years of age NS Serve no more than 4 to 50 cg juice/day for children 1-54 years of age NS Serve no more than 4 to 50 cg juice/day for children 1-54 years of age NS Serve no more than 4 to 50 cg juice/day for children 1-54 years of age NS Serve no more than 4 to 50 cg juice/day for children 1-54 years of age NS Serve no more than 4 to 50 cg juice/day for children 1-54 years of age NS Serve no more than 50 to 20 puice/day for children 1-54 years of age NS Serve no more than 50 to 20 puice/day for children 1-54 years of age NS Serve no more than 50 to 20 puice/day for children 1-54 years of age NS Serve no more than 50 to 20 puice/day for children 1-54 years of age NS Serve no more than 50 to 20 puice/day for children 1-54 years of age NS Serve no more than 50 to 20 puice/day for children 1-54 years of age NS Serve no more than 50 to 20 puice/day for children 1-54 years of age NS Serve no more than 50 to 20 puice/day for children 1-54 years of age NS Serve no more than 50 to 20 puice/day for children 1-54 years of age NS Serve no more than 50 to 20 puice/day for children 1-54 years of age NS Serve no more than 50 to 20 puice/day for children 1-54 years of age NS	441		2	2
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NE2 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs NE2 Require adults eating meals with children to eat items that meet nutrition standards NE3 Serve small-sized, age-appropriate portions NE4 Serve small-sized, age-appropriate portions NE5 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 NH1 Do not force or bribe children who require limited portions about portion size and monitor their portions NH2 Do not use food as a reward or punishment Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA3 Develop written policies on the promotion of physical activity 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 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 PC5 PC6 PC7 PC7	G2 A	woid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
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day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake 2 PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4))1 P	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
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Limits on Screen-Time (n = 4)	_			2
			3	3
2010 2	mits	s on Screen-Time (n = 4)		
			2010	2021
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years 2	31 D	Oo 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	32 L	imit 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	33 U	Jse 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	34 D	Oo not utilize TV, video, or DVD viewing during meal or snack time	2	2
Rating Code:	R	tating Code:		

	rating code.	
4	Regulation fully meets standard	Massachusetts Regulation Rating History: 2010 (CTR, LRG, SML)
3	Regulation partially meets standard	
2	Regulation does not address standard	
1	Regulation contradicts the standard	
0	State does not regulate care type	

MICHIGAN At A Glance:

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

	the latest Fooding (n = 44)		
	thy Infant Feeding (n = 11)		
	stfeeding Support	2010	2021
	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		
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	2
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
ID3	Serve no fruit juice to children younger than 12 months of age	1	4
Nutr	ition (n = 21)		
Nutr	ition Standards	2010	2021
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	2	3
NA4	those who are at risk for hypercholesterolemia or obesity		
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1	Serve whole grain breads, cereals, and pastas	3	3
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3	Serve fruits of several varieties, especially whole fruits	3	3
NC1	Use only 100% juice with no added sweeteners	4	4
NC2	Offer juice (100%) only during meal times	2	4
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1	Make water available both inside and outside	4	4
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
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
	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	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	3	3
Phys	ical Activity (n = 11)		
		2010	2021
PA1	Provide children with adequate space for both inside and outside play	4	4
		2	2
FAZ	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		
	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	2021
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	3	3
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		
	Regulation fully meets standard Michigan Regulation Rating History: 2010 (CTR LRG SML): 2012*(CTR LRG SML): 2014 (CTR): 2017*(CTR LRG SML): 2014 (CTR): 2017*(CTR): 2017*(

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

 $Michigan\ Regulation\ Rating\ History:\ 2010\ (CTR, LRG, SML);\ 2012*(CTR, LRG, SML);\ 2014\ (CTR);\ 2017*(CTR, LRG, SML);\ 2019\ (CTR)$ 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:

	Ithy Infant Feeding (n = 11)		
Brea	astfeeding Support	2010	2021
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	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	rition (n = 21)		
Nutr	rition Standards	2010	2021
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		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
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
Healt	Healthy Mealtime Practices		
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3
	child; Teach children who require limited portions about portion size and monitor their portions		
NH1	Do not force or bribe children to eat	2	2
	NH2 Do not use food as a reward or punishment		
Physical Activity (n = 11)			
		2010	2021
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
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC2	5 y		3
PC2	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC2 PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		
PC2 PC3 PD1	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
PC2 PC3 PD1 PE1	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
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	naming court.	
4	Regulation fully meets standard	Minnesota Regulation Rating History: 2010 (CTR, LRG, SML); 2012*(CTR, LRG, 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	

MISSISSIPPI At A Glance:

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

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Rating Code:

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

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:

Present Company Comp		Healthy Infant Feeding (n = 11)						
Institute Tending Processing Processin			2010	2024				
International Continues Co		• 11						
All Series Instruments and to refinent formals to at least age 12 another, not case' mills, where written exception is provided 2 2 2 2 2 2 2 2 2			2					
181 See of infants on Oute			2	2				
181 181								
193 193								
Inc. Develop plan for introducing age-appropriates of food food in consulation with child's parent/guardian and primary care providers 2 2 2 2 2 2 2 2 2								
ICC Introduce age-appropriate sing afficially in connect friend in most no connect friend in footh so connect from the footh so connect from the footh so connect friend in footh so connect from the footh so connect from the footh so connect from the footh so connect friend in footh so connect from the footh so conne								
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Make water available both inside and outside 3 3 3 3 3 3 3 3 3	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	3				
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NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 1	ND1	Make water available both inside and outside	3	3				
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 Require adults eating meals with children to eat items that meet nutrition standards 2 2 2 NEI Serve small-sized, age-appropriate portions 3 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 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 require limited portions about portion size and monitor their portions. NII Do not force or bribe children to eat NII Provide children with adequate space for both inside and outside play Provide children with adequate space for both inside and outside play Provide children entration 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 Provide orientation and annual training opportunities for careg	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2				
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NEI Require adults eating meals with children to eat items that meet nutrition standards 2 2 2 3 3 3 3 3 3 3	Healt	hy Mealtime Practices						
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NHZ Do not force or bribe children who require limited portions about portion size and monitor their portions 3 3 3 3 3 3 3 3 3	NF1	Serve small-sized, age-appropriate portions	4	4				
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PB3Use screen media with children age two years and older only for educational purposes or physical activity22PB4Do not utilize TV, video, or DVD viewing during meal or snack time22	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2				
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 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				
Rating Code:	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2				
		Rating Code:						

	g couc.	
4	Regulation fully meets standard	Missouri Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR, LRG, SML)
3	Regulation partially meets standard	
2	Regulation does not address standard	
1	Regulation contradicts the standard	
0	State does not regulate care type	

MONTANA At A Glance:

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

	When the first Facilities (a. 44)		
	thy Infant Feeding (n = 11)		
	stfeeding Support	2010	2021
	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		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
ID3	Serve no fruit juice to children younger than 12 months of age	1	4
Nutr	ition (n = 21)		
Nutr	ition Standards	2010	2021
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
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
	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	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	-	
	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
MLI	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
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
	Do not use food as a reward or punishment	2	2
	ical Activity (n = 11)		_
-11/2		2010	2021
PΔ1	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
	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
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2
		2	
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	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	3	3
	ts on Screen-Time (n = 4)	,	3
15/1111	Soft Street Time (II = 4)	2010	2021
DP 1	Do not utilize media (televicion [TV] video and DVD) viewing and computers with children very governors.		
	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 elder to not more than 20 min, weakly.	3	3
_	Limit total media time for children 2 years and older to not more than 30 min. weekly		
	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 Montana Regulation Rating History: 2010 (CTR LRG SML): 2012* (CTR LRG SML): 2017* (CTR LRG SML): 2021 (CTR)		

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

Montana Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR,LRG, SML); 2017* (CTR,LRG, SML); 2021 (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.

NEBRASKA At A Glance:

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

Realting Infant Feeding (n = 15)	
IAI. Incorporate and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site Internst Feeding Present formation or complete 2	2024
Index Serve hams in or infant formula to at least age 12 months, not own milk, unless written exception is provided 2 2 2 2 2 2 2 2 2	2021
AB Seven furname mills or infant formula to at least age 12 months, not own's mills, unless written exception is provided 2 2 2 2 2 2 2 2 2	3
Institution 1	4
IRSE Donot feed infants beyond satiety. Allow infants to stop the feeding in the same provider and stop in the infants beyond satiety. Allow infants to stop the feeding in the caregiver/teacher's arms or string upon the lap 3 3 3 3 3 3 3 3 3	4
183 Hold Infants while bottle Feeding: Prosition an infant for bottle Feeding in the caregiver/fleacher's arms or stiffing up on the lap 2	4
Col Including aga-appropriate solid floods in consolitation with child's parent/guardian and primary care provider 2 2 2 2 2 2 2 2 2	
ICC Introduce age-agroporate sould foods no sooner than A months of age, and preferably around is months of age. Introduce breastfed infants gradually to non-forfied foods no sooner than for months of age, but preferably around is months Introduce breastfed infants gradually to non-forfied foods no sooner than for months of age, but preferably around six months Introduce breastfed infants gradually to non-forfied foods no sooner than for months of age, but preferably around six months Introduce around the preferably arou	3
ICE Introduce breastfed intering gradually to rune-frotffed foods no sooner than four months of age, but preferably anound six months 2 2 2 2 2 2 2 2 2	3
10.1 10.2	4
102 Serve whole fruits, mashed or pureof, for infants 7 months up to 1 year of age 2 2 2 2 2 2 2 2 2	4
Institute Inst	2
Notifician (a = 21) Natifician (s = 21) Natificia	3
Nutrition Standards	4
NAI Limit als by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fired foods 2 NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats A3 Serve other milk equivalent products (yogunt, cottage cheese) using low-bit varieties for 2 years of age and older 2 those who are at risk for thyrechelesterolemia or obesity A5 Serve whole pasteurized milk to week to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to thicken two years of age and older 2 those who are at risk for thyrechelesterolemia or obesity A5 Serve seve seven or 3% pasteurized milk to children two years of age and older 2 shall Serve whole grain breads, creenas, and pastas 2 shall Serve velocity of the control of th	2024
NAZ Serve metar and/or beans - chicken, fish, lean meat, and/or legumes (such a stride peas, beans), avoiding fried meats AS Serve other mile equivalent products (regint, cotage cheese) using low-flat varieties for 2 years of age and older 2 Serve whole pasteurized milk to twelve to twenty-four month old rhildren who are not on human milk or prescribed formula, or serve reduced fat (2K) pasteurized milk to the fisher who was not at risk for hyperchelestericlemia or obesity AS Serve stride or 15 pasteurized milk to there two years of age and older 2 Serve whole grain broads, cereals, and pastas 3 Serve versities of the striken was not a fisher or 15 pasteurized milk to the striken we years of age and older 3 Serve versities of several varieties, especially whole fruits 3 Serve versities of several varieties, especially whole fruits 3 Serve striken of several varieties, especially whole fruits 3 Serve striken of several varieties, especially whole fruits 3 Serve striken of several varieties, especially whole fruits 4 Serve no more than 4 to 6 or jules/day for children 1-5 years of age 4 Serve no more than 4 to 6 or jules/day for children 1-5 years of age 5 Serve no more than 8 to 12 or jules/day for children 1-7 z years of age 5 Serve no more than 8 to 12 or jules/day for children 1-7 z years of age 5 Serve no more than 8 to 12 or jules/day for children 1-7 z years of age 5 Serve striken be of the striken appropriate portion sizes by using plates, bowds & cups that are developmentally suited to their nutritional needs 5 Serve striken produces are striken appropriate portion sizes by using plates, bowds & cups that are developmentally suited to their nutritional needs 5 Serve striken appropriate portion sizes by using plates, bowds & cups that are developmentally suited to their nutritional needs 5 Serve striken appropriate portion sizes and monitor their portions 5 Serve striken appropriate portion sizes and monitor their portions 5 Serve striken appropriate portions sizes and monitor their p	2021
NA3 Serve other milk equivalent products (yogurt, cottage cheesel using low-fat varieties for 2 years of age and older 2	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 fat (2%) pasteurized milk to this who are at risk for hrupercholesterolemia or obesity NS Serve skin or 15% pasteurized milk to children two years of age and older 2 NSI Serve whole grain breads, cereals, and pastas NSI Serve whole grain breads, cereals, and pastas NSI Serve skin or 15% pasteurized milk to children two years of age and older 2 Serve years bettles, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 3 Serve refuts of several varieties, especially whole fruits 3 Serve in the serve i	3
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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	3
NB3 Serve fruits of several varieties, especially whole fruits 3 3 NC1 Use only 100% juice with no added sweeteners 2 2 2 2 2 2 2 2 2	3
NCI Use only 100% juice with no added sweeteners 2 NCI Offer juice (100%) only during meal times 2 NCI Offer juice (100%) only during meal times 2 NCI Serve no more than 16 to 20 juice/day for children 1-6 years of age 2 NCI Serve no more than 16 to 12 oz juice/day for children 7-12 years of age 2 NCI Serve no more than 16 to 12 oz juice/day for children 7-12 years of age 2 NCI Make water available both inside and outside 3 NCI Limits aft by avoiding sable both inside and outside 3 NCI Limits aft by avoiding sable both inside and outside 3 NCI Limits aft by avoiding sable for stops and pretes 2 NCI Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 2 NCI Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs 2 NCI Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs 2 NCI Require adults eating meals with children to eat items that meet nutrition standards 2 NCI 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 of this carb 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 of this carb children who require limited portions about oortion size and monitor their portions 2 NCI Provide children who require limited portions about oortion size and monitor their portions 2 NCI Do not use food as a reward or punishment 2 NCI Provide children with adequate space for both inside and outside play 2 PAR Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	3
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NC3 Serve no more than 4 to 6 oz juice/day for children 7-12 years of age 2 NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age 2 NC5 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 2 NC6 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 2 NC6 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 2 NC7 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 2 NC6 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 2 NC7 Require adults eating meals with children to eat items that meet nutrition standards 2 NC7 Serve small-sized, age-appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs 2 NC7 Serve small-sized, age-appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs 2 NC8 Serve small-sized, age-appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs 2 NC8 Service small-sized, age-appropriate portions 2 NC8 Service small-sized, age-appropriate portions 2 NC9 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 of their translation of the control of the control of their portions 2 NC9 NC9 Permit children who resulted initiated portions about portions about portions as a reward or punishment 2 NC9 Portiol for or or bribe children to eat the provide and unsite plates 2 NC9 Portiol for or or or bribe children to eat the premaining poper translation 2 NC9 Portiol for all fultifiers	4
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PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC0 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 PC5 Allow 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 Ensure that infants have supervised tummy time every day when they are awake PC7 Description of Screen-Time (n = 4)	
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PE1 Ensure that infants have supervised tummy time every day when they are awake 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)	2
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4)	2
Limits on Screen-Time (n = 4)	2
	2021
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:	

Regulation fully meets standard Regulation partially meets standard 2 Regulation does not address standard Regulation contradicts the standard O 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

	the Infant Fooding (n = 11)		
	thy Infant Feeding (n = 11)	ı	
	stfeeding Support	2010	2021
_	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
	t 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
_	Feed infants on cue	2	4
_	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
	Serve no fruit juice to children younger than 12 months of age	2	4
	ition (n = 21)	2010	2024
	ition Standards	2010	2021
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats Serve other mills or viscolant products (suggest cottage choose) using low fat varieties for 2 years of are and older.	2	3
INAS	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	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	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	2	3
-	Serve fruits of several varieties, especially whole fruits	2	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	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	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	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	3
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
	Do not use food as a reward or punishment	4	4
Phys	ical Activity (n = 11)		
		2010	2021
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
	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
	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
DF1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	2
	Insure that infants have supervised turning time every day when they are awake Ise infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		2
	ts on Screen-Time (n = 4)	3	
- 1111	Solitorech fille (II-I)	2010	2021
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
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:		_
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Nevada Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2018 (CTR, LRG, SML) Regulation fully meets standard 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. Regulation contradicts the standard 0 State does not regulate care type

NEW HAMPSHIRE At A Glance:

Main	Hea	thy Infant Feeding (n = 11)			
Main Institute Teaching Protectices T	Brea	stfeeding Support	2010	2021	
Accordance Acc	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3	
Bit See Infants on cuse	Infar	t Feeding Practices			
1912 Do not freed infants beyond sately. Allow infant to take the feeding in which caregives/heacher's arms or sitting up on the lap 3 1	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4	
IRSI Developed pass Institute the institute feating in Population and Institute feating in the caregory present year and strong the provider of the caregory present year and the present year a	IB1	Feed infants on cue	4	4	
ILC Develop plan for introducing age-appropriate solid foods in concultant on with child's parently gardinal and primary our provider Lind Introduce besettled infants gadually to inen-foritifed foods no soore than a floration of age, and prefetably around someths of age Lind Introduce besettled infants gadually to inen-foritifed foods no soore than floration of age, and prefetably around someths Discontinued in infant formula image with breast fluttilized or content of social work or prefetably around someths Severe whole first, mashed or purese, for infants 7 monitises up to 1 year of age 102 Severe whole first, mashed or purese, for infants 7 monitises up to 1 year of age NUTTION 103 Severe in the line of the content of the severe infants of the severe whole first, mashed or purese, for infants 7 monitises up to 1 year of age NUTTION 104 Severe whole many for breams. Children 9 was prefetably around on the severe whole first of the severe whole garden of the severe whole garden purpsets of the severe whole garden purpsets of the severe whole garden products for garden of the severe whole garden products for garden of the garden purpsets of the garden products for garden of the garden purpsets of the garden purpse	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3	4	
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Col. Introduce breadted infants gradually for ione fortified foods no source than frour moreths of age, but perfectably around six moreths 3 1 1 1 1 1 1 1 1 1	IC1				
10.	IC2				
10.2 10.2	IC3				
103 Serve no fault piace to children younger than 12 months of age Note Note Note Standards Note N	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction			
Note 1906	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age			
Nutrition Standards	ID3	Serve no fruit juice to children younger than 12 months of age	1	4	
NAL Intributible by chooning monournaturated and ophyrumasturated fish and avoiding trans fish, saturated fish and fried foods. AND Server entire and/or beans: efficient, fish, lear metal and/or fightegmes (south as dried peak beauty) avoiding find means: AND Server entire milk equivalent products (yogun, cottage pheexe) using low-fat varieties for 2 years of age and older. AND Server entire specializated milk to be server from the control with the control of whiters who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to be server from the control of whiters who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to be dileter two years of age and older. AND Server we regetables, specifically, durft green, oringe, deep yellow regetables, and older 15, pasteurized milk to be dileter two years of age and older. AND Server we regetables, specifically, durft green, oringe, deep yellow regetables, such as potatoes and viandss. AND Server we regetables, specifically, durft green, oringe, deep yellow regetables, such as potatoes and viandss. AND Server we regetables, specifically, durft green, oringe, deep yellow regetables, such as potatoes and viandss. AND Server we regetables, specifically, durft green, oringe, deep yellow regetables, such as potatoes and viandss. AND Server we regetables, specifically, durft green, oringe, deep yellow regetables, such as potatoes and viandss. AND Server we regetables, specifically, durft green from green green, and specifically green green green. AND Server we regetables, specifically, durft green from green gree	Nuti	ition (n = 21)			
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Name	NA3		2	3	
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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				4	
NB3 Serve fruits of several varieties, especially whole fruits NC1 Use only 100% pixe with no added sweeteners AC2 Offer juce (100%) only during meal times NC3 Serve no more than 4 to 5 oz jucie/day for children 1-6 years of age AC3 Serve no more than 6 to 12 oz jucie/day for children 1-712 years of age AC3 Serve no more than 6 to 12 oz jucie/day for children 7-12 years of age AC3 Serve no more than 6 to 12 oz jucie/day for children 7-12 years of age AC4 Serve no more than 6 to 12 oz jucie/day for children 7-12 years of age AC5 Serve no more than 6 to 12 oz jucie/day for children 7-12 years of age AC6 Serve no more than 6 to 12 oz jucie/day for children 7-12 years of age AC7 Serve no more than 6 to 12 oz jucie/day for children 7-12 years of age AC8 Serve no more than 6 to 12 oz jucie/day for children 7-12 years of age AC6 Serve no more than 6 to 12 oz jucie/day for children 7-12 years of age AC7 Serve no more than 6 to 12 oz jucie/day for children 7-12 years of age AC7 Serve no more than 6 to 12 oz jucie/day for children 7-12 years of age AC7 Serve no more than 6 to 12 oz jucie/day for children 7-12 years of age AC7 Serve no more than 6 to 12 oz jucie/day for children 7-12 years of age AC7 Serve no more than 6 to 12 oz jucie/day for children 7-12 years of age AC7 Serve no more than 6 to 12 oz jucie/day for children 7-12 years of age AC7 Serve no more than 6 to 12 oz jucie/day for children 7-12 years of age AC7 Serve no more than 6 to 6 oz jucie/day for children 7-12 years of age AC7 Serve no more than 6 to 6 oz jucie/day for children 7-12 years of age AC7 Serve no more than 6 to 6 oz jucie/day for children 1-12 years of age AC7 Serve no more than 6 to 6 oz jucie/day for children 1-12 years of age AC7 Serve no more than 6 to 6 oz jucie/day for children 1-12 years of age AC7 Serve no more than 6 to 6 oz jucie/day for children 1-12 years of age AC7 Serve no more than 6 to 6 oz jucie/day for children 1-12 years of age AC7 Serve no more than 6 to 6 oz jucie/day for children 1-12 years of a				3	
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NEI Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs			2	3	
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NF1 Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual 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 eat 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 recover the 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 recover the children who require limited portions about portion size and monitor their portions Permit children who required portions Permit children who mished and outside play				2	
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NHE Do not force or bribe children to eat 3 3 3 3 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	NF2		2	3	
NHZ Do not use food as a reward or punishment Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation 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 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 Require caregivers/teachers to promote children's active play outdoors, weather permitting 3 Do not withhold active play from children who misbehave 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 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	NII1		2	3	
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PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly PB3 Use screen media with children age two years and older only for educational purposes or physical activity PB4 Do not utilize TV, video, or DVD viewing during meal or snack time	PUI	day—indoor or outdoor	2	3	
Limits on Screen-Time (n = 4) 2010 20 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	PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2	
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 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	PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	4	
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PB2Limit total media time for children 2 years and older to not more than 30 min. weekly22PB3Use screen media with children age two years and older only for educational purposes or physical activity22PB4Do not utilize TV, video, or DVD viewing during meal or snack time22			2010	2021	
PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2 PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2	
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 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	
Rating Code:	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
		Rating Code:		· <u> </u>	

	Rating Code:	
4	Regulation fully meets standard	New Hampshire Regulation Rating History: 2010 (CTR, LRG, 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	

NEW JERSEY At A Glance:

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

	thy Infant Feeding (n = 11)		
		2040	2024
	Steeding Support	2010	2021
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site at Feeding Practices	Z	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
	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
		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 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
_	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3
	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)	2	
	ition Standards	2010	2021
	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
	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
	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	2021
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
_	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
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	3
	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	3
	ts on Screen-Time (n = 4)	3	3
	to on other mile (ii = 4)	2010	2021
DD 1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	2021
	Limit total media (television [17], 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
	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
F 04			
	Rating Code:		

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

ASHW 2021 Supplement: Small Family Child Care Homes

NEW MEXICO At A Glance:

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

	Use May Infant For the (n. 14)				
	thy Infant Feeding (n = 11)	1			
	stfeeding Support	2010	2021		
	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				
	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		
	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		
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3		
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4		
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		
Nutr	ition (n = 21)				
Nutr	ition Standards	2010	2021		
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				
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	3	4		
NB1	Serve whole grain breads, cereals, and pastas	3	3		
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	4		
NB3	Serve fruits of several varieties, especially whole fruits	4	4		
NC1	Use only 100% juice with no added sweeteners	3	3		
NC2	Offer juice (100%) only during meal times	2	4		
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4		
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4		
ND1	Make water available both inside and outside	3	4		
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2		
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3		
Healt	hy Mealtime Practices				
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	3		
	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	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		
Phys	ical Activity (n = 11)				
		2010	2021		
PA1	Provide children with adequate space for both inside and outside play	4	4		
DVJ	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2		
FAZ	r rovide one hadon and annual daming 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				
	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		
Limi	ts on Screen-Time (n = 4)				
		2010	2021		
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		
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		
	Rating Code:				
	Regulation fully meets standard New Mexico Regulation Rating History: 2010 (CTR LRG SML): 2012 (CTR LRG SML): 2014 (CTR LRG SML): 2017*(CTR LRG SML): 2017*				

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

Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2021
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	2	2
IB1	Feed infants on cue	2	2
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3	Serve no fruit juice to children younger than 12 months of age	2	2
Nuti	ition (n = 21)		
Nutr	ition Standards	2010	2021
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	3
	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	3
	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	3
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	3
	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
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions Permit shilden to be up any angular provided the put still and so the individual control of the individ	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
NH1	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
	ical Activity (n = 11)	3	
, .		2010	2021
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	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	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
	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
Limi	ts on Screen-Time (n = 4)		
		2010	2021
	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
DD 3	Use screen media with children age two years and older only for educational purposes or physical activity	2	4
	Do not utilize TV, video, or DVD viewing during meal or snack time Rating Code:	2	4

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

 $New York \ Regulation \ Rating \ History: 2010 \ (CTR, LRG, SML); \ 2014 \ (LRG, SML); \ 2015 \ (CTR, LRG); \ 2017* \ (CTR)$

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)		
Brea	stfeeding Support	2010	2021
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4
Infan	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	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
Nutr	ition (n = 21)		
Nutri	ition Standards	2010	2021
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
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
	ny 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
	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	3
NH2	Do not use food as a reward or punishment	3	4
Physi	ical Activity (n = 11)		
		2010	2021
PA1	Provide children with adequate space for both inside and outside play	4	4
DAO	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
1 AZ	Trovide offendation and annual dailing opportunities for caregivers/ teachers to learn age-appropriate gross motor activities and games that profittle 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	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	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
Limi	ts on Screen-Time (n = 4)		
		2010	2021
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4	4
PB1			
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity	3 2	2
PB2 PB3			

	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.
Ĺ	0	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

Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2021
IA1	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		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3	3
IB1	Feed infants on cue	2	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	4	4
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3	Serve no fruit juice to children younger than 12 months of age	2	2
Nuti	ition (n = 21)		
Nutr	ition Standards	2010	2021
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	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
	hy Mealtime Practices		
_	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	3
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	2	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	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
тпуз	ican control (ii = 11)	2010	2021
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	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	3
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	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
	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		
PD1	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	3
Limi	ts on Screen-Time (n = 4)		
		2010	2021
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
PB1		2	2
_	Limit total media time for children 2 years and older to not more than 30 min. weekly		
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB2 PB3			2

Regulation fully meets standard North Dakota Regulation Rating History: 2010 (CTR, LRG, SML); 2011 (CTR, LRG, SML); 2013 (CTR, LRG, SML); 2020 (CTR, LRG, SML) Regulation partially meets standard 2 Regulation does not address standard Regulation contradicts the standard O State does not regulate care type

OHIO At A Glance:

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

	the lefest Fooding (n = 11)		
	Ithy Infant Feeding (n = 11)		
	stfeeding Support	2010	2021
	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	4	4
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	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	2
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	2
ID3	Serve no fruit juice to children younger than 12 months of age	1	2
Nuti	ition (n = 21)		
Nutr	ition Standards	2010	2021
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	2
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	2
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	
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	2	4
NB1	Serve whole grain breads, cereals, and pastas	4	2
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	4
NB3	Serve fruits of several varieties, especially whole fruits	3	3
NC1	Use only 100% juice with no added sweeteners	4	3
NC2	Offer juice (100%) only during meal times	2	2
	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
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
		3	4
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	3	4
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	2
NH1	Cinia, react indicate win require intrince portions about portion size and monitor tries portions Do not force or bribe children to eat	2	2
	Do not use food as a reward or punishment	3	3
	ical Activity (n = 11)	3	3
, .		2010	2021
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
	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
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2
		2	2
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2
PD1	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	2
	ts on Screen-Time (n = 4)		
	to on order time (n = 4)	2010	2021
DD 1	Do not utilize media (televician [TV] video and DVD) viewing and computers with children viewness 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 20 min, weakly.	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
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4
	Rating Code: Regulation fully meets standard Ohio Regulation Rating History: 2010 (CTR LRG SML): 2012*(CTR LRG SML): 2016 (CTR LRG SML): 2021 (C		

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

Ohio Regulation Rating History: 2010 (CTR, LRG, SML); 2012*(CTR, LRG, SML); 2016 (CTR, LRG, SML); 2021 (CTR, LRG, SML)

OKLAHOMA At A Glance:

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

Bros	Ithy Infant Feeding (n = 11)		
DIE	astfeeding Support	2010	2021
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	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	2	4
IB1	Feed infants on cue	2	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3
ID3	Serve no fruit juice to children younger than 12 months of age	2	4
Nuti	rition (n = 21)		
Nutr	rition Standards	2010	2021
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		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
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3	Serve fruits of several varieties, especially whole fruits	3	3
NC1	Use only 100% juice with no added sweeteners	2	4
NC2	Offer juice (100%) only during meal times	2	4
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1	Make water available both inside and outside	3	3
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
Healt	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	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	1
	child; Teach children who require limited portions about portion size and monitor their portions		
NH1	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	3	3
Phys	sical Activity (n = 11)		
		2010	2021
	Provide children with adequate space for both inside and outside play	4	4
PA1			
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	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 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA2	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		
PA2 PA3 PA4	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA2 PA3 PA4	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	2 2	2
PA2 PA3 PA4 PA5	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	2 2 4	2 2 2
PA2 PA3 PA4 PA5 PC1 PC2	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	2 2 4 3	2 2 2 2
PA2 PA3 PA4 PA5 PC1 PC2 PC3	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	2 2 4 3 2 2	2 2 2 2 2 2 2
PA2 PA3 PA4 PA5 PC1 PC2 PC3	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	2 2 4 3 2 2	2 2 2 2 2 2 2 2
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1	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	2 2 4 3 2 2 2	2 2 2 2 2 2 2 2 2
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	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	2 2 4 3 2 2	2 2 2 2 2 2 2 2
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	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	2 2 4 3 2 2 2 2 2 3	2 2 2 2 2 2 2 2 2 2 2 3
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi	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)	2 2 4 3 2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 4 3 2 2 2 2 2 2 3	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	2 2 4 3 2 2 2 2 2 2 3	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity	2 2 4 3 2 2 2 2 2 3 2010 3 3 2	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	2 2 4 3 2 2 2 2 2 2 3	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2

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

OREGON At A Glance:

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

	Healthy Infant Feeding (n = 11)					
		2040	2024			
	Steeding Support	2010 3	2021			
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site It Feeding Practices	3	2			
	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			
	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			
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	2			
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	2			
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	2			
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2			
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	2			
ID3	Serve no fruit juice to children younger than 12 months of age	1	2			
Nutr	ition (n = 21)					
Nutr	ition Standards	2010	2021			
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2			
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	2			
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	2			
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 Serve whole grain breads, correls, and pastes.		2			
	Serve whole grain breads, cereals, and pastas Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	2			
	Serve fruits of several varieties, especially whole fruits	3	2			
	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			
	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	1	2			
	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	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	3	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			
Pnys	ical Activity (n = 11)	2010	2024			
DA1	Dravide children with adequate case for both incide and outside alay	2010	2021 4			
	Provide children with adequate space for both inside and outside play	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			
	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	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	2	3			
LIMI	ts on Screen-Time (n = 4)	2040	2024			
DD4	Do not utilize modic (tologician [TV]) video and DVD) visusing and computers with abilding visus and accomplished	2010	2021			
	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			
	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			
. 54	Rating Code:		<u> </u>			
	Regulation Falls people standard Oregon Regulation Rating History: 2010 (CTR LRG SML): 2012* (CTR LRG SML): 2017* (SML): 2					

Regulation fully meets standard Regulation partially meets standard 2 Regulation does not address standard Regulation contradicts the standard O State does not regulate care type

Oregon Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2017* (SML); 2021 (CTR, LRG, SML)

PENNSYLVANIA 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)		
Brea	stfeeding Support	2010	2021
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	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	2	2
IB1	Feed infants on cue	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	3	3
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
	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)	2040	2024
	ition Standards	2010	2021
	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 Serve other milk equivalent products (vegut, cottage cheese) using low-fat varieties for 2 years of are and older.	3	3
	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		
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	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
	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
	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	3	3
NH1	Ciniu, react intinen win require immed 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	2021
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
PΔ3	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		3	3
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
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 Encurs that infants have supposited tummy time evens day when they are awake	2	
	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	2
	ts on Screen-Time (n = 4)	۷	
-	Son Selection time (II - 4)	2010	2021
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
	Rating Code:		
	Regulation fully meets standard Pennsylvania Regulation Rating History: 2010 (CTR, LRG, SML): 2020 (CTR, LRG, SML)		

	Rating Code:	
4	Regulation fully meets standard	Pennsylvania Regulation Rating History: 2010 (CTR, LRG, SML); 2020 (CTR, LRG, SML)
3	Regulation partially meets standard	
2	Regulation does not address standard	
1	Regulation contradicts the standard	
0	State does not regulate care type	

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)		
Brea	ratfeeding Support	2010	2021
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	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	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	rition (n = 21)		
Nutr	ition Standards	2010	2021
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		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	3	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	4	4
	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	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	3	4
	thy Mealtime Practices		•
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
		2	2
NF1	Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs 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	2021
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	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	3
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	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	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	3
Limi	ts on Screen-Time (n = 4)		
		2010	2021
	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	2	2
	Do not utilize TV video or DVD viewing during model or speek time:		
	Do not utilize TV, video, or DVD viewing during meal or snack time Rating Code:	2	4

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

Rhode Island Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (LRG, SML); 2013 (CTR); 2017 (CTR)/2017*(LRG, SML); 2021 (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.

SOUTH CAROLINA 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)		
Brea	stfeeding Support	2010	2021
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
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	2
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3	Serve no fruit juice to children younger than 12 months of age	2	2
Nuti	rition (n = 21)		
Nutr	ition Standards	2010	2021
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		
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2
NB1	Serve whole grain breads, cereals, and pastas	2	2
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
NB3	Serve fruits of several varieties, especially whole fruits	2	2
NC1	Use only 100% juice with no added sweeteners	2	2
NC2	Offer juice (100%) only during meal times	2	2
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
ND1	Make water available both inside and outside	2	2
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
Healt	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	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
	child; Teach children who require limited portions about portion size and monitor their portions		
NH1	Do not force or bribe children to eat	2	2
	Do not use food as a reward or punishment	2	2
Phys	ical Activity (n = 11)		
		2010	2021
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
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	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	2	2
	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
DF1	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
	ts on Screen-Time (n = 4)	2	2
-	ts on screen time (n - 4)	2010	2021
DD4	Do not utilize modic (talevicine [TV]) video and DVD) viewing and computers with shill-re-	2010	2021
	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
гв4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		

O State does not regulate care type

South Carolina Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG); 2017 (SML)/2017* (CTR, LRG) Regulation fully meets standard 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 Regulation does not address standard documents also were rated for CACFP changes. Regulation contradicts the standard

SOUTH DAKOTA At A Glance:

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

Heal	thy Infant Feeding (n = 11)		
Breas	stfeeding Support	2010	2021
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
	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	2	2
	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
	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
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3	Serve no fruit juice to children younger than 12 months of age	2	2
Nutr	ition (n = 21)		
Nutri	ition Standards	2010	2021
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
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
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
	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
Healt	ny 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	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
		3	3
	Do not use food as a reward or punishment call Activity (n = 11)	3	3
FIIya	cal Activity (II = 11)	2010	2021
DA1	Denide shilden with adequate cases for both incide and outside along		2021
	Provide children with adequate space for both inside and outside play	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
	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
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	2
	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
PE2	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)		
Limit			2021
Limit		2010	
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010	2
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly		
PB1 PB2		2	2
PB1 PB2 PB3	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2

I	4	Regulation fully meets standard	South Dakota Regulation Rating History: 2010 (CTR, LRG, SML)
I	3	Regulation partially meets standard	
l	2	Regulation does not address standard	
I	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

	Ithy Infant Feeding (n = 11)		
Brea	astfeeding Support	2010	2021
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	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	2	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	3
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3
ID3	Serve no fruit juice to children younger than 12 months of age	2	4
Nuti	rition (n = 21)		
Nutr	ition Standards	2010	2021
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		1	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) 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	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	3	3
	thy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
		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	4
	por not use rood as a reward of punishment sical Activity (n = 11)	3	4
Pilys	ical Activity (ii = 11)	2010	2021
DA1	Provide children with adequate space for both inside and outside play	2010	2021
LAT		3	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	3
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA2		2	3
PA2	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so		1
PA2 PA3 PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave	2	2
PA2 PA3 PA4		2	3
PA2 PA3 PA4 PA5	Do not withhold active play from children who misbehave		
PA2 PA3 PA4 PA5 PC1 PC2	Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PA2 PA3 PA4 PA5 PC1 PC2 PC3	Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3 2 2	3 4 4
PA2 PA3 PA4 PA5 PC1 PC2 PC3	Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	3 2 2 2	3 4 4 3
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1	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 2 2 2 2	3 4 4 3 4
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 2 2 2	3 4 4 3
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	3 2 2 2 2 2	3 4 4 3 4
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi	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 turnmy 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 2 2 2 2 2 2 2 2010	3 4 4 3 4 4 2021
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi	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 turnmy 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 2 2 2 2 2 2010 3	3 4 4 3 4 4 2021
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2	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 turnmy 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 2 2 2 2 2 2010 3 3	3 4 4 3 4 4 2021 4 3
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3	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 turnmy 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 Use screen media with children age two years and older only for educational purposes or physical activity	2 2 2 2 2 2 2 2010 3 3 3	3 4 4 3 4 4 2021 4 3 4
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3	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 turnmy 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 2 2 2 2 2 2010 3 3	3 4 4 3 4 4 2021 4 3

4	Regulation fully meets standard	Tennessee Regulation Rating History: 2010 (CTR, LRG, SML); 2018 (CTR, LRG, SML)
3	Regulation partially meets standard	
2	Regulation does not address standard	
1	Regulation contradicts the standard	
0	State does not regulate care type	

TEXAS At A Glance:

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

	Healthy Infant Feeding (n = 11)					
		ı				
	stfeeding Support	2010	2021			
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3			
_	t 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			
_	Feed infants on cue	3	4			
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding					
	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 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			
_	Serve no fruit juice to children younger than 12 months of age	2	4			
	ition (n = 21)		7			
	ition Standards	2010	2021			
_	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	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	3	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	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	3	3			
NH1	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	2021			
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	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	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	4			
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	4			
PD1	day—indoor or outdoor	2	4			
PE1	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	4			
Limi	ts on Screen-Time (n = 4)					
		2010	2021			
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	4			
PB4	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

Texas Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2014 (CTR, LRG, SML); 2021 (CTR, LRG, SML)

UTAH At A Glance:

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

	Use like to feed feed feed for (a. 44)					
	thy Infant Feeding (n = 11)					
	stfeeding Support	2010	2021			
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3			
	t 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			
	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			
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3			
_	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4			
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4			
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2			
	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)	l				
	ition Standards	2010	2021			
	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	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			
NAE	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					
	Serve fruits of several varieties, especially whole fruits	2	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	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	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			
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			
		3	3			
	Do not use food as a reward or punishment	3	3			
Phys	ical Activity (n = 11)	2040	2024			
DA4	Duride shilders with a design consequent in the and a stride and	2010	2021			
	Provide children with adequate space for both inside and outside play	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			
DV3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2			
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2			
	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	2	3			
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4			
		2	3			
FLS	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	2				
PD1	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	2021			
PR1	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:					
	Regulation Fating Code: Itah Regulation Pating History: 2010 (CTR LRG SMI): 2017 (CTR LRG SMI)					

Regulation fully meets standard Utah Regulation Rating History: 2010 (CTR, LRG, SML); 2012*(CTR, LRG); 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 Regulation does not address standard documents also were rated for CACFP changes. Regulation contradicts the standard O 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

	Healthy Infant Feeding (n = 11)					
	stfeeding Support	2010	2021			
_	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4			
	at 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			
	Feed infants on cue	4	4			
		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			
	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	4			
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3			
ID3	Serve no fruit juice to children younger than 12 months of age	2	4			
Nuti	ition (n = 21)					
Nutr	ition Standards	2010	2021			
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2			
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3			
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3			
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) 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	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	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	4			
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	2	4			
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	3	3			
Phys	ical Activity (n = 11)					
		2010	2021			
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 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			
51111	ts on streeth time (it = 4)	2010	2021			
DR1	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	3			
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2			
	Rating Code:		-			

Regulation fully meets standard Regulation partially meets standard 2 Regulation does not address standard Regulation contradicts the standard O State does not regulate care type

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

VIRGINIA 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)		
	<u> </u>	2010	2024
	In the contract of the contrac	2010 3	2021
		3	3
	nt 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
	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
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	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	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	2021
	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	4	4
	those who are at risk for hypercholesterolemia or obesity		
	Serve skim or 1% pasteurized milk to children two years of age and older	4	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	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	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	3	3
Phys	sical Activity (n = 11)		
		2010	2021
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	4
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		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
DE1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	3	3
		3	3
	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
-1111	ns on screen mile (n = 4)	2010	2021
DD4	Do not utilize modia (taleuisian [TV] video and DVD) viewing and computers with shill	2010	2021
	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 aldot to not more than 20 min, weakly	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
РВ4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		

Regulation fully meets standard Regulation partially meets standard 2 Regulation does not address standard Regulation contradicts the standard O State does not regulate care type

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

WASHINGTON At A Glance:

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

	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2021
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	2021
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
	Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	2	4
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	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	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		
	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)	1	
			2021
		2010	
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
PA2	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	2 2	4 2 2
PA2 PA3 PA4	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	2 2 2	4 2 2 4
PA2 PA3 PA4	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	2 2 2 2 2	2 2 4 4
PA2 PA3 PA4	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	2 2 2	4 2 2 4
PA2 PA3 PA4 PA5 PC1 PC2	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	2 2 2 2 2 3 3	4 2 2 4 4 3 4
PA2 PA3 PA4 PA5 PC1 PC2	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	2 2 2 2 2 3	4 2 2 4 4 3
PA2 PA3 PA4 PA5 PC1 PC2 PC3	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	2 2 2 2 2 3 3 3	4 2 2 4 4 3 4
PA2 PA3 PA4 PA5 PC1 PC2 PC3	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	4 2 2 2 2 2 3 3 3 2	4 2 2 4 4 3 4 4 2
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1	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	4 2 2 2 2 2 3 3 3 2 2	4 2 2 4 4 3 4 4 2
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	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	4 2 2 2 2 2 3 3 3 2	4 2 2 4 4 3 4 4 2
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	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	4 2 2 2 2 2 3 3 3 3 2 2 2	4 2 2 4 4 3 4 4 2 4 3
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi	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 ts on Screen-Time (n = 4)	4 2 2 2 2 2 3 3 3 3 2 2 2 2	4 2 2 4 4 3 4 4 2 4 3
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1	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 ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4 2 2 2 2 2 3 3 3 2 2 2 2 2	4 2 2 4 4 3 4 4 2 4 3 2 4 4 4 2
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2	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 ts 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 2 2 3 3 3 2 2 2 2 2 2 3	4 2 2 4 4 3 4 4 2 4 3 2 4 3 3
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3	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 ts 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 Use screen media with children age two years and older only for educational purposes or physical activity	2 2 2 2 3 3 3 2 2 2 2 2 2 2 3 4	4 2 2 4 4 3 4 4 2 4 3 3 4 4 4 2 4 3 3 4 4 4 3 4 4 3 4 4 3 4 4 4 3 4
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3	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 ts 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 2 2 3 3 3 2 2 2 2 2 2 3	4 2 2 4 4 3 4 4 2 4 3 2 4 3 3

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

 $Washington \ Regulation \ Rating \ History: \ 2010 \ (CTR, LRG, SML); \ 2012 \ (LRG, SML); \ 2017*(LRG, SML); \ 2019 \ (CTR, LRG, SML); \ 2010 \ ($

WEST VIRGINIA 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)		
Brea	stfeeding Support	2010	2021
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
	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)	l	
	ition Standards	2010	2021
	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
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
	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
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	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
	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 ical Activity (n = 11)	3	3
Fillys	Ital Activity (II - 11)	2010	2021
D Δ1	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	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	2024
DD4	Do not utilize modic (tolevicine [TV]) video and DVD) viewing and computers with shild-	2010	2021
	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 20 min, weekly.	2	2
	Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity	2	2
	ase sacent media with children age two years and older only for educational purposes of physical activity		
	Do not utilize TV, video, or DVD viewing during meal or spack time	2	7
	Do not utilize TV, video, or DVD viewing during meal or snack time Rating Code:	2	2

4	Regulation fully meets standard	West Virginia Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR); 2017 (LRG, SML)
3	Regulation partially meets standard	
2	Regulation does not address standard	
1	Regulation contradicts the standard	
0	State does not regulate care type	

WISCONSIN At A Glance:

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

	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2021
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	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	2021
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	4	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	2	1 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
NFI	Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	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	3	3
	Do not use food as a reward or punishment	3	3
	ical Activity (n = 11)		
PHYS			
Pnys		2010	2021
	Provide children with adequate space for both inside and outside play	2010	2021
PA1			
PA1 PA2	Provide children with adequate space for both inside and outside play	4	4
PA1 PA2	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	3
PA1 PA2 PA3 PA4	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	2 2	3 2
PA1 PA2 PA3 PA4	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	2 2 2 2	4 3 2 2
PA1 PA2 PA3 PA4 PA5	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave	2 2 2 2 4	4 3 2 2 4
PA1 PA2 PA3 PA4 PA5 PC1 PC2	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	2 2 2 2 4 3	4 3 2 2 2 4 3
PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3	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	4 2 2 2 4 3 3 3	4 3 2 2 4 3 3 3
PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3	Provide crientation 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	4 2 2 2 4 3 3 3 2	4 3 2 2 4 3 3 3 2
PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1	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	4 2 2 2 4 3 3 3 2	4 3 2 2 2 4 3 3 3 2
PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	Provide crientation 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	4 2 2 2 4 3 3 3 2	4 3 2 2 4 3 3 3 2
PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	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	4 2 2 2 4 3 3 3 2 4 2	4 3 2 2 4 3 3 3 2 4 2
PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi	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 ts on Screen-Time (n = 4)	4 2 2 2 4 3 3 3 2 4 2	4 3 2 2 4 3 3 3 2 4 2
PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1	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 ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4 2 2 2 4 3 3 3 2 4 2	4 3 2 2 4 3 3 3 2 4 2
PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts 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	4 2 2 2 4 3 3 3 2 4 2 2010 3 3	4 3 2 2 4 3 3 3 2 4 2 2 2021 2
PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all to 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 Use screen media with children age two years and older only for educational purposes or physical activity	2 2 2 4 3 3 3 2 4 2 2010 3 3 2	4 3 2 2 4 3 3 3 2 4 2 2 2 2 2 2
PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts 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	4 2 2 2 4 3 3 3 2 4 2 2010 3 3	4 3 2 2 4 3 3 3 2 4 2 2 2021 2

Wisconsin Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (LRG, SML); 2019 (CTR, SML) Regulation fully meets standard Regulation partially meets standard 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) 2 Regulation does not address standard Regulation contradicts the standard 0 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

Heal	Ithy Infant Feeding (n = 11)		
	stfeeding Support	2010	2021
_	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	2	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	4	4
_	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
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		
	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	
	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)	2040	2024
	ition Standards	2010	2021
	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
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
	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	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	hy Mealtime Practices	2	2
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	3
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	2	4
INLI	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	child; Teach children who require limited portions about portion size and monitor their portions	2	3
NH1	Do not force or bribe children to eat	4	3
NH2	Do not use food as a reward or punishment	3	3
	ical Activity (n = 11)		
	· ·	2010	2021
PA1	Provide children with adequate space for both inside and outside play	4	4
		2	2
PAZ	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	3	3
Limi	ts on Screen-Time (n = 4)		
		2010	2021
	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
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2

4	Regulation fully meets standard	Wyoming Regula
3	Regulation partially meets standard	NOTE: A starred of
2	Regulation does not address standard	documents also w
1	Regulation contradicts the standard	
0	State does not regulate care type	

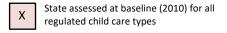
ation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (CTR, LRG, SML)

TABLE 1: Assessment Years for Each State

Table 1. State Assessment Years 2010 to 2021

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

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



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	Child Care Types Covered by Document				
0.1	Alabama		Year	CTR	LRG	SML		
AL								
	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				
	Child Care Licensing and Performance Standards for Day Care Centers and Nighttime Centers Regulations and Procedures	9/13/2021	2021	Χ				
	Child Care Licensing and Performance Standards for Family Day Care Homes/Family Nighttime Homes and Group Day Care Homes/Group Nighttime Homes Regulations and Procedures	9/13/2021	2021		Х	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	9/01/2004	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)	12/05/2018	2019	Х				

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

^{*} 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	
AZ (con't)	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		
	Minimum Licensing Requirements for Voluntary Registered Child Care Family Homes	3/2010	2010				
	Minimum Licensing Requirements for Child Care Centers	11/01/2011	2011	Х			
	Minimum Licensing Requirements for Child Care Family Homes	11/01/2011	2011		Х		
	Minimum Licensing Requirements for Registered Child Care Family Homes	11/01/2011	2011			Х	
	Minimum Licensing Requirements for Child Care Centers	1/01/2015	2015	Х			
	Minimum Licensing Requirements for Child Care Family Homes	1/01/2015	2015		Х		
	Minimum Licensing Requirements for Registered Child Care Family Homes	1/01/2015	2015			Х	
	Minimum Licensing Requirements for Licensed Child Care Centers	12/01/2020	2020	Х			
	Minimum Licensing Requirements for Licensed Child Care Family Homes	12/01/2020	2020		Х		
	Minimum Licensing Requirements for Registered Child Care Family Homes	12/01/2020	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)	6/08/2005	2010	Х			
	Title 22, Division 12, Chapter 1, Article 7 - Child Care Physical Environment	11/01/2008	2010	Χ			
	Title 22, Division 12, Chapter 1 Subchapters 2, 3 - Child Care Infant Centers and School Age Day Care	11/01/1998	2010	Х			

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State	Regulation Document Title For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document				
			Year	CTR	LRG	SML		
CA (con't)	Community Care Licensing Division Child Care Update - Winter/Spring 2011	Winter/Spring 2011	2012	X	Х	Х		
	Title 22, Division 12, Chapter 3 - Family Child Care Homes	4/01/2016	2017*		Х	Х		
СО	Colorado							
	Volume of Child Care Facility Licensing	5/01/2010	2010	Х	Х	Х		
	Rules and Regulations Governing the Health and Sanitation of Child Care Facilities	5/30/2005	2010		Х			
	Rules Regulating Family Child Care Homes	6/01/2012	2012		Х	Х		
	Rules Regulating Child Care Centers (Less than 24 hrs)	7/01/2012	2012	Х	Х			
	General Rules for Child Care Facilities	10/01/2015	2015	Х	Х	Х		
	Rules Regulating Child Care Centers (Less than 24-hour care)	2/01/2016	2016	Х				
	7.702 - Rules Regulating Child Care Centers (Less than 24-Hour Care)	12/01/2021	2021	Х				
	7.702 - Rules Regulating Family Child Care Homes	9/30/2018	2021		Х	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		
	Statutes and Regulations for Family Child Care Homes	3/19/2021	2021			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		Χ			
	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	Χ				
	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				

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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	
DE (con't)	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			
	DELACARE: Regulations for Family and Large Family Child Care Homes	1/10/2021	2021		Х	Х	
DC	Washington DC						
	DCMR 29 Public Welfare Chapter 3 Child Development Facilities	4/27/2007	2010	Х		Х	
	Title 5-A DCMR Chapter 1 Child Development Facilities: Licensing	11/15/2016	2016	Х	Х	Х	
FL	Florida						
	Chapter 65C-20 Family Day Care Standards and Large Family Child Care Homes (ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)	1/13/2010	2010		х	Х	
	Chapter 65C-22 Child Care Standards (ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)	1/13/2010	2010	Х			
	2012 Florida Child Care Statutes Section 402	2012	2012	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		Х	Х	
	Chapter 65C-20 Family Day Care Standards and Large Family Child Care Homes	10/25/2017	2017		Х	Х	
	Family Day Care Home and Large Family Child Care Home Handbook	5/2019	2019		Х	Х	
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	

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State	Regulation Document Title For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document		
			Year	CTR	LRG	SML
GA (con't)	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
HI	Hawaii					
	Title 17: Chapter 891.1 Registration of Family Child Care Homes	12/19/2002	2010			Х
	Title 17: Chapter 892.1 Licensing of Group Child Care Centers and Group Child Care Homes	12/19/2002	2010	Х	Х	
	Title 17: Chapter 895 Licensing of Infant and Toddler Child Care Centers	12/19/2002	2010	Х		
	Title 17: Chapter 896 Licensing of Before and After School Child Care Facilities	12/19/2002	2010	Х		
ID	Idaho					
	16.06.02 Rules Governing Standards for Child Care Licensing	7/1/2010	2010	Х	Х	Х
IL	Illinois					
	Part 406: Licensing Standards for Day Care Homes	7/1/2008	2010			Х
	Part 407: Licensing Standards for Day Care Centers	4/1/2010	2010	Х		
	Part 408: Licensing Standards for Group Day Care Homes	7/1/2008	2010		Х	
	Part 407 Licensing Standards for Day Care Centers	9/2014	2014	Х		
IN	Indiana					
	Rule 1.1 Child Care Homes (470 IAC 3-1.1)	7/3/1996	2010			Х
	Rule 1.2 Infant and Toddler Services in a Child Care Home (470 IAC 3-1.2-1 - 470 IAC 3-1.2-3)	7/3/1996	2010		Х	Х
	Rule 1.3 Class II Child Care Homes (470 IAC 3-1.3.1)	9/27/1996	2010		Х	
	Rule 4.7 Child Care Centers; Licensing (470 IAC 3-4.7)	11/7/2003	2010	Χ		

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State	Regulation Document Title For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document		
			Year	CTR	LRG	SML
IA	Iowa					
	Chapter 109: Child Care Centers	6/1/2010	2010	Х		
	Chapter 110: Child Development Homes	11/1/2009	2010		Х	Х
	Chapter 109: Child Care Centers	5/1/2012	2012	Χ	X	
KS	Kansas					
	Regulations for Licensing Preschools and Child Care Centers	7/11/2008	2010	Χ		
	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	
	922 KAR 2:120 - Child-care Center Health and Safety Standards	6/16/2021	2021	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	
	Bulletin 137 – Early Learning Site Licensing Regulations	9/2021	2021	Χ		

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State	Regulation Document Title For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document		
			Year	CTR	LRG	SML
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
	10-148, Chapter 32 - Child Care Facility Licensing Rule	9/27/2021	2021X	Χ		
	10-148, Chapter 33 - Family Child Care Provider Licensing Rule	5/27/2021	2021		Х	Х
MD	Maryland					
	COMAR 13A. 15. 01 - Family Child Care	4/19/2010	2010			Х
	COMAR 13A. 16. 01 - Child Care Centers	4/19/2010	2010	Х	Х	
	COMAR 13A. 18 Large Family Child Care Homes	2/6/2012	2012		Х	
	Title 13A State Board of Education Subtitle 15 Family Child Care	7/20/2015	2015			Х
	Title 13A State Board of Education Subtitle 16 Child Care Centers	7/20/2015	2015	Х		
	Title 13A State Board of Education Subtitle 18 Large Family Child Care Homes	7/20/2015	2015		Х	
MA	Massachusetts					
	Standards for the Licensure of Child Care Programs	10/2010	2010	Х	Х	Х
MI	Michigan					
	Licensing Rules for Child Care Centers	6/4/2008	2010	Х		
	Licensing Rules for Family and Group Child Care Homes	6/3/2009	2010		Х	Х
	Licensing Rules for Child Care Centers	1/2014	2014	Х		
	Licensing Rules for Child Care Centers	12/17/2019	2019	Х		
MN	Minnesota					
	Chapter 9502 Licensing of Day Care Facilities	10/8/2007	2010		Х	Х
	Chapter 9503 Licensing Requirements for Child Care Centers	10/8/2007	2010	Х		

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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	Χ		
	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
МО	Missouri					
	Licensing Rules for Group Child Care Homes and Child Care Centers	1/2002	2010	Х	Х	
	Licensing Rules for Family Child Care Homes	5/2002	2010		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
	Licensing Requirements for Child Day Care Centers	12/2021	2021	Х		
NE	Nebraska					
	Family Child Care Home Standards Chapter 6	3/1998	2010		Х	Х
	Child Care Center Standards Chapter 8	3/1998	2010	X		
	Chapter 1 Family Child Care Home I	2/2013	2013			Х
	Chapter 2 Family Child Care Home II	2/2013	2013		Х	

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			Year	CTR	LRG	SML
NV	Nevada					
	Chapter 432A Services and Facilities for Care of Children	10/31/2007	2010	Х	Х	Х
	Regulation R112-06	1/2010	2010	Х	Х	Х
	Chapter 432A Services and Facilities for Care of Children	8/1/2012	2012	Х	Х	Х
	Chapter 432A Services and Facilities for Care of Children	9/21/2017	2018	Х	Х	Х
NH	New Hampshire					
	Child Care Program Licensing Rules	2008-2016	2010	Х	Х	Х
	Part He-C 4002 NH Child Care Program Licensing Rules	5/17/2017	2017	Х	Х	Х
NJ	New Jersey					
	Chapter 122 - Manual of Requirements for Child Care Centers	8/25/2009	2010	Х	Х	
	Chapter 126 - Manual of Requirements for Family Child Care Registration	8/25/2009	2010			Х
	Chapter 122 Manual of Requirements for Child Care Centers	9/2013	2013	Х	Х	
	Chapter 52 Manual of Requirements for Child Care Centers	3/6/2017	2017	Х	Х	
	Chapter 54 Manual of Requirements for Family Child Care Registration	3/20/2017	2017			Х
NM	New Mexico					
	Title 8 Social Services Chapter 16 Part 2 Child Care Centers, Before and After School Programs, Family Child Care Homes and Other Early Care and Education Programs	6/30/2010	2010	Х	Х	Х
	Title 8 Social Services Chapter 16 Part 2- Child Care Centers, Before and After School Programs Family Child Care Homes and Other Early Care and Education Programs	11/20/2012	2012	Х	Х	Х
	Title 8 Chapter 16 Child Care Licensing: Child Care Centers, Out of School Time Programs, Family Child Care Homes, and Other Early Care and Education Programs	7/2014	2014	Х	Х	Х

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A IV			Year	CTR	LRG	SML
NY	New York					
	Part 416: Group Family Day Care Homes	1/31/2005	2010		Х	
	Part 417: Family Day Care Homes	1/31/2005	2010			Х
	Part 418_1: Day Care Centers	1/31/2005	2010	Х		
	Part 418_2: Small Day Care Centers	1/31/2005	2010	Х		
	Section 416 Group Family Day Care Homes	5/2014	2014		Х	
	Section 417 Family Day Care Homes	5/2014	2014			Х
	Part 418-1: Day Care Centers	6/2015	2015	Х		
	Part 418-2: Small Day Care Centers	6/2015	2015		Х	
NC	North Carolina					
	Chapter 9 - Child Care Rules	8/1/2010	2010	Х	Х	Х
	Chapter 110- Article 7	8/1/2012	2012	Х	Х	Х
	Requirements for Family Child Care Homes	12/1/2012	2012		Х	Х
	Family Child Care Home Requirements	5/2013	2013		Х	Х
	Chapter 9- Child Care Rules	1/2013	2013	Х	Х	Х
	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		

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ND (con't)	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	X		
	Family Care Center Manual	12/23/2016	2016		Х	Х
	Child Care Center Manual	10/29/2021	2021	X		
	Family Care Center Manual	10/29/2021	2021		Х	Х
ОК	Oklahoma					
	Licensing Requirements for Child Care Centers	10/1/2009	2010	Х		
	Licensing Requirements for Family Child Care Homes and Large Child Care Homes	7/1/2010	2010		Х	Х
	Licensing Requirements for Child Care Programs	11/1/2016	2016	Х		
	Licensing Requirements for Family Child Care Homes and Large Child Care Homes	11/1/2016	2016		Х	Х
OR	Oregon					
	Rules For Certified Child Care Centers	1/1/2010	2010	Х		
	Rules For Certified Family Child Care Homes	1/1/2010	2010		Х	
	Rules for Registered Family Child Care Homes	1/1/2010	2010			Х
	Rules For Certified Child Care Centers	6/2021	2021	Х		

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OR (con't)	Rules For Certified Family Child Care Homes	10/2021	2021		х	
	Rules for Registered Family Child Care Homes	4/2021	2021			Х
PA	Pennsylvania					
	Chapter 3270 - Child Day Care Centers	5/2009	2010	Х		
	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	X		
	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		
	218-RICR-70-00-1 Child Care Center and School Age Program Regulations for Licensure	4/19/2021	2021	Х		
	218-RICR-70-00-7 Group Family Child Care Home Regulations for Licensure	9/02/2021	2021		Х	
	218-RICR-70-00-2 Family Child Care Home Regulations for Licensure	7/07/2021	2021			Х
SC	South Carolina					
	Regulations for the Licensing of Group Child Care Homes	5/19/2005	2010		Х	
	Regulations for the Licensing of Child Care Centers	5/16/2005	2010	Х		
	Family Child Care Home Regulations	4/23/1993	2017*			Х

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SD	South Dakota					
	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		
	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 67:42:03 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
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	Texas					
	Chapter 746: Minimum Standard Rules For Licensed Child-Care Centers	3/1/2008	2010	Х		
	Chapter 747: Minimum Standard Rules for Registered and Licensed Child-Care Homes	6/1/2008	2010		Х	х
	Chapter 746: Minimum Standard Rules For Licensed Child-Care Centers (replacement pages)	3/1/2012	2012	Х		
	Chapter 747: Minimum Standard Rules for Registered and Licensed Child-Care Homes (replacement pages)	3/1/2012	2012		Х	Х
	Chapter 746: Minimum Standards for Child-Care Centers	6/2014	2014	Χ		
	Chapter 747: Minimum Standards for Child-Care Homes	6/2014	2014		Х	Х

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TX (con't)	Chapter 746: Minimum Standards for Child-Care Centers	10/2021	2021	Х		
	Chapter 747: Minimum Standards for Licensed and Registered Child-Care Homes	11/10/2021	2021		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	X		
	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	X		
	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		
	Standards for Licensed Family Day Homes	3/2011	2011		Х	Х
WA	Washington					
	Chapter 170-295 Minimum Licensing Requirements for Child Day Care Centers	5/31/2008	2010	X		
	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

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WA	Chapter 110-300 WAC Foundational Quality Standards for Early Learning Programs	11/6/2019	2019	X	Х	Х
WV	West Virginia					
	Title 78, Series 1, Child Care Centers Licensing	5/20/2009	2010	Х		
	Title 78, Series 18, Family Child Care Facility Licensing Requirements	7/1/2007	2010		Х	
	Title 78, Series 19, Family Child Care Home Registration Requirements	7/1/2007	2010			Х
	Title 78 Child Care Centers Licensing	7/2014	2014	Х		
WI	Wisconsin					
	DCF 202 - Child Care Certification	11/2008	2010			Х
	DCF 250 - Licensing Rules for Family Child Care Centers	1/1/2009	2010			Х
	DCF 251 - Licensing Rules for Group Child Care Centers	1/1/2009	2010	Х	Х	
	DCF 251 Licensing Rules for Group Child Care Centers and Child Care Programs	9/20/2019	2019	Х		
	Established or Contracted for by School Boards					
	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	X
	Chapter 6 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Homes	4/1/2012	2012	Х	Х	х
	Chapter 7 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Centers	4/1/2012	2012	Х	Х	х
	Chapter 8- Administrative Rules for Certification of Child Care facilities Rules relating specifically to Child Care Centers	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 6 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Homes	12/2013	2013			х

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