2022 SUPPLEMENT

Achieving a State of Healthy Weight

State Profile Pages: Small Family Child Care Homes





University of Colorado Anschutz Medical Campus College of Nursing

ACKNOWLEDGEMENTS

Program Director

Alison M. Pilsner, MPH, BSN, RN, CPH, IBCLC University of Colorado College of Nursing

Study Team

Nicole R. Patterson, MSACN, NDTR Scott B. Harpin, PhD, MPH, RN, FSAHM, FNAP Jennifer Rosen, CPNP-PC, MPH

Advisor

Margaret West, MPA Obesity Prevention and Control Branch Division of Nutrition, Physical Activity and Obesity Centers for Disease Control and Prevention

Copyright 2023, University of Colorado Anschutz Medical Campus College of Nursing.

Suggested citation: University of Colorado College of Nursing. 2022 Supplement: Achieving a State of Healthy Weight. State Profile Pages: Small Family Child Care Homes. University of Colorado Anschutz Medical Campus; 2023. https://nursing.cuanschutz.edu/research/healthy-weight

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).

TABLE OF CONTENTS

Introduction: ASHW 2022 State Supplements	1
How to Use the ASHW 2022 State Supplement	2
A Guide to Understanding the State Supplement Profile Pages	3
References	4
Individual State Profile Pages	5
Table 1. State Assessment Years 2010 to 2022	56
Table 2. State Documents Rated for ASHW: 2010 to 2022	57

Introduction

Achieving a State of Healthy Weight (ASHW) 2022 Annual Report¹ is the twelfth update of *Achieving a Healthy Weight: A National Assessment of Obesity Prevention Terminology in Child Care Regulations 2010.*² Each year the University of Colorado College of Nursing publishes an <u>Annual Report</u> and three supplements, which provide data by state on the regulatory support for 47 High-Impact Obesity Prevention Standards (HIOPS) for each licensed care type, including: Child Care Centers (CTR), Large Family Child Care Homes (LFCCH), and Small Family Child Care Homes (SFCCH).

The ASHW study team revises the state profiles collaboratively with the Center for Disease Control and Prevention, Division of Nutrition, Physical Activity and Obesity (DNPAO). Since 2019, please note the following changes to the state supplement pages:

- State profiles consist of a one-page table showing regulatory support for the 47 ASHW HIOPS.
- The tables identify four categories of HIOPS: Infant Feeding, Nutrition, Physical Activity, and Screen Time Limits.
- 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).

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.

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 from Caring for Our Children: National Health and Safety Performance and Education Programs, 3rd Edition (PCO).⁴ The University of Colorado 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





Helpful Resources

- CDC's <u>Priority Obesity Strategy for Early</u> <u>Care and Education</u>: lists policies and activities that improve nutrition, physical activity, breastfeeding, and screen time for ECE, including child care licensing
- <u>High Impact Obesity Prevention</u> <u>Standards for Early Care and</u> <u>Education</u>: learn more about the HIOPS and how they can be used to strengthen licensed state child care regulations

How To Use the ASHW 2022 State Supplement

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 (HIOPS) into statewide early care and education (ECE) licensing regulations.

Each state profile shows the status of support for the 47 High-Impact Obesity Prevention Standards (HIOPS) in child care regulations by care type. **For example, this state supplement presents updated ASHW ratings for Small Family Child Care Homes only.** At the end of this document two appendices are included which provide information on the year the state was assessed and a table containing the documents that were assessed.

Policy makers and licensing agencies may use this supplement's state profile pages to:

- Identify areas of strength and needed improvement to inform promulgation of new and revised child care rules.
- Review other states' profiles to reveal those states that have achieved regulatory text fully consistent with the HIOPS in support of preventing childhood obesity in ECE programs.
- 3. Compare ratings for different care types in a state, identifying opportunities to strengthen language across care types.
- Utilize the language included for each HIOPS to better align with sciencebased obesity prevention standards in ECE policies and practices.

A Guide to Understanding the State Supplement Profile Pages

The following state profiles display all states' ASHW results through 2022. Profiles show the status of support for each High-Impact Obesity Prevention Standard (HIOPS) in state child care regulation 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 is used (see ASHW 2010). The annotated illustration explains the layout and features of each state profile. The ratings included in this supplement are for regulations in effect through 12/31/22.



References

- University of Colorado College of Nursing. 2022 Annual Report: Achieving a State of Healthy Weight. University of Colorado Anschutz Medical Campus; 2023. <u>https:// nursing.cuanschutz.edu/docs/ librariesprovider2/research/ashw/ ashw-2022-report.pdf</u>
- 2. National Resource Center for Health and Safety in Child Care and Early Education. Achieving a State of Healthy Weight: A National Assessment of Obesity Prevention Terminology in Child Care Regulations 2010. University of Colorado Anschutz Medical Campus College of Nursing; 2011. <u>https:// nursing.cuanschutz.edu/docs/ librariesprovider2/research/ashw/ regulations_report_2010.pdf</u>
- 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. American Academy of Pediatrics; 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. American Academy of Pediatrics; 2011.
- 5. National Resource Center for Health and Safety in Child Care and Early Education. Origin of achieving a state of healthy weight high-impact obesity prevention standards. University of Colorado Anschutz Medical Campus College of Nursing; 2020. <u>https:// nursing.cuanschutz.edu/docs/ librariesprovider2/research/ashw/</u> hiopsorigin.pdf

ALABAMA At A Glance:

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

Hea	Healthy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2022
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infai	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 6 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)		
Nutr	ition Standards	2010	2022
	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
		3	3
	Serve whole grain breads, cereals, and pastas Serve vegetables, specifically, dark green, grange, deep vellow vegetables, and root vegetables, such as potatoes and viandas		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
	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
	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	3	2
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3
	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	2022
	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		
	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 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
PC2 PC3		3	3
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		
PD1	day—indoor or outdoor	2	2
PE1		4	4
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	4
Limi	its on Screen-Time (n = 4)		
		2010	2022
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	4
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3
PB3		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 Alabama Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2018 (CTR, LRG, SML); 2019 (CTR); 2021 (CTR,	LRG, SML)	

4 Regulation fully meets standard 3

Regulation partially meets standard 2 Regulation does not address standard

Regulation contradicts the standard 1

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

0 State does not regulate care type

ALASKA At A Glance:

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

Healthy Infant Feeding (n = 11)			
	stfeeding Support	2010	2022
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	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 6 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	2022
	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	-	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 hy Mealtime Practices	1	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	2	2
Phys	ical Activity (n = 11)		
		2010	2022
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
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4	4
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	4	4
PE1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	4	4
	ts on Screen-Time (n = 4)		
		2010	2022
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
		2	2
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		
Δ	Regulation fully meets standard Alaska Regulation Rating History: 2010 (CTR, LRG, SML): 2012* (CTR, LRG, SML): 2017* (CTR, LRG, SML)		

documents also were rated for CACFP changes.

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

3

- Regulation partially meets standard Regulation does not address standard 2
- Regulation contradicts the standard 1

0 State does not regulate care type

ARIZONA At A Glance: NOTE: Arizona does not regulate this care type

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

Hea	Healthy Infant Feeding (n = 11)			
	stfeeding Support	2010	2022	
	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	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 6 months up to 1 year of age	0	0	
ID3	Serve no fruit juice to children younger than 12 months of age	0	0	
	ition (n = 21)			
	ition Standards	2010	2022	
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	0	0	
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	0	0	
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	0	0	
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	0	0	
	those who are at risk for hypercholesterolemia or obesity	0	-	
	Serve skim or 1% pasteurized milk to children two years of age and older Serve whole grain breads, cereals, and pastas	0	0	
		0	0	
	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	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 4 to 02 Jule/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	0	0	
	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	
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	0	0	
	child; Teach children who require limited portions about portion size and monitor their portions	-	-	
	Do not force or bribe children to eat	0	0	
	Do not use food as a reward or punishment	0	0	
Phys	ical Activity (n = 11)	2010	2022	
		2010	2022	
	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	0	0	
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	0	0	
	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	
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	0	0	
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	0	0	
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	0	0	
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		0	
PD1	day—indoor or outdoor	0	-	
	Ensure that infants have supervised tummy time every day when they are awake	0	0	
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	0	0	
Limi	ts on Screen-Time (n = 4)			
		2010	2022	
	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 Do not utilize TV, video, or DVD viewing during meal or snack time	0	0	
F04	Rating Code:	U	U	
4	Regulation fully meets standard Arizona Regulation Rating History: 2010 (CTR, LRG); 2011 (LRG); 2015 (LRG); 2019 (CTR); 2020 (LRG)			

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

0 State does not regulate care type

ARKANSAS At A Glance:

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

Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2022
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infar	t Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
	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 6 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	2022
	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 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3
NA4	those who are at risk for hypercholesterolemia or obesity	2	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	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
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
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	hy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3
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	3
	ical Activity (n = 11)		3
		2010	2022
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
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		
PE1		2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)	2	Z
		2010	2022
PR1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010	2022
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3
PB3		2	4
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		

4 Regulation fully meets standard3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

ASHW 2022: Small Family Child Care Homes

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

Неа	Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2022	
	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			
	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 6 months up to 1 year of age	2	2	
	Serve no fruit juice to children younger than 12 months of age	2	2	
	ition (n = 21)			
	ition Standards	2010	2022	
	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	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	
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	
	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 regeables, specially, dang freely of the year regeables, and for regeables, such as polaries and variates	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	
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3	
Healt	hy Mealtime Practices			
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
NF1	Serve small-sized, age-appropriate portions	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	2	
	Do not use food as a reward or punishment	3	3	
	ical Activity (n = 11)	5	5	
rnys		2010	2022	
PA1	Provide children with adequate space for both inside and outside play	2	2	
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
PA5	Do not withhold active play from children who misbehave	2	2	
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	2	
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2	
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2	
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2	
	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	2	
PE1 PF2	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	
		2010	2022	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010	2022	
	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 California Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); *2017 (CTR)			

documents also were rated for CACFP changes.

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

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

ASHW 2022: Small Family Child Care Homes

9

COLORADO At A Glance:

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

Hea	Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2022	
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	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 6 months up to 1 year of age	1	3	
	Serve no fruit juice to children younger than 12 months of age	1	4	
	ition (n = 21)			
Nutr	ition Standards	2010	2022	
	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	
	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 regetables, specifically, data green, orange, deep yellow vegetables, and foot vegetables, such as potatoes and viandas	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	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	3	
Healt	hy Mealtime Practices		•	
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
NF1	Serve small-sized, age-appropriate portions	4	4	
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	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	
Pilys	ical Activity (n = 11)	2010	2022	
ΡΔ1	Provide children with adequate space for both inside and outside play	4	4	
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
	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	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			
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	3	4	
E (11)	ts on Screen-Time (n = 4)	2010	2022	
DB 1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	2022	
PB1 PB2		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:	2	-	
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)	,	, 9	

3 Regulation partially meets standard2 Regulation does not address standard

Regulation contradicts the standard

1

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

0 State does not regulate care type ASHW 2022: Small Family Child Care Homes

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)			
	istfeeding Support	2010	2022
-	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	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
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 6 months up to 1 year of age	2	2
ID3	Serve no fruit juice to children younger than 12 months of age	2	2
	rition (n = 21)		
Nutr	ition Standards	2010	2022
	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 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		
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	2	2
	Do not use food as a reward or punishment	2	2
Phys	sical Activity (n = 11)	2010	2022
DA1	Describe a bilders with a description and on the inside and outside play.		2022
	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	4	4
	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
PC2		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	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	its on Screen-Time (n = 4)	2012	
024		2010	2022
	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 Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB3 PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
F D 4	Rating Code:	2	۷.
4	Regulation fully meets standard Connecticut Regulation Rating History: 2010(CTR, LRG, SML); 2012* (CTR, LRG); 2017* (CTR, LRG); 2021 (SML)		

documents also were rated for CACFP changes.

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 partially meets standard 3 Regulation does not address standard 2

1 Regulation contradicts the standard

0 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

Hea	Healthy Infant Feeding (n = 11)		
Brea	astfeeding Support	2010	2022
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4
Infa	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	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 6 months up to 1 year of age	1	3
ID3	Serve no fruit juice to children younger than 12 months of age	3	4
	rition (n = 21)		
Nut	rition Standards	2010	2022
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 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
	thy 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
	child; Teach children who require limited portions about portion size and monitor their portions	5	5
	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	2022
	Provide children with adequate space for both inside and outside play	3	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation 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
	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	3	3
PC2 PC3		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	2
PE1		2	2
_	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
Lim	its on Screen-Time (n = 4)		
		2010	2022
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	2
-	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
PB3		4	4
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
4	Rating Code: Regulation fully meets standard Delaware Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2015 (CTR); 2017 (LRG, SML); 2019 (CTR, LRG	SMI 1. 202	0 (стр)-

Regulation partially meets standard 2021 (LR

2 Regulation does not address standard1 Regulation contradicts the standard

3

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 documents also were rated for CACFP changes.

0 State does not regulate care type ASHW 2022: Small Family Child Care Homes

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)			
Brea	stfeeding Support	2010	2022
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	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	2	4
IB1	Feed infants on cue	2	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	3
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	3
	Serve no fruit juice to children younger than 12 months of age	2	4
	rition (n = 21)		
	ition Standards	2010	2022
	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 those who are at risk for hypercholesterolemia or obesity	2	3
N۵۶	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 regeneries specially while 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
NC4	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
	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
	Serve small-sized, age-appropriate portions	2	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	3
	child; Teach children who require limited portions about portion size and monitor their portions		
	Do not force or bribe children to eat	2	3
	Do not use food as a reward or punishment	2	3
Phys	ical Activity (n = 11)		
		2010	2022
	Provide children with adequate space for both inside and outside play Provide acientation and annual training opportunities for corregivers (teachers to learn age appropriate grees meter activities and games that promote physical activity	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
		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 Provide daily for all children, high to 6 years, two to three accessions of active play, outdoors, weather permitting		
	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	3
	Allow todalers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	Provide daily 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	3
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	2022
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	3
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	4
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		
4	Regulation fully meets standard District of Columbia Regulation Rating History: 2010 (CTR, SML): 2016 (CTR, LRG, SML): 2017* (CTR, LRG, SML)		

documents also were rated for CACFP changes.

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 partially meets standard 3

2 Regulation does not address standard

Regulation contradicts the standard 1

0 State does not regulate care type

FLORIDA At A Glance:

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

Hea	Healthy Infant Feeding (n = 11)			
	stfeeding Support	2010	2022	
	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			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4	
IB1	Feed infants on cue	2	4	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	3	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4	
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	3	
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	3	
	Serve no fruit juice to children younger than 12 months of age	2	4	
	rition (n = 21)			
	ition Standards	2010	2022	
	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 skim or 1% pasteurized milk to children two years of age and older 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 4 to 0 22 Julee/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	2	3	
	hy Mealtime Practices			
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
	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	3	3	
	child; Teach children who require limited portions about portion size and monitor their portions			
	Do not force or bribe children to eat	2	3	
	Do not use food as a reward or punishment	3	3	
Phys	ical Activity (n = 11)	2010	2022	
DA1	Provide children with adequate space for both inside and outside play	4	4	
	Provide crimination 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	3	
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	2	
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	2	
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	2	
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2	
	day—indoor or outdoor			
		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	2022	
	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 Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
FD4	Rating Code:	2	2	
4	Regulation fully meets standard Florida Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (CTR); 2017 (CTR, LRG, SML); 2019 (LRG, SM	11.)		

4 Regulation fully meets standard3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

ASHW 2022: Small Family Child Care Homes

documents also were rated for CACFP changes.

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

GEORGIA At A Glance:

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

Hea	Healthy Infant Feeding (n = 11)			
	stfeeding Support	2010	2022	
	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	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	
	Serve whole fruits, mashed or pureed, for infants 6 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)			
	ition Standards	2010	2022	
	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	
	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 regetables, specifically, dark green, orange, deep yellow vegetables, and root vegetables, such as potatoes and vialities	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 4 to 02 Jule/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			
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	
NF1	Serve small-sized, age-appropriate portions	4	4	
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	3	
	child; Teach children who require limited portions about portion size and monitor their portions			
	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	2022	
DA1	Provide children with adequate space for both inside and outside play	2010	2022 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	
	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	
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3	
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3	
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the			
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	
Lími	ts on Screen-Time (n = 4)			
		2010	2022	
	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	3	3	
PB3	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:			
4	Regulation fully meets standard Georgia Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR, LRG, SML); 2017* (CTR); 2020 (SML); 2022 (CTR)			

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

ASHW 2022: Small Family Child Care Homes

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

HAWAII At A Glance:

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

Hea	Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2022	
	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	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	
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	4	
	Serve no fruit juice to children younger than 12 months of age	1	4	
	ition (n = 21)			
	ition Standards	2010	2022	
	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 those who are at risk for hypercholesterolemia or obesity	2	3	
NA5	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	
	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	
	hy Mealtime Practices			
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
NF1	Serve small-sized, age-appropriate portions	4	4	
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3	
NILI1	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	3	2	
	Do not use food as a reward or punishment	4	3	
	ical Activity (n = 11)	4	4	
1 11 93		2010	2022	
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	
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	
PE1		2	2	
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)	Z	Z	
-		2010	2022	
PR1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010	2022	
	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 Hawaii 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 improvem	ents only · n	evised	

documents also were rated for CACFP changes.

3Regulation partially meets standard2Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

IDAHO At A Glance:

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

неа	Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2022	
IA1	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	2	2	
IC1	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 6 months up to 1 year of age	2	2	
	Serve no fruit juice to children younger than 12 months of age	2	2	
	rition (n = 21)			
	ition Standards	2010	2022	
	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	2	2	
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2	
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2	
	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 regeables specially and precision of the provide regeables, and roce regeables, such as polaries and remains	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	
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	2	2	
	Do not use food as a reward or punishment	2	2	
Phys	ical Activity (n = 11)	2010	2022	
PA1	Provide children with adequate space for both inside and outside play	4	3	
	Provide crimination 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	3	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	
	Provide daily 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	
PE1		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	2022	
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2	
-	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2	
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2	
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time Rating Code:	2	2	
4	Regulation fully meets standard Idaho Regulation Rating History: 2010 (CTR, LRG, SML); 2022 (CTR, LRG, SML)			

Regulation partially meets standard
 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

ILLINOIS At A Glance:

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

Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2022
-	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
Infai	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	1	1
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	3
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	1
ID3	Serve no fruit juice to children younger than 12 months of age	1	1
Nut	rition (n = 21)		
Nutr	ition Standards	2010	2022
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	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	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	4	4
	Use only 100% juice with no added sweeteners Offer juice (100%) only during meal times	2	2
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	4	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	4	4
	Make water available both inside and outside	3	3
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	thy Mealtime Practices	-	-
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	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	2	2
	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	2022
	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	4	4
	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	3	3
PC3		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		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	its on Screen-Time (n = 4)		
		2010	2022
	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		2	2
РВ4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
4	Rating Code: Regulation fully meets standard Illinois Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR)		

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

INDIANA At A Glance:

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

Healthy Infant Feeding (n = 11)				
Brea	stfeeding Support	2010	2022	
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2	
Infa	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	3	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	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 6 months up to 1 year of age	2	2	
ID3	Serve no fruit juice to children younger than 12 months of age	2	2	
	rition (n = 21)			
Nuti	ition Standards	2010	2022	
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			
	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	2	
		2	2	
	Use only 100% juice with no added sweeteners Offer juice (100%) only during meal times	2	2	
-	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	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	
	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	
	Serve small-sized, age-appropriate portions	4	4	
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual			
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	2	
NH1	Do not force or bribe children to eat	2	2	
	Do not use food as a reward or punishment	3	3	
Phys	sical Activity (n = 11)			
		2010	2022	
	Provide children with adequate space for both inside and outside play	3	4	
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
PA3		2	2	
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	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	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	3	2	
PD1	day—indoor or outdoor	2	2	
PE1		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	
	its on Screen-Time (n = 4)			
		2010	2022	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2	
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2	
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2	
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	Rating Code:			
4	Regulation fully meets standard Indiana Regulation Rating History: 2010 (CTR, LRG, SML); 2022 (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

IOWA At A Glance:

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

Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2022
	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	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 6 months up to 1 year of age	1	4
	Serve no fruit juice to children younger than 12 months of age	1	4
	rition (n = 21)		
Nutr	ition Standards	2010	2022
	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
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	
	Serve fruits of several varieties, especially whole fruits Use only 100% juice with no added sweeteners	3	3
	Offer juice (100%) only during meal times	2	4
		3	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	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
	thy Mealtime Practices	-	J
	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
	Do not force or bribe children to eat	2	2
	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)		
		2010	2022
	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	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	3	3
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	3
PD1	day—indoor or outdoor	3	3
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
Limi	ts on Screen-Time (n = 4)		
		2010	2022
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		
4	Regulation fully meets standard I lowa Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG)/2012* (SML); 2017* (CTR, LRG, SML)		

documents also were rated for CACFP changes.

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 partially meets standard 3

2 Regulation does not address standard

Regulation contradicts the standard 1

0 State does not regulate care type

KANSAS At A Glance:

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

Hea	Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2022	
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	2	2	
IB1	Feed infants on cue	2	2	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2	
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2	
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2	
ID3	Serve no fruit juice to children younger than 12 months of age	2	2	
	rition (n = 21)			
Nutr	ition Standards	2010	2022	
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	
	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	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	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	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	3	
	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2	
	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 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	1	1	
NH1	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	2022	
PA1	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	
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
PA5	Do not withhold active play from children who misbehave	2	2	
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3	
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4	
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3	
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2	
	day—indoor or outdoor			
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2	
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2	
Limi	ts on Screen-Time (n = 4)			
		2010	2022	
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3	
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2	
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2	
РВ4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
4	Rating Code: Regulation fully meets standard Kansas Regulation Rating History: 2010 (CTR, LRG, SML): 2012 (CTR, LRG, SML): 2013 (LRG, SML)			

documents also were rated for CACFP changes.

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

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

ASHW 2022: Small Family Child Care Homes

21

KENTUCKY At A Glance:

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

Healthy Infant Feeding (n = 11)				
Brea	stfeeding Support	2010	2022	
-	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	•	•	
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 6 months up to 1 year of age	2	2	
ID3	Serve no fruit juice to children younger than 12 months of age	2	2	
	rition (n = 21)		r	
-	ition Standards	2010	2022	
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	
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	
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	
	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	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	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			
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	3	
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
NF1	Serve small-sized, age-appropriate portions	4	3	
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	1	
	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	Z	4	
Phys	ical Activity (n = 11)	2010	2022	
DA1	Provide children with adequate space for both inside and outside play	3	4	
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
	Do not withhold active play from children who misbehave	2	2	
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3	
	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			
PE1		2	2	
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)	2	2	
600		2010	2022	
DD 1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years			
	Limit total media (television [17], video, and DVD) viewing and computers with children younger than 2 years	3	3	
PB2	Use screen media with children age two years and older only for educational purposes or physical activity	2	3	
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4	
	Rating Code:			
4	Regulation fully meets standard Kentucky Regulation Rating History: 2010 (CTR, LRG, SML); 2013 (CTR, LRG); 2018 (CTR, LRG, SML); 2021 (CTR, LRG)			

- Regulation fully meets standard 4
- 3 Regulation partially meets standard 2
- Regulation does not address standard

Regulation contradicts the standard 1

0 State does not regulate care type

LOUISIANA At A Glance: NOTE: Lousisiana does not regulate this care type

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

Неа	Healthy Infant Feeding (n = 11)			
	stfeeding Support	2010	2022	
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	0	0	
	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	0	0	
IB1	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 6 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	rition (n = 21)	-		
Nutr	ition Standards	2010	2022	
	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	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 skim or 1% pasteurized milk to children two years of age and older 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	0	0	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	0	0	
-	try Mealtime Practices			
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	0	0	
NE2	Require adults eating meals with children to eat items that meet nutrition standards	0	0	
NF1	Serve small-sized, age-appropriate portions	0	0	
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	0	0	
	child; Teach children who require limited portions about portion size and monitor their portions	_	-	
	Do not force or bribe children to eat	0	0	
	Do not use food as a reward or punishment	0	0	
Phys	ical Activity (n = 11)	2010	2022	
DA1	Describe objects with a description appendix bath inside and outside play.		2022	
	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	0	0	
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	0	0	
	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	
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	0	0	
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	0	0	
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	0	0	
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	0	0	
	day—indoor or outdoor			
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	2022	
		2010	2022	
	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 Do not utilize TV, video, or DVD viewing during meal or snack time	0	0	
r'04	Rating Code:	U	U	
4	Regulation fully meets standard Louisiana Regulation Rating History: 2010 (CTR); 2015 (CTR); 2017* (CTR); 2021 (CTR)			

3

Regulation partially meets standard 2 Regulation does not address standard

Regulation contradicts the standard 1

0 State does not regulate care type

ASHW 2022: Small Family Child Care Homes

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

MAINE At A Glance:

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

Healthy Infant Feeding (n = 11)				
Brea	stfeeding Support	2010	2022	
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3	
Infai	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	4	4	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	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 6 months up to 1 year of age	2	2	
ID3	Serve no fruit juice to children younger than 12 months of age	2	4	
	rition (n = 21)			
Nutr	ition Standards	2010	2022	
	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	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			
	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	2	
		2	4	
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	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	
	thy Mealtime Practices	2	-	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
	Serve small-sized, age-appropriate portions	2	3	
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual			
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	2	
NH1	Do not force or bribe children to eat	3	3	
	Do not use food as a reward or punishment	3	3	
Phys	sical Activity (n = 11)			
		2010	2022	
	Provide children with adequate space for both inside and outside play	4	4	
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
PA3		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 Provide daily 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	
PE1		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	
	its on Screen-Time (n = 4)			
		2010	2022	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	2	
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3	
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	4	4	
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4	
	Rating Code:			
4	Regulation fully meets standard Maine Regulation Rating History: 2010 (CTR, LRG, SML); 2017 (LRG, SML); 2021 (CTR, LRG, SML)			

documents also were rated for CACFP changes.

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

3 Regulation partially meets standard

2 Regulation does not address standard

Regulation contradicts the standard 1

0 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)				
Brea	stfeeding Support	2010	2022	
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	4	
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	2	2	
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4	
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2	
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3	
	Serve no fruit juice to children younger than 12 months of age	1	4	
	ition (n = 21)			
	ition Standards	2010	2022	
	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	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	3	
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	3	
NB1	Serve whole grain breads, cereals, and pastas	3	3	
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3	
NB3	Serve fruits of several varieties, especially whole fruits	3	3	
NC1	Use only 100% juice with no added sweeteners	4	4	
NC2	Offer juice (100%) only during meal times	2	4	
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4	
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4	
ND1	Make water available both inside and outside	2	4	
	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 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	
NH2	Do not use food as a reward or punishment	3	3	
Phys	ical Activity (n = 11)			
		2010	2022	
	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	2	
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4	4	
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3	
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	3	
PD1	day—indoor or outdoor	3	3	
PE1		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	2022	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	4	
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3	
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:			

Regulation fully meets standard 4 3

Regulation partially meets standard 2 Regulation does not address standard

1

Regulation contradicts the standard

0 State does not regulate care type

ASHW 2022: Small Family Child Care Homes

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

MASSACHUSETTS At A Glance:

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

Healthy Infant Feeding (n = 11)				
Brea	istfeeding Support	2010	2022	
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3	
Infai	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	3	3	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	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	
	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 6 months up to 1 year of age	2	2	
	Serve no fruit juice to children younger than 12 months of age	2	2	
	rition (n = 21)			
	ition Standards	2010	2022	
	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	
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	4	4	
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2	
Heal	thy Mealtime Practices			
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	3	
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
NF1	Serve small-sized, age-appropriate portions	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 Do not use food as a reward or punishment	4	4	
		4	4	
Thys	sical Activity (n = 11)	2010	2022	
Ρ Δ1	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	
	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		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			
PE1		2	2	
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3	
LIM	its on Screen-Time (n = 4)	2010	2022	
004	Do not utilize modio (tolouising [TV]) video and DVD) video and computers with shidher service other 2 video	2010	2022	
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2	
PB2 PB3	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	
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
104	Rating Code:	2	2	
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

Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2022
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infai	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	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 6 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)		
Nutr	ition Standards	2010	2022
	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
		2	3
	Serve whole grain breads, cereals, and pastas Serve vegetables, specifically, dark green, grange, deep vellow vegetables, and root vegetables, such as potatoes and viandas		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	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
	thy Mealtime Practices	-	3
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	4	4
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual		
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3
	Do not force or bribe children to eat	2	3
	Do not use food as a reward or punishment	3	3
Phys	sical Activity (n = 11)		
		2010	2022
	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	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
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	3
PD1	day—indoor or outdoor	2	2
PE1		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	its on Screen-Time (n = 4)		
		2010	2022
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:		
4	Regulation fully meets standard Michigan Regulation Rating History: 2010 (CTR, LRG, SML); 2012*(CTR, LRG, SML); 2014 (CTR); 2017*(CTR, LRG, SML); 2019 (CTF)	R)	

documents also were rated for CACFP changes.

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 fully meets standard 4

3 Regulation partially meets standard 2 Regulation does not address standard

Regulation contradicts the standard 1

0 State does not regulate care type

MINNESOTA At A Glance:

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

Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2022
	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 6 months up to 1 year of age	1	3
ID3	Serve no fruit juice to children younger than 12 months of age	1	4
	rition (n = 21)		
Nutr	ition Standards	2010	2022
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	2	4
	Offer juice (100%) only during meal times		
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	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
NUCZ	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened dimiks, nuit nectars, and navored mik	L 1	
	hy Mealtime Practices		-
Healt	thy Mealtime Practices	2	
Healt NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
Healt NE1 NE2	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards	2	2 2
Healt NE1 NE2 NF1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions	2 4	2 2 4
Healt NE1 NE2	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards 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 2
Healt NE1 NE2 NF1 NF2	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions	2 4	2 2 4
Healt NE1 NE2 NF1 NF2 NH1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions	2 4 3	2 2 4 3
Healt NE1 NE2 NF1 NF2 NH1 NH2	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	2 4 3 2	2 2 4 3 2
Healt NE1 NE2 NF1 NF2 NH1 NH2	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment	2 4 3 2	2 2 4 3 2
Healt NE1 NE2 NF1 NF2 NH1 NH2 Phys	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment	2 4 3 2 3 2010 4	2 2 4 3 2 3 2022 4
Healt NE1 NF2 NF1 NF2 NH1 NH2 Phys PA1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment iccal Activity (n = 11)	2 4 3 2 3 2010 4 2	2 2 4 3 2 3 2022 4 2 2
Healt NE1 NE2 NF1 NF2 NH1 NH2 Phys PA1 PA2	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutrition size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment iccal Activity (n = 11) Provide children with adequate space for both inside and outside play	2 4 3 2 3 2010 4	2 2 4 3 2 3 2022 4
Healt NE1 NE2 NF1 NF2 NH1 NH2 Phys PA1 PA2 PA3 PA4	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritions foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment iccal Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 4 3 2 3 2010 4 2 2 2 2	2 2 4 3 2 3 2022 4 2 2 2 2
Healt NE1 NE2 NF1 NF2 NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritions foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment iccal Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave	2 4 3 2 3 2010 4 2 2 2 2 3	2 2 4 3 2 3 2022 4 2 2 2 2 3
Healt NE1 NF2 NF1 NF2 NH1 NH2 Phys PA3 PA4 PA3 PA4 PA5 PC1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment iccal Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children 's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2 4 3 2 3 2010 4 2 2 2 2 3 3 3	2 2 4 3 2 3 2022 4 2 2 2 2
Healt NE1 NF2 NF1 NF2 NH1 NH2 Phys PA3 PA4 PA3 PA4 PA5 PC1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment iccal Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children 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 4 3 2 3 2010 4 2 2 2 2 3 3 3 3 3	2 2 4 3 2 3 2022 4 2 2 2 2 3 3 3 3 3
Healt NE1 NF2 NF1 NF2 NH1 NH2 Phys PA3 PA4 PA3 PA4 PA5 PC1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide 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	2 4 3 2 3 2010 4 2 2 2 2 3 3 3	2 2 4 3 2 3 2022 4 2 2 2 2 3 3 3
Healt NE1 NE2 NF1 NF2 NH1 NH2 Phys PA3 PA4 PA3 PA4 PA5 PC1 PC2	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not ser food as a reward or punishment iccal Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2 4 3 2 3 2010 4 2 2 2 2 3 3 3 3 3	2 2 4 3 2 3 2022 4 2 2 2 2 3 3 3 3 3
Health NE1 NE2 NF1 NF2 NH1 NH2 Phys PA1 PA3 PA4 PA3 PA4 PA5 PC1 PC2 PC3	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to eat Do not force or brite children who needet to move the outside play Provide children with adequate space for both inside and outside play Provide children 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	2 4 3 2 3 2010 4 2 2 2 3 3 3 3 3 3 3 3 3 3 3 3	2 2 4 3 2 3 3 2022 4 4 2 2 2 2 2 3 3 3 3 3 3 3 3 3 3 3 3
Health NE1 NF2 NF1 NF2 NH1 NH2 PA3 PA4 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to eat Do not force or bribe children and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity 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	2 4 3 2 3 2010 4 2 2 2 3 3 3 3 3 3 3 3 3 3 2	2 2 4 3 2 3 3 2022 4 4 2 2 2 2 2 2 3 3 3 3 3 3 3 3 3 3 3
Health NE1 NF2 NF1 NF2 NH1 NH2 PA3 PA4 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutrition stoods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to eat Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three oc	2 4 3 2 3 2010 4 2 2 2 3 3 3 3 3 3 3 3 3 3 3 3	2 2 4 3 2 3 3 2022 4 4 2 2 2 2 2 3 3 3 3 3 3 3 3 3 3 3 3
Health NE1 NF2 NF1 NF2 NH1 NH2 PA3 PA4 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to eat Do not force or bribe children and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity 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	2 4 3 2 3 3 2010 4 2 2 2 2 3 3 3 3 3 3 3 3 3 3 3 2 2 2	2 2 4 3 2 3 3 2022 4 4 2 2 4 2 2 3 3 3 3 3 3 3 3 3 3 3 3
Healt NE1 NF2 NF1 NF2 Ph1 PA2 PA3 PA4 PA3 PA4 PA3 PA4 PA5 PC1 PC2 PC3 PC1 PC2 PC3	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment iccal Activity (n = 11) Provide children with adequate space for both inside and outside play Provide children policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require cargivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 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 turmny 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 4 3 2 3 2010 4 2 2 2 2 3 3 3 3 3 3 3 3 3 2 2 2 2 2 2	2 2 4 3 2 2 3 3 2022 4 4 2 2 4 2 2 3 3 3 3 3 3 3 3 3 3 3 3
Healt NE1 NF2 NF1 NF2 Phys PA1 PA2 PA3 PA4 PA3 PA4 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PC2 PC3 PD1 PE1 PE2 Limi	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to the require limited portions about portion size and monitor their portions Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misb	2 4 3 2 2 0 4 2 2 2 3 3 3 3 3 3 3 3 3 3 3 2 2 2 2 2	2 2 4 3 2 2 3 3 2022 4 2 2 4 2 2 3 3 3 3 3 3 3 3 3 3 3 3 3
Healt NE1 NF2 NF1 NF2 Phys PA1 PA2 PA3 PA4 PA3 PA4 PA3 PA4 PA5 PC1 PC2 PC3 PC1 PC2 PC3 PD1 PE1 PE2 Limi	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have need or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide children with adequate space for both inside and outside play Provide content 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	2 4 3 2 2 0 10 4 2 2 2 2 3 3 3 3 3 3 3 3 3 3 3 2 2 2 2	2 2 4 3 2 2 3 3 2022 4 2 2 4 2 2 3 3 3 3 3 3 3 3 3 3 3 3 3
Healt NE1 NF2 NF1 NF2 Phys PA1 PA2 PA3 PA4 PA3 PA4 PA5 PC2 PC2 PC2 PC2 PC2 PC2 PC2 PC2 PC2 PC2	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not use food as a reward or punishment iccal Activity (n = 11) Provide children with adequate space for both inside and outside play Provide children with adequate space for both inside and outside play Provide children so 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 medenate to vigorous physical activity 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 Levelop what many 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 Use screen media with children 2 years and older only for educational purposes or physical activity Use screen media with children age two years and older only for educational purposes or physical activity	2 4 3 2 2 0 10 4 2 2 2 3 3 3 3 3 3 3 3 3 3 3 3 3 2	2 2 4 3 2 2 3 3 2022 4 2 2 4 2 2 2 3 3 3 3 3 3 3 3 3 3 3 3
Healt NE1 NF2 NF1 NF2 Phys PA1 PA2 PA3 PA4 PA3 PA4 PA5 PC2 PC2 PC2 PC2 PC2 PC2 PC2 PC2 PC2 PC2	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not to force or brube children to eat Do not us food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 5 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 f	2 4 3 2 2 0 10 4 2 2 2 2 3 3 3 3 3 3 3 3 3 3 3 2 2 2 2	2 2 4 3 2 2 3 3 2022 4 2 2 4 2 2 3 3 3 3 3 3 3 3 3 3 3 3 3
Healt NE1 NF2 NF1 NF2 Phys PA1 PA2 PA3 PA4 PA3 PA4 PA5 PC2 PC2 PC2 PC2 PC2 PC2 PC2 PC2 PC2 PC2	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not use food as a reward or punishment iccal Activity (n = 11) Provide children with adequate space for both inside and outside play Provide children with adequate space for both inside and outside play Provide children with adequate space for both inside and outside play Provide children to inter 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 0-90 anionuses per 8-hour day for moderate to vigorous physical activity Les 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 Use screen media with children 2 gears and older only for educational purposes or physical activity Use screen media with children age two years and older only for educatio	2 4 3 2 2 0 10 4 2 2 2 3 3 3 3 3 3 3 3 3 3 3 3 3 2	2 2 4 3 2 2 3 3 2022 4 2 2 4 2 2 2 3 3 3 3 3 3 3 3 3 3 3 3

documents also were rated for CACFP changes.

Regulation does not address standard 2

Regulation contradicts the standard 1

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

Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2022
-	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4
Infai	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	3
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	3
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	1
ID3	Serve no fruit juice to children younger than 12 months of age	3	3
	rition (n = 21)		
Nutr	ition Standards	2010	2022
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	3	3
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	4	4
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3
	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	4	4
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	4	4
	Serve fruits of several varieties, especially whole fruits	4	4
	Use only 100% juice with no added sweeteners	1	1
	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	-	4
	Make water available both inside and outside	3	
	Limit salt by avoiding salty foods such as chips and pretzels	4	4
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk thy 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	4
	Serve small-sized, age-appropriate portions	4	4
INFI	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	3	3
NH2	Do not use food as a reward or punishment	4	4
	ical Activity (n = 11)	•	
		2010	2022
PA1	Provide children with adequate space for both inside and outside play	4	4
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA5	Do not withhold active play from children who misbehave	3	3
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4
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	2	2
	day—indoor or outdoor		
PE1		2	2
_	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	3
LIM	its on Screen-Time (n = 4)	2010	2022
		2010	2022
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
PB2 PB3	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 4	3 4
PB2 PB3	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 Do not utilize TV, video, or DVD viewing during meal or snack time	3	3
PB2 PB3 PB4	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 Do not utilize TV, video, or DVD viewing during meal or snack time Rating Code:	3 4	3 4
PB2 PB3	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 Do not utilize TV, video, or DVD viewing during meal or snack time	3 4 2	3 4 2

documents also were rated for CACFP changes.

Regulation partially meets standard 3

2 Regulation does not address standard

Regulation contradicts the standard 1

0 State does not regulate care type

MISSOURI At A Glance:

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

Healthy Infant Feeding (n = 11)			
Brea	istfeeding Support	2010	2022
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
Infai	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
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2
ID3	Serve no fruit juice to children younger than 12 months of age	2	2
Nut	rition (n = 21)		
Nutr	ition Standards	2010	2022
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	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	4	4
	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	2	2
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	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	3	3
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	thy 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		
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	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
	sical Activity (n = 11)	1	
		2010	2022
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	3	3
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	2	2
	day—indoor or outdoor		
PE1		2	4
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
	its on Screen-Time (n = 4)	2010	2022
DD 4	Do not utilize modia (televician [TV]) video and DVD) viewing and computer with children viewscerthen 2 views	2010	2022
	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
PB3 PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
F D 4	Rating Code:	2	2
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

Healthy Infant Feeding (n = 11)			
Brea	istfeeding Support	2010	2022
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infai	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 6 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	2022
	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
		3	3
	Serve whole grain breads, cereals, and pastas Serve vegetables, specifically, dark green, orange, deep vellow vegetables; and root vegetables, such as potatoes and viandas		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 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
	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
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	4	4
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual		
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1	Do not force or bribe children to eat	2	2
NH2	Do not use food as a reward or punishment	2	2
Phys	sical Activity (n = 11)		
		2010	2022
	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	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
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		2	2
PE1	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
	its on Screen-Time (n = 4)		
		2010	2022
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
PB3		2	2
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		
4	Regulation fully meets standard Montana Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2017* (CTR, LRG, SML); 2021 (CTR)		

documents also were rated for CACFP changes.

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 fully meets standard Regulation partially meets standard 3

2 Regulation does not address standard

Regulation contradicts the standard 1

0 State does not regulate care type

NEBRASKA At A Glance:

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

Hea	Healthy Infant Feeding (n = 11)			
	istfeeding Support	2010	2022	
	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	2	4	
IB1	Feed infants on cue	2	4	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4	
	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 6 months up to 1 year of age	2	3	
	Serve no fruit juice to children younger than 12 months of age	2	4	
	rition (n = 21)	2010	2022	
	ition Standards	2010	2022	
	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 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	
NA4	those who are at risk for hypercholesterolemia or obesity	2	3	
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4	
NB1	Serve whole grain breads, cereals, and pastas	2	3	
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	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	2	4	
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4	
ND1	Make water available both inside and outside	3	4	
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3	
_	thy Mealtime Practices	1		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
	Require adults eating meals with children to eat items that meet nutrition standards	2	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	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)			
		2010	2022	
PA1	Provide children with adequate space for both inside and outside play	4	4	
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
	Do not withhold active play from children who misbehave	2	2	
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	3	
		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	
PE1	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	
_	its on Screen-Time (n = 4)		-	
		2010	2022	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2	
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2	
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2	
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	Rating Code:			
4	Regulation fully meets standard Nebraska Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR); 2013 (LRG, SML); 2017* (CTR, LRG, SML)			

3 Regulation partially meets standard

2 Regulation does not address standard1 Regulation contradicts the standard

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

0 State does not regulate care type

NEVADA At A Glance:

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

Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2022
	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		•
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
IB1	Feed infants on cue	2	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	3
_	Serve no fruit juice to children younger than 12 months of age	2	4
	rition (n = 21)	1	1
	ition Standards	2010	2022
	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 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 regeasies/specification from the serve regeasies and receive regeasies such as polaries and refere regeasies and refere	2	3
	Use only 100% juice with no added sweeteners	2	4
	Offer juice (100%) only during meal times	2	4
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4
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
	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
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
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	4	4
	ical Activity (n = 11)		
		2010	2022
PA1	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA5	Do not withhold active play from children who misbehave	3	3
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
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
PE1	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	2
	its on Screen-Time (n = 4)		
		2010	2022
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		
4	Regulation fully meets standard Nevada Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2018 (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 improvem	onto onluur	outico d

documents also were rated for CACFP changes.

- Regulation partially meets standard 3
- 2 Regulation does not address standard

Regulation contradicts the standard 1

0 State does not regulate care type
NEW HAMPSHIRE At A Glance:

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

Hea	Ithy Infant Feeding (n = 11)		
Brea	istfeeding Support	2010	2022
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infai	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 6 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)		
Nutr	ition Standards	2010	2022
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3
	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older		
	Serve skim or 1% pasteurized milk to children two years of age and older Serve whole grain breads, cereals, and pastas	2	4
	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 Use only 100% juice with no added sweeteners	3	3
	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	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	2	3
	thy Mealtime Practices	-	Ŭ
	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	4	4
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	2
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	3
	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)	2012	2022
		2010	2022
	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	4	4
	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	4
PC3	Allow reschoolers 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	3
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	4
Lim	its on Screen-Time (n = 4)		
		2010	2022
	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		2	2
РВ4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
4	Rating Code: Regulation fully meets standard New Hampshire Regulation Rating History: 2010 (CTR, LRG, SML); 2017 (CTR, LRG, SML); 2022 (CTR, LRG, SML)		

documents also were rated for CACFP changes.

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 fully meets standard

- 3 Regulation partially meets standard 2
- Regulation does not address standard

Regulation contradicts the standard 1

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

Неа	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2022
	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	2	2
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2
	Serve no fruit juice to children younger than 12 months of age	2	2
	rition (n = 21)		
	ition Standards	2010	2022
	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
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	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	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	3
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3
	child; Teach children who require limited portions about portion size and monitor their portions		
	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)	2010	2022
DA1	Provide children with adequate space for both inside and outside play	4	4
	Provide criminal 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
	Provide daily 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	4
	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	2022
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	2
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
РВ4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code: Regulation fully meets standard New Jersey Regulation Rating History: 2010 (CTR LRG SML): 2013 (CTR LRG): 2017 (CTR LRG SML)		

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

documents also were rated for CACFP changes. NJ LRG ratings removed in ASHW 2019 due to ASHW Policy Change (see Introduction)

Regulation partially meets standard 3

2 Regulation does not address standard

Regulation contradicts the standard 1

0 State does not regulate care type

NEW MEXICO At A Glance:

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

Неа	Ithy Infant Feeding (n = 11)		
Brea	istfeeding Support	2010	2022
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infai	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 6 months up to 1 year of age	1	3
ID3	Serve no fruit juice to children younger than 12 months of age	1	4
	rition (n = 21)		
Nutr	ition Standards	2010	2022
	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	3	4
	Serve whole grain breads, cereals, and pastas Serve whole grain breads, cereals, and pastas Convolved to the 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	4
	Use only 100% juice with no added sweeteners		
	Offer juice (100%) only during meal times	3 2	3
		3	-
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		
	Make water available both inside and outside	3 2	4
	Limit salt by avoiding salty foods such as chips and pretzels	1	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk thy Mealtime Practices	T	3
	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	sical Activity (n = 11)		
		2010	2022
	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	2
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2		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
PE1	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
	its on Screen-Time (n = 4)	2	2
		2010	2022
PR1	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
PB3		2	2
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		
4	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))	

4 Regulation fully meets standard3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

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

0 State does not regulate care type

NEW YORK 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	2022
	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	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 6 months up to 1 year of age	2	2
	Serve no fruit juice to children younger than 12 months of age	2	2
	rition (n = 21)		
Nutr	ition Standards	2010	2022
	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 2
	Serve whole grain breads, cereals, and pastas		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 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 4 to 0 22 Julee/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
	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	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	4	4
	child; Teach children who require limited portions about portion size and monitor their portions		
	Do not force or bribe children to eat	3	4
	Do not use food as a reward or punishment	3	4
Phys	ical Activity (n = 11)	2010	2022
D.4.4	Dravida skilden with a deguate space for both inside and outside play	2010	2022
	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	4	4
	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	3
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	3
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	
PD1	day—indoor or outdoor		2
PE1	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)	2012	2022
004		2010	2022
	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 PB4	Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or snack time	2	4
F04	Rating Code:	2	4
4	Regulation fully meets standard New York Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (LRG, SML); 2015 (CTR, LRG); 2017* (CTR)		

documents also were rated for CACFP changes.

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 partially meets standard 3

2 Regulation does not address standard

Regulation contradicts the standard 1

0 State does not regulate care type

NORTH CAROLINA At A Glance:

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

Breastfee	eding Support	2010	2022
IA1 Enco	ourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4
Infant Fee	reding Practices	-	•
IA2 Serv	ve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1 Feed	d infants on cue	4	4
IB2 Don	not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3 Hold	d 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 Deve	relop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Intro	oduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3 Intro	oduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1 Don	not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serv	ve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3
ID3 Serv	ve no fruit juice to children younger than 12 months of age	1	4
Nutrition	n (n = 21)		
Nutrition	n Standards	2010	2022
NA1 Limit	it oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2 Serv	ve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	ve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
ΝΔΔ	ve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3
those	se who are at risk for hypercholesterolemia or obesity		
	ve skim or 1% pasteurized milk to children two years of age and older ve whole grain breads, cereals, and pastas	2	4
		-	
	ve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas ve fruits of several varieties, especially whole fruits	3	3
	only 100% juice with no added sweeteners	4	4
	er juice (100%) only during meal times	2	4
	ve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
	ve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
	ke water available both inside and outside	3	4
	it salt by avoiding salty foods such as chips and pretzels	2	2
	bid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	Aleatime Practices		
NE1 Teac	ch children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	uire adults eating meals with children to eat items that meet nutrition standards	2	4
NF1 Serv	ve small-sized, age-appropriate portions	4	4
	mit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3
child	d; Teach children who require limited portions about portion size and monitor their portions		
	not force or bribe children to eat	2	3
	not use food as a reward or punishment	3	4
Physical A	Activity (n = 11)	2010	2022
DA1 D		2010	2022
	vide children with adequate space for both inside and outside play vide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	4	4
	velop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
		2	2
	uire caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so not withhold active play from children who misbehave	2	4
	vide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
	w toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4
	w preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
Prov	vide daily 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		
	-indoor or outdoor	2	2
	ure that infants have supervised tummy time every day when they are awake	4	4
	infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
Limits or	n Screen-Time (n = 4)		
		2010	2022
	not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4	4
	it total media time for children 2 years and older to not more than 30 min. weekly	3	3
	screen media with children age two years and older only for educational purposes or physical activity	2	2
	not utilize TV, video, or DVD viewing during meal or snack time	2	2
	ng Code: ulation fully meets standard North Carolina Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (CTR, LRG, SML); 2017* (CTR, LRG, SI	ML): 2018 (CTR. LRG

2 Regulation does not address standard1 Regulation contradicts the standard

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

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

0 State does not regulate care type ASHW 2022: Small Family Child Care Homes

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	istfeeding Support	2010	2022
-	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 6 months up to 1 year of age	2	2
ID3	Serve no fruit juice to children younger than 12 months of age	2	2
	rition (n = 21)		
Nutr	ition Standards	2010	2022
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 Serve whole grain breads, cereals, and pastas Convolution to a serve the serve of the ser		
	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	2
	Use only 100% juice with no added sweeteners	2	2
	Offer juice (100%) only during meal times	2	2
-		2	2
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
-	Make water available both inside and outside	2	2
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	thy Mealtime Practices	-	-
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	3
	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		
NF2	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
Phys	sical Activity (n = 11)		
		2010	2022
	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	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
	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	4
PC2 PC3		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		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	its on Screen-Time (n = 4)		
		2010	2022
	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		2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		
4	Regulation fully meets standard North Dakota Regulation Rating History: 2010 (CTR, LRG, SML); 2011 (CTR, LRG, SML); 2013 (CTR, LRG, SML); 2020 (CTR, LRG, SM	L)	

- 4 Regulation fully meets standard3 Regulation partially 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

ASHW 2022: Small Family Child Care Homes

39

OHIO 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)		
	istfeeding Support	2010	2022
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infai	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	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
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	2
ID3	Serve no fruit juice to children younger than 12 months of age	1	2
	rition (n = 21)		
	ition Standards	2010	2022
	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	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	3	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
	Serve whole grain breads, cereals, and pastas	4	2
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	4
	Serve fruits of several varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	4	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	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
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	2
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	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	sical Activity (n = 11)	2010	2022
DA1	Describe a bilders with a description and on the inside and outside play.	2010	2022
	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	4	4
	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
PC2		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		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
Lim	its on Screen-Time (n = 4)		
		2010	2022
	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		2	2
РВ4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4
4	Rating Code: Regulation fully meets standard Ohio Regulation Rating History: 2010 (CTR, LRG, SML); 2012*(CTR, LRG, SML); 2016 (CTR, LRG, SML); 2021 (CTR, LRG, SML)		

documents also were rated for CACFP changes.

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

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

OKLAHOMA At A Glance:

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

Hea	Ithy Infant Feeding (n = 11)		
	istfeeding Support	2010	2022
	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	2	2
IB1	Feed infants on cue	2	3
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	3
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	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 6 months up to 1 year of age	2	2
	Serve no fruit juice to children younger than 12 months of age	2	2
	rition (n = 21)		
	ition Standards	2010	2022
	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
	Serve skim or 1% pasteurized milk to children two years of age and older Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	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	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	3
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	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	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	3	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3
	child; Teach children who require limited portions about portion size and monitor their portions		
	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	3	3
Phys	sical Activity (n = 11)	2010	2022
544		2010	2022
	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	4	4
	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	4	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	2	2
PC3		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		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
Lími	its on Screen-Time (n = 4)		
		2010	2022
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	2
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	2
PB3		2	2
РВ4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
4	Rating Code: Regulation fully meets standard Oklahoma Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR); 2017 (CTR, LRG, SML); 2022 (CTR, LRG, SML)		

documents also were rated for CACFP changes.

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 fully meets standard 3

Regulation partially meets standard Regulation does not address standard 2

Regulation contradicts the standard 1

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

Неа	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2022
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	2
Infar	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	2
IB1	Feed infants on cue	4	2
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	2
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	2
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	2
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	2
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	2
	Serve no fruit juice to children younger than 12 months of age	1	2
	ition (n = 21)		
	ition Standards	2010	2022
	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	2
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	2
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	2
NAF	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	2	2
	Serve whole grain breads, cereals, and pastas	3	2
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	2
	Serve regeables, specifically, dark green, orange, deep yellow regeables, and four regeables, such as polaries and vialities	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
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	2
	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	2	2
	Do not force or bribe children to eat Do not use food as a reward or punishment	2	2
	ical Activity (n = 11)	3	3
1 11 93		2010	2022
PA1	Provide children with adequate space for both inside and outside play	2	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
	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	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
PE1	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
	ts on Screen-Time (n = 4)	-	5
		2010	2022
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	2
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		
4	Regulation fully meets standard Oregon Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2017* (SML); 2021 (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 improvem	ents only; r	evised

documents also were rated for CACFP changes.

3Regulation partially meets standard2Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

PENNSYLVANIA At A Glance:

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

Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2022
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infar	t Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1	Feed infants on cue	3	3
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2
	Serve no fruit juice to children younger than 12 months of age	2	2
	rition (n = 21)		
	ition Standards	2010	2022
	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	2
	those who are at risk for hypercholesterolemia or obesity Some skim or 1% partourized milk to childron two years of are and older		
	Serve skim or 1% pasteurized milk to children two years of age and older Serve whole grain breads, cereals, and pastas	2	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	3
	Serve regetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas Serve fruits of several varieties, especially whole fruits	4	4
	Use only 100% juice with no added sweeteners	2	2
		2	2
	Offer juice (100%) only during meal times Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
NC3	Serve no more than 4 to 6 02 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	Z	2
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	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
	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	2022
	Provide children with adequate space for both inside and outside play	2	2
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3		2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	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
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	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	2022
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		
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

Неа	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2022
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	2	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3
	Serve no fruit juice to children younger than 12 months of age	1	4
	ition (n = 21)		
	ition Standards	2010	2022
	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 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to		
NA4	those who are at risk for hypercholesterolemia or obesity	3	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	3	4
NB1	Serve whole grain breads, cereals, and pastas	3	3
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3	Serve fruits of several varieties, especially whole fruits	3	3
NC1	Use only 100% juice with no added sweeteners	4	4
NC2	Offer juice (100%) only during meal times	4	4
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	4	4
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	4	4
ND1	Make water available both inside and outside	4	4
	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
	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	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	2022
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
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	3
	Do not withhold active play from children who misbehave	4	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	3
PE1	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
	ts on Screen-Time (n = 4)	-	
		2010	2022
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
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	4
	Rating Code:		

4 Regulation fully meets standard3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

ASHW 2022: Small Family Child Care Homes

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	2022
	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	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 6 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)	r	
Nutr	ition Standards	2010	2022
	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
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	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 regetables, specifically, data green, orange, deep yellow vegetables, and root vegetables, such as polatoes and viandas	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
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		
	hy Mealtime Practices Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE1		2	2
NE1 NE2	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		
NE1 NE2 NF1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards 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 2
NE1 NE2 NF1 NF2	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions	2 2 2	2 2 2
NE1 NE2 NF1 NF2 NH1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	2 2 2 2	2 2 2 2
NE1 NE2 NF1 NF2 NH1 NH2	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment	2 2 2	2 2 2
NE1 NE2 NF1 NF2 NH1 NH2	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	2 2 2 2 2 2	2 2 2 2 2 2
NE1 NE2 NF1 NF2 NH1 NH2 Phys	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutrition size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11)	2 2 2 2 2 2 2010	2 2 2 2 2 2022
NE1 NE2 NF1 NF2 NH1 NH2 Phys PA1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutrition size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play	2 2 2 2 2 2	2 2 2 2 2 2
NE1 NE2 NF1 NF2 NH1 NH2 Phys PA1 PA2	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritions foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 2 2 2 2 2 2010 2	2 2 2 2 2 2 2 2022 2
NE1 NE2 NF1 NF2 NH1 NH2 Phys PA1 PA2 PA3	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritions foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment iccal Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 2 2 2 2 2 2 2 2 010 2 2 2	2 2 2 2 2 2 2 2022 2 2 2
NE1 NE2 NF1 NF2 NH1 NH2 Phys PA1 PA2 PA3 PA4	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritions foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 2 2 2 2 2 2 2010 2 2 2	2 2 2 2 2 2 2 2 2 2 2 2 2
NE1 NE2 NF1 NF2 NH1 PA2 PA3 PA4	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritions foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment iccal Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 2 2 2 2 2 2 2010 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
NE1 NE2 NF1 NF2 NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave	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
NE1 NE2 NF1 NF2 NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment iccal Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children 's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	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
NE1 NE2 NF1 NF2 NH1 NH2 PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment iccal Activity (n = 11) Provide children with adequate space for both inside and outside play Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children 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 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
NE1 NE2 NF1 NF2 NH1 PA2 PA3 PA4 PA5 PC1 PC2 PD1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritions foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to eat Do not force or brite children to eat Do not force or brite children to eat Provide children with adequate space for both inside and outside play Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	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
NE1 NE2 NF1 NF2 NH1 NH2 PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to eat Do not force or bribe children to eat Po not force or bribe children to eat Po not force or bribe children to eat Do not force or bribe children to eat Do not force or bribe children to eat 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	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
NE1 NE2 NF1 NF2 NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutrition stoods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not ser food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to 5 years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement ove	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
NE1 NE2 NF1 NF2 NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to eat Do not force or bribe children to eat Po not force or bribe children to eat Po not force or bribe children to eat Do not force or bribe children to eat Do not force or bribe children to eat 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	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
NE1 NE2 NF1 NF2 NH1 PA2 PA3 PA4 PA5 PC2 PC3 PC1 PE1 PE2 Limit	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment iccal Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 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 turmy 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 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
NE1 NE2 NF1 NF2 NH1 PA2 PA3 PA4 PA5 PC2 PC3 PC1 PE1 PE1 PE1 PE1 PE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to the at Do not use food as a reward or punishment cal Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Provide 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 al	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
NE1 NE2 NF1 NF2 NH1 PA2 PA3 PA4 PA5 PC2 PC3 PC1 PE1 PE2 Limit PB1 PB2	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have need or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide children with adequate space for both inside and outside play Provide corregivers/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 todellers 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	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
NE1 NE2 NF1 NF2 NH1 PA2 PA3 PA4 PA5 PC2 PC3 PD1 PE1 PE2 Limit PB3	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not se food as a reward or punishment iccal Activity (n = 11) Provide children with adequate space for both inside and outside play Provide children with adequate space for both inside and outside play Provide children between 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 withhould 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 Level adily for all children, birth to 6 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 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
NE1 NE2 NF1 NF2 NH1 PA2 PA3 PA4 PA5 PC2 PC3 PC1 PE1 PE2 PC3 PD1 PE1 PB2 PB3	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not force or bride children to eat Do not us food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 5 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 Allow and any contuder 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 (thelevision [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older ton to more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or phy	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
NE1 NE2 NF1 NF2 NH1 PA2 PA3 PA4 PA5 PC2 PC3 PC1 PE1 PE2 PC3 PD1 PE1 PB2 PB3	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not se food as a reward or punishment iccal Activity (n = 11) Provide children with adequate space for both inside and outside play Provide children with adequate space for both inside and outside play Provide children between 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 withhould 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 Level adily for all children, birth to 6 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 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

documents also were rated for CACFP changes.

Regulation partially meets standard 3

2 Regulation does not address standard

Regulation contradicts the standard 1

0 State does not regulate care type

SOUTH DAKOTA 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	2022
-	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
Infai	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	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
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 6 months up to 1 year of age	2	2
ID3	Serve no fruit juice to children younger than 12 months of age	2	2
	rition (n = 21)		
Nutr	ition Standards	2010	2022
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	2
	those who are at risk for hypercholesterolemia or obesity	2	
	Serve skim or 1% pasteurized milk to children two years of age and older Serve whole grain breads, careals, and pastas	2	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	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	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
	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
Phys	sical Activity (n = 11)	2010	2022
	Dravida skildran with a deguate space for both inside and outside start	2010	2022
	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
	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		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
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
Limi	its on Screen-Time (n = 4)		
		2010	2022
	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		2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
4	Rating Code: Regulation fully meets standard South Dakota Regulation Rating History: 2010 (CTR, LRG, SML)		
4	הפקטומנוטרו זעווץ וויפכט זנמועמוע 3טענו שמגטנמ הפקטומנוטרו זענווץ רוסנטיץ. 2010 (CTN, LNO, SIVIL)		

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

TENNESSEE At A Glance:

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

Неа	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2022
	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	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	2
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	3
ID3	Serve no fruit juice to children younger than 12 months of age	2	4
	rition (n = 21)		
Nutr	ition Standards	2010	2022
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	1	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) 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 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve regetables, 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 4 to 0 22 Julee/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	3	4
	thy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	4
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	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	4
Phys	ical Activity (n = 11)	2012	2022
		2010	2022
	Provide children with adequate space for both inside and outside play Provide orientation and annual training connectunities for caregivers (teachers to learn age appropriate gross motor activities and games that promote physical activity	3	4
	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	4
		2	3
	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	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	2	4
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	4
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		
PD1	day—indoor or outdoor	2	3
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	4
Limi	ts on Screen-Time (n = 4)		
		2010	2022
	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
PB3		3	4
РВ4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4
4	Rating Code: Regulation fully meets standard Tennessee Regulation Rating History: 2010 (CTR, LRG, SML); 2018 (CTR, LRG, SML); 2022 (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

Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2022
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infar	t Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
IB1	Feed infants on cue	3	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 6 months up to 1 year of age	2	3
ID3	Serve no fruit juice to children younger than 12 months of age	2	4
	rition (n = 21)		
Nutr	ition Standards	2010	2022
	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
	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
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
	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	3
	hy Mealtime Practices	1	1
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3
NU 14	child; Teach children who require limited portions about portion size and monitor their portions	2	2
	Do not force or bribe children to eat Do not use food as a reward or punishment	3	3
		4	4
Phys	ical Activity (n = 11)	2010	2022
DA1	Provide children with adequate space for both inside and outside play	4	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	4 2
PA3		2	4
	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
	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	3	4
	Allow reschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	4
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		
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
	ts on Screen-Time (n = 4)		
		2010	2022
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	4
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
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:		
4	Regulation fully meets standard Texas Regulation Rating History: 2010 (CTR, LRG, SML): 2012 (CTR, LRG, SML): 2014 (CTR, LRG, SML): 2021 (CTR, LRG, SML): 2		

documents also were rated for CACFP changes.

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

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

UTAH At A Glance:

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

Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2022
	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	3	4
IB1	Feed infants on cue	2	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	3
	Serve no fruit juice to children younger than 12 months of age	2	4
	rition (n = 21)		
Nutr	ition Standards	2010	2022
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	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	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 the mathematical sector of the mathemati	2	3
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	2	4
INFI	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	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	2022
	Provide children with adequate space for both inside and outside play	2	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	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
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	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 dav—indoor or outdoor	2	2
PF1	l 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)	-	
		2010	2022
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	3
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		
4	Regulation fully meets standard Utah Regulation Rating History: 2010 (CTR, LRG, SML); 2012*(CTR, LRG); 2017 (CTR, LRG, SML)		

documents also were rated for CACFP changes.

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 partially meets standard 3

2 Regulation does not address standard

Regulation contradicts the standard 1

0 State does not regulate care type

VERMONT At A Glance:

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

Hea	Ithy Infant Feeding (n = 11)		
Brea	astfeeding Support	2010	2022
-	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4
Infa	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	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	4
ID2	Serve whole fruits, mashed or pureed, for infants 6 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)		
Nuti	rition Standards	2010	2022
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
-	thy 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 Serve small-sized, age-appropriate portions	2	4
NFI	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	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	sical Activity (n = 11)		
		2010	2022
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
	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
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	4
PC3		2	3
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2
	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	2
PE1	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
	its on Screen-Time (n = 4)	2	3
GIII		2010	2022
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:	L	-
4	Regulation fully meets standard Vermont Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR, LRG, SML); 2017* (CTR, LRG, SML)		

documents also were rated for CACFP changes.

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

3

Regulation partially meets standard 2 Regulation does not address standard

Regulation contradicts the standard 1

0 State does not regulate care type

VIRGINIA At A Glance:

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

Hea	Ithy Infant Feeding (n = 11)		
Brea	astfeeding Support	2010	2022
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infa	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	4	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3
ID3	Serve no fruit juice to children younger than 12 months of age	1	4
	rition (n = 21)		
Nut	rition Standards	2010	2022
	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	
		3	4
	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 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
	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
	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	3	3
	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	2022
	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		
	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4	4
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC2 PC3		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	4	4
PE1	Ensure that infants have supervised tummy time every day when they are awake	3	3
_	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
Lim	its on Screen-Time (n = 4)		
		2010	2022
	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		2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
4	Rating Code: Regulation fully meets standard Virginia Regulation Rating History: 2010 (CTR); 2011 (LRG, SML); 2012*(CTR, LRG, SML); 2017*(CTR, LRG, SML)		

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

ASHW 2022: Small Family Child Care Homes

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

documents also were rated for CACFP changes.

WASHINGTON At A Glance:

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

Hea	Ithy Infant Feeding (n = 11)		
	istfeeding Support	2010	2022
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infa	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	4
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3
ID3	Serve no fruit juice to children younger than 12 months of age	1	4
	rition (n = 21)		
	rition Standards	2010	2022
	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	3	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
	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	4	4
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
Heal	thy Mealtime Practices		
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	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	sical Activity (n = 11)	2010	2022
DA1	Describe a skildere with a describe analysis for both inside and outside play.	2010	2022
	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	4	4
	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	4
	Do not withhold active play from children who misbehave	2	4
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2		3	4
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	4
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		
PD1	day—indoor or outdoor	2	2
PE1		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
Lim	its on Screen-Time (n = 4)		
		2010	2022
	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
PB3		4	4
РВ4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4
4	Rating Code: Regulation fully meets standard Washington Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (LRG, SML); 2017*(LRG, SML); 2019 (CTR, LRG, SML)		

3 Regulation partially meets standard

1

2 Regulation does not address standard Regulation contradicts the standard

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

0 State does not regulate care type

WEST VIRGINIA 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	istfeeding Support	2010	2022
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
Infai	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
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 6 months up to 1 year of age	2	2
	Serve no fruit juice to children younger than 12 months of age	2	2
	rition (n = 21)		
	ition Standards	2010	2022
	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	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
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	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
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
NIL11	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
	sical Activity (n = 11)	3	3
		2010	2022
PA1	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	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		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 Encure that infants have supervised turning time event day when they are awake		
PE1	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
	its on Screen-Time (n = 4)	2	Z
		2010	2022
PR1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010	2022
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
PB3		2	2
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		
4	Regulation fully meets standard West Virginia Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR); 2017 (LRG, SML)		

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

WISCONSIN At A Glance:

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

Неа	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2022
	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	•	•
	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 6 months up to 1 year of age	1	3
	Serve no fruit juice to children younger than 12 months of age	1	4
	ition (n = 21)		
Nutr	ition Standards	2010	2022
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	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		
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	3	3
	Do not use food as a reward or punishment	3	3
	ical Activity (n = 11)		
		2010	2022
PA1	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	3
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
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		
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
Limi	ts on Screen-Time (n = 4)		
		2010	2022
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	2
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	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 Wisconsin Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (LRG, SML); 2019 (CTR, SML)		
3	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 improver	nonte 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 1

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

Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2022
	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	<u>.</u>	
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	2
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	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 6 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	2022
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 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 4 to 0 22 Julee/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		
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
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	2
	child; Teach children who require limited portions about portion size and monitor their portions		
-	Do not force or bribe children to eat	4	3
	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)	2010	2022
DAT	Dravida abildran with a deguate space for bath inside and outside play.	2010	2022
PA1 PA2		4	4
	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	4
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
	Provide daily 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
	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	2022
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
PB2		2	2
PB3	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
4	Rating Code: Regulation fully meets standard Wyoming Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (CTR, LRG, SML); 2022 (CTR, LRG, SML)		

documents also were rated for CACFP changes.

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 partially meets standard 3

2 Regulation does not address standard

1

Regulation contradicts the standard

0 State does not regulate care type

State Assessment Years: 2010 to 2022

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

			Yea	ars	Rat	ed													Ŷ	'ear	s R	ate	d				
State	2 0 1 0	2 0 1 1	2 0 1 2	2 0 1 3	2 0 1 4	2 0 1 5	2 0 1 6	2 0 1 7	2 0 1 8	2 0 1 9	2 0 2 0	2 0 2 1	2 0 2 2	State	2 0 1 0	2 0 1	2 0 1 2	2 0 1 3	2 0 1 4	2 0 1 5	2 0 1 6	2 0 1 7	2 0 1 8	2 0 1 9	2 0 2 0	2 0 2 1	2 0 2 2
Alabama	Х		Х						Х	Х		X		Montana	Х		Х					Х				Х	
Alaska	Х		Х					Х						Nebraska	Х		Х	Х				Х					
Arizona	Х	Х								Х	Х			Nevada	Х		Х						Х				
Arkansas	Х	Х				X		Х			Х			New Hampshire	Х							Х					Х
California	Х		Х					Х						New Jersey	Х			Х				Х					
Colorado	Х		Х			Х	Х	Х				Х		New Mexico	Х		Х		Х			Х					
Connecticut	Х		Х					Х				Х		New York	Х			Х	Х	Х		Х					
Delaware	Х		Х			Х		Х		Х	Х	Х		North Carolina	Х		Х	Х				Х	Х				
D.C.	Х						Х	Х						North Dakota	Х	Х									Х		
Florida	Х		Х	Х				Х		Х				Ohio	Х		Х				Х					Х	
Georgia	Х		Х		Х			Х			Х		Х	Oklahoma	Х						Х	Х					Х
Hawaii	Х		Х					Х						Oregon	Х		Х					Х				Х	
Idaho	Х												Х	Pennsylvania	Х										Х		
Illinois	Х				Х									Rhode Island	Х		Х	Х				Х				Х	
Indiana	Х												Х	South Carolina	Х		Х					Х					
lowa	Х		Х					Х						South Dakota	Х												
Kansas	Х		Х	Х										Tennessee	Х								Х				Х
Kentucky	Х			Х					Х			Х		Texas	Х		Х		Х							Х	
Louisiana	Х		Х			Х		Х				Х		Utah	Х		Х					Х					
Maine	Х		Х					Х				X		Vermont	Х						Х	Х					
Maryland	Х		Х			X		Х						Virginia	Х		Х					Х					
Massachusetts	Х													Washington	Х		Х					Х		Х			
Michigan	Х		Х		X			Х		Х				West Virginia	Х		Х		Х								
Minnesota	Х		Х					Х						Wisconsin	Х		Х							Х			
Mississippi	Х		Х	Х							X			Wyoming	Х		Х	Х									Х
Missouri	Х						Х																				

State assessed at baseline for all regulated care types

State assessed due to new or revised regulations

State assessed due to national CACFP updates

	Regulation Document Title	Document	ASHW	Chil	d Care T	ypes
State	For links to states' documents, click <u>here</u>	Date	Assessment Year	CTR	LRG	SML
AL	Alabama					
	Minimum Standards for Family Day Care Homes, Family Nighttime					
	Homes, Group Day Care Homes, and Group Nighttime Homes Regulations and Procedures	1/22/2001	2010		Х	Х
	Minimum Standards for Day Care Centers and Nighttime Centers	1/22/2001	2010	Х		
	Minimum Standards for Family Day Care Homes, Family Nighttime					
	Homes, Group Day Care Homes, and Group Nighttime Homes Regulations and Procedures	11/30/2018	2018		Х	Х
	Minimum Standards for Day Care Centers and Nighttime Centers	11/30/2018	2018	Х		
	Minimum Standards for Day Care Centers and Nighttime Centers: Regulations and Procedures	9/30/2019	2019	х		
	Child Care Licensing and Performance Standards for Day Care Centers and Nighttime Centers Regulations and Procedures	9/13/2021	2021	х		
	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		
	Arizona Administrative Code and Arizona Revised Statues for Child Care Group Homes (Title 9 Ch 3)	9/30/2020	2020		Х	

	Regulation Document Title	Document	ASHW	Child Care Types		
State	For links to states' documents, click <u>here</u>	Date	Assessment Year	CTR	LRG	SML
AR	Arkansas					
	Minimum Licensing Requirements for Child Care Centers	3/2010	2010	Х		
	Minimum Licensing Requirements for Child Care Family Homes	3/2010	2010		Х	
	Minimum Licensing Requirements for Voluntary Registered Child Care Family Homes	3/2010	2010			х
	Minimum Licensing Requirements for Child Care Centers	11/01/2011	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 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	Х		
	Title 22, Division 12, Chapter 1 Subchapters 2, 3 - Child Care Infant Centers	11/01/1998	2010	Х		
	Community Care Licensing Division Child Care Update - Winter/Spring 2011	Winter/ Spring 2011	2012	Х	Х	Х
	Title 22, Division 12, Chapter 3 - Family Child Care Homes	4/01/2016	2017		Х	Х

	Regulation Document Title	Document	ASHW	Child Care Types		
State	For links to states' documents, click <u>here</u>	Date	Assessment Year	CTR	LRG	SML
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	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		Х	
	Rules for Family Child Care Homes	1/1/2009	2010			Х
	Regulations for Early Care and Education and School-Age Centers	7/1/2015	2015	Х		
	Delacare Regulations for Family and Large Family Child Care Homes	7/2017	2017		Х	Х
	Delacare: Regulations for Early Care and Education and School-Age Centers	5/1/2019	2019	х		
	Delacare: Regulations for Family and Large Family Child Care Homes	5/2019	2019		Х	Х
	Delacare: Regulations for Early Care and Education and School-Age Centers	9/10/2020	2020	х		
	DELACARE: Regulations for Family and Large Family Child Care Homes	1/10/2021	2021		Х	Х

	Regulation Document Title	Document	ASHW	Child Care Types		
State	For links to states' documents, click <u>here</u>	Date	Assessment Year	CTR	LRG	SML
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 2013, due to	1/13/2010	2010		Х	Х
	retirement of MyPyramid, retroactive to 2010)					
	Chapter 65C-22 Child Care Standards (ratings based on MyPyramid	1/13/2010	2010	x		
	removed 2013, due to retirement of MyPyramid, retroactive to 2010)	1/13/2010	2010	^		
	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	10/25/2017	2017		Х	х
	Care Homes	10/23/2017	2017		~	~
	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
	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
	Rules and Regulations Child Care Learning Centers: Chapter 591-1-1	10/1/2022	2022	Х		

	Regulation Document Title	Document	ASHW	Child Care Types		
State	For links to states' documents, click <u>here</u>	Date	Assessment Year	CTR	LRG	SML
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
	16.06.02 Rules Governing Standards for Child Care Licensing	3/15/2022	2022	Х	Х	Х
IL	Illinois					
	Part 406: Licensing Standards for Day Care Homes	7/1/2008	2010			Х
	Part 407: Licensing Standards for Day Care Centers	4/1/2010	2010	Х		
	Part 408: Licensing Standards for Group Day Care Homes	7/1/2008	2010		Х	
	Part 407 Licensing Standards for Day Care Centers	9/2014	2014	Х		
IN	Indiana					
	Rule 1.1 Child Care Homes (470 IAC 3-1.1)	7/3/1996	2010			Х
	Rule 1.2 Infant and Toddler Services in a Child Care Home (470 IAC 3-1.2-1 - 470 IAC 3-1.2-3)	7/3/1996	2010		Х	х
	Rule 1.3 Class II Child Care Homes (470 IAC 3-1.3.1)	9/27/1996	2010		Х	
	Rule 4.7 Child Care Centers; Licensing (470 IAC 3-4.7)	11/7/2003	2010	Х		
	IC 12-17.2-4 Chapter 4. Regulation of Child Care Centers	7/1/2022	2022	Х		
	470 IAC 3-4.7 Rule 4.7 Child Care Centers; Licensing	8/11/2003	2022	Х		
	IC 12-17.2-5 Chapter 5. Regulation of Child Care Home	7/1/2022	2022		Х	Х
	470 IAC 3-1.2 Rule 1.2 Infant and Toddler Services in a Child Care Home	7/12/2001	2022		Х	Х
	470 IAC 3-1.1 Rule 1.1 Child Care Homes	7/12/2001	2022		Х	Х
	470 IAC 3-1.3 Rule 1.3 Class II Child Care Homes	8/11/2003	2022		Х	

	Regulation Document Title	Document	ASHW	Child Care Types		
State	For links to states' documents, click <u>here</u>	Document	Assessment Year	CTR	LRG	SML
IA	lowa					
	Chapter 109: Child Care Centers	6/1/2010	2010	Х		
	Chapter 110: Child Development Homes	11/1/2009	2010		Х	Х
	Chapter 109: Child Care Centers	5/1/2012	2012	Х	Х	
KS	Kansas					
	Regulations for Licensing Preschools and Child Care Centers	7/11/2008	2010	Х		
	Regulations for Licensing Day Care Homes and Group Day Care Homes	7/2008	2010		Х	Х
	Regulations for Licensing Preschools and Child Care Centers	2/3/2012	2012	Х		
	Regulations for Licensing Day Care Homes and Group Day Care Homes	2/3/2012	2012		Х	Х
	Kansas Laws and Regulations for Licensing Day Care Homes and Group	2/2012	2013		Х	х
	Day Care Homes for Children	2/2012	2013		^	^
KY	Kentucky					
	922 KAR 2:100 Certification of Family Child Care Homes	3/19/2008	2010			Х
	922 KAR 2:120 Child Care Facility Health and Safety Standards	3/19/2008	2010	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	Х		
ME	Maine					
	Rules for the Licensing of Child Care Facilities	8/27/2008	2010	Х	Х	
	Rules for Family Child Care Providers	9/1/2009	2010		Х	Х
	State of Maine Family Child Care Provider Licensing Rule	9/20/2017	2017		Х	Х
	10-148, Chapter 32 - Child Care Facility Licensing Rule	9/27/2021	2021	Х		
	10-148, Chapter 33 - Family Child Care Provider Licensing Rule	5/27/2021	2021		Х	Х

	Regulation Document Title	Document	ASHW	Child Care Types		
State	For links to states' documents, click <u>here</u>	Date	Assessment Year	CTR	LRG	SML
MD	Maryland					
	COMAR 13A. 15. 01 - Family Child Care	4/19/2010	2010			Х
	COMAR 13A. 16. 01 - Child Care Centers	4/19/2010	2010	Х	Х	
	COMAR 13A. 18 Large Family Child Care Homes	2/6/2012	2012		Х	
	Title 13A State Board of Education Subtitle 15 Family Child Care	7/20/2015	2015			Х
	Title 13A State Board of Education Subtitle 16 Child Care Centers	7/20/2015	2015	Х		
	Title 13A State Board of Education Subtitle 18 Large Family Child Care Homes	7/20/2015	2015		Х	
MA	Massachusetts					
	Standards for the Licensure of Child Care Programs	10/2010	2010	Х	Х	Х
MI	Michigan					
	Licensing Rules for Child Care Centers	6/4/2008	2010	Х		
	Licensing Rules for Family and Group Child Care Homes	6/3/2009	2010		Х	Х
	Licensing Rules for Child Care Centers	1/2014	2014	Х		
	Licensing Rules for Child Care Centers	12/17/2019	2019	Х		
MN	Minnesota					
	Chapter 9502 Licensing of Day Care Facilities	10/8/2007	2010		Х	Х
	Chapter 9503 Licensing Requirements for Child Care Centers	10/8/2007	2010	Х		
MS	Mississippi					
	Regulations Governing Licensure of Child Care Facilities	7/1/2009	2010	Х		
	Regulations Governing Licensure of Child Care Facilities for 12 or Fewer Children in the Operators Home	7/1/2009	2010		Х	x
	Regulations Governing Licensure of Child Care Facilities for 12 or Fewer Children in the Operator's Home	8/2013	2013		Х	х
	Regulations Governing Licensure of Child Care Facilities	8/2013	2013	Х		
	Regulations Governing Licensure of Child Care Facilities	1/1/2020	2020	Х		
	Child Care Regulations: 12 or Fewer Children in the Operator's Home (Complete)	1/1/2020	2020		Х	Х

	Regulation Document Title	Document	ASHW	Child Care Types		
State	For links to states' documents, click <u>here</u>	Date	Assessment Year	CTR	LRG	SML
MO	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	Х		
	Chapter 1 Family Child Care Home I	2/2013	2013			Х
	Chapter 2 Family Child Care Home II	2/2013	2013		Х	
	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
	Part He-C 4002 NH Child Care Program Licensing Rules	4/21/2022	2022	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	X	X	
	Chapter 54 Manual of Requirements for Family Child Care Registration	3/20/2017	2017			Х

	Regulation Document Title	Document	ASHW Assessment Year	Child Care Types		
State	For links to states' documents, click <u>here</u>	Date		CTR	LRG	SML
NM	New Mexico					
	Title 8 Social Services Chapter 16 Part 2 Child Care Centers, Before and After School Programs, Family Child Care Homes and Other Early Care and Education Programs	6/30/2010	2010	Х	Х	Х
	Title 8 Social Services Chapter 16 Part 2- Child Care Centers, Before and After School Programs Family Child Care Homes and Other Early Care and Education Programs	11/20/2012	2012	х	Х	Х
	Title 8 Chapter 16 Child Care Licensing: Child Care Centers, Out of School Time Programs, Family Child Care Homes, and Other Early Care and Education Programs	7/2014	2014	х	Х	х
NY	New York					
	Part 416: Group Family Day Care Homes	1/31/2005	2010		Х	
	Part 417: Family Day Care Homes	1/31/2005	2010			Х
	Part 418-1: Day Care Centers	1/31/2005	2010	Х		
	Part 418-2: Small Day Care Centers	1/31/2005	2010	Х		
	Section 416: Group Family Day Care Homes	5/2014	2014		Х	
	Section 417: Family Day Care Homes	5/2014	2014			Х
	Part 418-1: Day Care Centers	6/2015	2015	Х		
	Part 418-2: Small Day Care Centers	6/2015	2015		Х	
NC	North Carolina					
	Chapter 9 - Child Care Rules	8/1/2010	2010	Х	Х	Х
	Chapter 110- Article 7	8/1/2012	2012	Х	Х	Х
	Requirements for Family Child Care Homes	12/1/2012	2012		Х	Х
	Family Child Care Home Requirements	5/2013	2013		Х	Х
	Chapter 9- Child Care Rules	1/2013	2013	Х	Х	Х
	Chapter 9- Child Care Rules	10/1/2017	2018	Х	Х	Х

	Regulation Document Title For links to states' documents, click <u>here</u>	Document	ASHW	Child Care Types		
State		Date	Assessment Year	CTR	LRG	SML
ND	North Dakota					
	Family Child Care Homes Early Childhood Services Chapter 75-03-08	1/1/1999	2010			Х
	Group Child Care Homes Early Childhood Services Chapter 75-03-09	1/1/1999	2010		Х	
	Child Care Center Early Childhood Services Chapter 75-03-10	1/1/1999	2010	Х		
	Family Child Care Homes Early Childhood Services Chapter 75-03-08	4/2011	2011			Х
	Group Child Care Homes Early Childhood Services Chapter 75-03-09	4/2011	2011		Х	
	Child Care Center Early Childhood Services Chapter 75-03-10	4/2011	2011	Х		
	Early Childhood Services Policies and Procedures Service Chapter 620-01	9/2013	2013	х	Х	х
	Chapter 75-03-10 Child Care Center Early Childhood Services	7/1/2020	2020	Х		
	Chapter 75-03-09 Group Child Care Early Childhood Services	7/1/2020	2020		Х	
	Chapter 75-03-08 Family Child Care Early Childhood Services	7/1/2020	2020			Х
OH	Ohio					
	Child Care Center Manual	6/21/2010	2010	Х		
	Child Care Type A Home Manual	6/8/2010	2010		Х	
	Child Care Type B Home Manual	2/16/2010	2010			Х
	Child Care Center Manual	12/23/2016	2016	Х		
	Family Care Center Manual	12/23/2016	2016		Х	Х
	Child Care Center Manual	10/29/2021	2021	Х		
	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	7/1/2010	2010		Х	Х
	Care Homes	// 1/2010	2010		^	^
	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
	Licensing Requirements for Child Care Programs	6/1/2022	2022	Х		
	Licensing Requirements for Family Child Care Homes and Large Child Care Homes	6/1/2022	2022		Х	Х

	Regulation Document Title For links to states' documents, click <u>here</u>	Document	ASHW	Child Care Types		
State		Date	Assessment Year	CTR	LRG	SML
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		
	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	Х		
	Family Child Care Home Regulations for Licensure	10/1/2007	2010			Х
	Group Family Child Care Home Regulations for Licensure	10/1/2007	2010		Х	
	Child Care Program Regulations for Licensure	11/2013	2013	Х		
	Part 1 - Child Care Center and School Age Program Regulations for Licensure	9/18/2017	2017	х		
	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

	Regulation Document Title	Document Date	ASHW Assessment Year	Child Care Types		
State	For links to states' documents, click <u>here</u>			CTR	LRG	SML
SD	South Dakota					
	Chapter 67:42:10 Day Care Centers (ratings based on MyPyramid removed 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 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 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
	Chapter 1240-04-01 Licensure Rules for Child Care Agencies	6/2022	2022	Х	Х	Х
ТХ	Texas					
	Chapter 746: Minimum Standard Rules For Licensed Child-Care Centers	3/1/2008	2010	Х		
	Chapter 747: Minimum Standard Rules for Registered and Licensed Child-Care Homes	6/1/2008	2010		Х	Х
	Chapter 746: Minimum Standard Rules For Licensed Child-Care Centers (replacement pages)	3/1/2012	2012	х		
	Chapter 747: Minimum Standard Rules for Registered and Licensed Child-Care Homes (replacement pages)	3/1/2012	2012		Х	Х
	Chapter 746: Minimum Standards for Child-Care Centers	6/2014	2014	Х		
	Chapter 747: Minimum Standards for Child-Care Homes	6/2014	2014		Х	Х
	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

	Regulation Document Title	Document	ASHW	Child Care Types		
State	For links to states' documents, click <u>here</u>	Date	Assessment Year	CTR	LRG	SML
UT	Utah					
	R430-50 Residential Certificate Child Care Standards	9/1/2008	2010			Х
	R430-90 Licensed Family Child Care	9/1/2008	2010		Х	
	R430-100 Child Care Centers	7/1/2009	2010	Х		
	R381-100 Child Care Centers	12/28/2017	2017	Х		
	R430-90 Licensed Family Child Care	12/28/2017	2017		Х	
	R430-50 Residential Certificate Child Care	12/28/2017	2017			Х
VT	Vermont					
	Early Childhood Programs Licensing Regulations	2/12/2001	2010	Х		
	Family Child Care Licensing Regulations	2/12/2001	2010		Х	Х
	Regulations for Family Day Care Homes	9/17/2009	2010			Х
	Child Care Licensing Regulations: Center Based Child Care and Preschool Programs	9/1/2016	2016	х		
	Child Care Licensing Regulations: Registered and Licensed Family Child Care Homes	9/1/2016	2016		Х	х
VA	Virginia					
	Standards for Licensed Child Day Centers	3/6/2008	2010	Х		
	Standards for Licensed Family Day Homes	3/2011	2011		Х	Х
WA	Washington					
	Chapter 170-295 Minimum Licensing Requirements for Child Day Care	5/31/2008	2010	Х		
	Chapter 170-296 Child Care Business Regulations for Family Home Child Care	5/31/2008	2010		Х	х
	Chapter 170-296A Licensed Family Home Child Care Standards	5/8/2012	2012		Х	Х
	Chapter 110-300 WAC Foundational Quality Standards for Early Learning Programs	11/6/2019	2019	х	Х	х
WV	West Virginia					
	Title 78, Series 1, Child Care Centers Licensing	5/20/2009	2010	Х		
	Title 78, Series 18, Family Child Care Facility Licensing Requirements	7/1/2007	2010		Х	
	Title 78, Series 19, Family Child Care Home Registration Requirements	7/1/2007	2010			Х
	Title 78 Child Care Centers Licensing	7/2014	2014	Х		

State	Regulation Document Title For links to states' documents, click <u>here</u>	Document Date	ASHW	Child Care Types		
			Assessment Year	CTR	LRG	SML
WI	Wisconsin					
	DCF 202 - Child Care Certification	11/2008	2010			Х
	DCF 250 - Licensing Rules for Family Child Care Centers	1/1/2009	2010			Х
	DCF 251 - Licensing Rules for Group Child Care Centers	1/1/2009	2010	Х	Х	
	DCF 251 Licensing Rules for Group Child Care Centers and Child Care Programs Established or Contracted for by School Boards	9/20/2019	2019	х		
	DCF 250 Rule Book for Family Child Care Centers	9/30/2019	2019			Х
WY	Wyoming					
	Administrative Rules For Certification of Child Care Facilities	9/1/2008	2010	Х	Х	Х
	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			x
	Rules for Certification for Family Child Care Home (FCCH), Family Child Care Center (FCCC), OR Child Care Center (CCC)	2/2022	2022	х	Х	x



ACHIEVING A STATE OF HEALTHY WEIGHT 2022