

# CHILD CARE ACTIVITIES

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General Activities. Day care activities must provide for the physical, intellectual, emotional and social development of the child. Activities must:

- be scheduled, both indoors and outdoors, weather permitting
- be appropriate to the developmental stage and age of child
- include active and quiet activity
- contain provider-directed and child-initiated activity

**Infant Activities:** The provider must:

- hold the infant during bottle feeding
- respond to the infant's attempt to communicate
- provide freedom of movement for 'tummy time' and crawling
- stimulate the senses by providing activities that allow the infant to see, touch, feel, smell, hear and taste
- provide activities to develop manipulative and fine motor skills, self-awareness and social responsiveness



**Toddler Activities:** The provider must:

- provide freedom of movement and freedom to explore outside the crib
- talk to, listen to and interact with child to encourage language development
- provide large muscle activities and activities which develop small muscles and manipulative skills
- develop and stimulate learning by reading stories and looking at picture books together
- provide a variety of age-appropriate activities and objects to see, touch, feel, smell, hear and taste



**Preschool Activities:** The provider must:

- encourage conversation among children and adults
- provide time and space for individual and group play; allow for quiet times to talk or rest; allow for unplanned time and individual play time
- talk about feelings with children and allow the constructive release of feelings through discussion or play
- assist in toileting; teach self-help skills; teach children to be responsible, i.e. putting away toys
- allow children to make decisions about daily activities and to take credit for consequences of decisions
- provide time and space for age appropriate large muscle play
- provide learning, small muscle, manipulative, creative or sensory activities
- read stories, look at books together and talk about new words and ideas



## CHILD CARE ACTIVITIES Cont'd.

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**School-age Activities:** The provider must:

- provide opportunities for individual discussion about planning activities and what happened during the day
- provide opportunities for games, activities and sports using the whole body and outdoor play, weather permitting
- provide space and opportunity for individual rest and quiet time
- allow increased freedom as child demonstrates increased responsibility
- provide for group experiences with other children
- provide opportunities to develop or expand self-help skills or real-life experiences
- provide opportunities for creative and dramatic activity, arts and crafts, or field trips

