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## Movement and Active Play Policy – July 2015

At the Monument First 5 Center, we want to encourage movement and active play, as part of a healthy lifestyle, and for optimal child development. To that end, the Center has adopted the following policies:

Children participating in childcare will receive at least 20 minutes of active play, per 1 hour session. This may occur either indoors or outdoors, however every effort will be made to take children outdoors when it is safe and appropriate.

In addition, the Monument First 5 Center will offer a movement and play class at least 1/week in every 6 week calendar session, and will vary in age ranges, so all children have the opportunity to participate.

Monument First 5 Center staff will work to educate families about the benefits of active play. Benefits include, but are not limited to:

- Maintaining good health
- Acquisition of fundamental motor skills
- Increased movement, balance, coordination and reaction time
- Increased mental awareness
- Enhances self-esteem, confidence, and social skills

Staff will also remind families that the Monument First 5 Center is a fun, safe, and free place where they are welcome to engage in movement and active play!

 8/4/15  
Maya Rodriguez  
Center Director