Family Child Care Provider Statement: Beliefs About Physical Activity

Use this handout to develop your own statement (typically a paragraph) about your beliefs about children’s physical growth and development. Explain how you support this development through planned activities and materials. Describe your policy about children's time using screens (television, computers, movies, tablets, etc.).

Explain your policy about daily outdoor play and what clothing children need to bring to participate in outdoor physical activity each day. Add any information you believe families should know about physical activities in your home-care setting. Share this statement with the families.