Daycare activities must provide for the physical, intellectual, emotional, and social development of the child.
Activities & Equipment
MN Rule 9502

Activities must:
• Be scheduled indoors and outdoors (weather permitting)
• Be appropriate to the developmental stage and age of the child
  • Include active and quiet activities
  • Contain provider-directed and child-initiated activity
Preschool Activities

• Encourage conversation with other children and adults
• Provide opportunities for individual and group play, quiet times to talk or rest, unplanned time and individual play time
• Opportunity to make decisions about daily activities
• Age-appropriate large muscle activities
• Group learning, manipulative, creative, or sensory activities
• Reading
School-Age Activities

• Provider should offer opportunity for individual discussion about the happenings of the day and planning for activities
• Provide space and opportunities for games, activities, or sports (including outdoor time)
• Provide space and opportunity for individual rest and quiet time
• Allow increased freedom as the child demonstrates increased responsibility
• 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
Positive Uses of Media in Family Child Care Homes

- **Educational**—to support literature or to amplify themes
- **Transitions**—limited use for meal preps or segue to quiet periods
- **Reward**—movie pajama day
- **Exercise, movement, music**
Inappropriate Uses of Media

- The television becomes “the program”
- Inappropriate content for ages of children
- Overuse of TV as a reward
- As a filler in place of good programming
- As a babysitter for school-age children in place of planned activities
Effects of Overuse or Inappropriate Use

- Boredom—often manifested in aggressive behavior
- Children pick up inappropriate language or play themes
- Provider uses TV or other media in place of her own energy and interaction with the children
- Lack of movement and exercise
- Violent themes in programs may increase aggression in children
Challenges for Family Child Care Providers

- Challenge of programming for children ages 6 weeks to 11 years
- Most homes operate with a single provider—difficult to be all things to all kids!
- Stress and burnout are common for providers
- Limited time and resources
Help for Providers

• Education on the effects of media on children (positive and negative)
• Resources for planning and programming for ages 6 weeks to 11 years
• Funds to assist providers in developing curriculum and tools that support learning
• Teach providers how to use media effectively as an enhancement to their programs