



God's Precious Blessings Daycare

Contact Information

CACFP Sponsor	First Step to Nutrition
Child Care Facility Name	God's Precious Blessings Daycare
Child Care Provider Contact Person Name	Tamica Reynolds
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Description

God's Precious Blessings Daycare is a Christian, licensed family daycare home. We currently serve five children aged 2 to 5 ½. Although we serve a mixed age group of children, we benefit from our small size as each child is able to get one on one time throughout the day to focus on his or her developmental goals. We have been truly blessed as all of the children and their parents are very supportive of whatever we strive to do or the new things we share with them.

Keystone STARS Level 1

Category

Physical Activity Time or Environment – PA1 Active Play and Inactive Time

Goal

My goal is to supply 60 minutes of structured and 60 minutes of unstructured physical activity every day.

Promising Practice

To provide room and opportunity for physical activity, every day we implement structured activity for at least 60 minutes and unstructured activity for at least 60 minutes. We have items that could easily be used indoors or outdoors by our mixed age group of children (scooter boards, balls, cones for an obstacle course, and a Velcro catch mittens/ball set). I looked at pictures of kits for Early Childhood physical activity to see what would work for each age group and then I compared prices, quality and, most importantly, shipping and handling. I found useful items at vendors like S&S, Oriental Trading, Discount School Supplies, Home Depot, and Walmart. Before any sit down activity, we do a structured physical activity, and every day we have exercises to stretch. Each child has a turn to lead, even the 2 year old! We used the Choosey CDs and sang songs about being healthy and moving our bodies. For example, with Stir the Soup, we used a parachute and plush fruits and vegetables to throw into the pot (parachute) and stir it up.

Action Steps

- Examine catalogs and websites for the best prices for portable equipment that meet needs of a mixed age group.
- Review the daily schedule and look for ways to fit in at least six, 10- minute slots of structured and at least two, 1/2 hour slots of unstructured physical activity.
- Collect baskets or shelves to store items for physical activity and ensure that children can access the items unassisted.
- Talk with children and demonstrate how to use and care for new physical activity items.

Materials

Item Purchased	Cost of Item
Get Up and Go! Dice Set	\$34.49
Set of 10 Colored Cones	\$13.95
Juggling Scarves	\$10.95
Rainbow Rollers (set of 6)	\$97.99
Set of 3 Activity Balls	\$21.99
Hand and Feet Spots	\$29.95
Hop Around Steps	\$39.95
EZ Catch	\$21.59
Set of 5 Balls	\$19.95
Wooden Frog Toss	\$21.95
Adjustable Hurdles	\$44.99
Movement CD Set	\$41.95
Funoodle Foam Rod Set	\$169.00
Hoop Holders (1 set)	\$34.95
Crawl Through Circles	\$37.00
Super Strong Circles	\$16.00
Potato Sacks	\$4.50
Build Your Own Hoops	\$21.00
Red Happy Hopper Set	\$42.00
Obstacle Course Kit	\$60.00

Advice

Don't be afraid to shop around and let companies know what you're looking for, or ask parents to look out for sales on items from your list. Always take into account the shipping and handling. Some items may qualify to ship free, and some companies have cheap items but expensive shipping and handling.

Evidence of Success

I see that the items and practices are working for our mixed age group of children because each child does not want to go home at pick up time! Every item that we purchased can be used by the youngest to the oldest child unassisted. We met our goal, and it's nice to see the parents come at pick up time and run through the obstacle course, play hop scotch, throw the ball around, or check out the garden to see the work their child has accomplished over the weeks. Laughter, music, and 101 questions about nutrition and physical activity are commonly heard from the youngest to the oldest every day.