

PA NAP SACC Innovative Practices

Child Care Center

Monica Wince's Family Child Care Home

Contact Person

Monica Wince, auntmonicas@gmail.com

Do you participate in Keystone Stars?

Yes, Level 3

What is your early childhood education center like?

We are a family child care home, serving a maximum of six children at any one time. We have a nature-based curriculum and have "gone green." We are a small facility, and the current group of children have been together for almost two years.

Where did you make an Innovative Policy change?

Physical Activity Policy – Indoor and Outdoor Play Environments

What was the objective of your Innovative Policy?

Our objective was to increase the quality of our indoor and outdoor play environments through improved equipment.

Describe your Innovative Policy.

We went wild through the Discount School Supplies catalog. The philosophy was to incorporate good, old-fashioned equipment to enhance our active play time. We purchased soccer nets, hula hoops, Frisbees, parachutes, bean bags and balls, balls, and more balls. It was important to have enough tools that all children could be physically active at the same time. Children had to learn to use some of the equipment, like hula hoops, but these items give them the chance to move, play, and have fun together.



What actions steps did you take to reach your goal?

First, we assessed the equipment we had on hand compared to what was considered good practice. Keeping in mind that we wanted to incorporate good, old-fashioned equipment, we reviewed the catalogs, asked the children what items interested them, and placed our order. When the new equipment arrived, the children enjoyed coming up with all the ways they could use it. The vigor and enthusiasm was invincible.

How did you measure success?

The excitement and enthusiasm for the new equipment continues. We also measured success with deeper nap times. Parents have commented that children seem to sleep much better. Also, there seems to be less fussing. There are positive results when children get enough physical activity to expend their energy.

What advice would you offer to other child care programs that want to try your Innovative Practice?

Involve the children and families. Ask families about their favorite activities when they were young. Your excitement and enthusiasm will build their enthusiasm as well. Physical activity doesn't require expensive equipment or special activities. Simple items like ribbons, balls and hoops get them moving and having fun.