

PA NAP SACC Innovative Practices

Child Care Center Name

Robin's Nest Early Learning and Childcare

Contact Person

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Do you participate in Keystone Stars?

Yes, Level 2

What is your early childhood education center like?

We are a group child care operated out of my home. We serve 11 preschool-aged children and offer before and after school child care. We are located in the Poconos area of Pennsylvania in a little town called Lehighton, right next to our pride and joy, Jim Thorpe, PA!

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 daily physical activity through multiple approaches to movement like child yoga, music and outdoor exploration.

Describe your Innovative Policy.

We referred to *Model Child Care Health Policies, 5th Edition*, "Encouragement of Physical Activity and Outdoor Play" for our policy implementation.

Physical activities are encouraged both indoors and outdoors throughout the day. We believe that physical activity plays an important role in the development of a child

and tend to avoid time restraints on active play. The resources available through the Child Care Wellness Mini-Grant Project allowed us to expand the items we have available for active play. The preschool teacher encourages active play and imagination using items like the River Rocks. The children pretend they are crossing rapids or use them for yoga poses. We use the new scooters to learn about rules like red lights and arrows for traffic flow.

What action steps did you take to reach your goal?

We encourage the children to use the new equipment, to use their imaginations, learn about science, understand rules and cooperatively play. We broadened our horizons with ways to implement active play and teach other skills.



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

Join this project. The monies and resources broadened our horizons with ways to implement active play that we couldn't or didn't know about before participating in the project. Your program will excel in so many ways – not just physical activity, but more. It reaches cognitive, social-emotional, social studies, math and language domains.