

ADDENDUM TO INSIGHT KIDZ CARE LLC HANDBOOK POLICY

New Policy Effective 2/1/2019

PHYSICAL FITNESS

Children will participate in physical fitness through song and dance and daily extracurricular activities.

Infants (0-12 months)	Should be physically active several times daily. At least 30 minutes of tummy time throughout the day.	Active play starts from birth, especially through floor-based activities including tummy-time, reaching, pushing, pulling and crawling.
Toddlers (1-2 years)	180 mins of physical activity through the day (planned and organized and unstructured physical activity or free play).	Activities should be fun and encourage your toddler to explore and try new things.
Preschoolers (3-4 years)	They should gradually progress toward at least 60 minutes of energetic play (moderate-vigorous intensity physical activity) by 5 years of age .	<ul style="list-style-type: none">• Children this age don't understand rules and often are not coordinated enough to play organized sports.• Other ideas: walking or running, playing tag, swimming (when at least 4 yrs old), tumbling, dancing, throwing and catching.• As they grow older, they might like to try skipping and bike riding.

CURRICULUM:

Ages: 18 months – 3 years old

Uses: This play-based toddler curriculum is designed with the busy mama in mind to cut back on the time you plan and prep while giving you more quality time to play, explore, and learn with your toddler. Every activity can be used at home with 1 or more children or adapted for used in a daycare setting.

Learning: In this toddler curriculum, your child will be...

exploring a variety of art mediums to foster creativity

strengthening motor skills to prepare for future learning such as writing

being exposed to academic concepts to start building a sturdy foundation for which to grow all their future knowledge

And learning how to be independent and confident in their learning journey

CHILD CARE ASSESSMENT:

Insight Kids Care LLC will provide recurring assessment on our child care children.

- Observe. Observe children in various situations.
 - Descriptions of actions.
 - Quotations of language.
 - Descriptions of gestures.
 - Descriptions of facial expressions.
 - Descriptions of creations

- Document, Reflect. Record while observing or as soon as possible.
 - Anecdotal records or brief notes taken throughout the day that can be filed in the child's portfolio.
 - The use of checklists or published developmental profiles.
 - Structured observations, such as using a grid to assure that each domain is noted for each child on a scheduled basis.
 - Work samples, such as examples of representative work.
 - Digital photographs of developmental accomplishments.
 - Parent input.
 - Videotaping.

- Analyze, Evaluate. Study the data with assessment tools. The assessment comes from the combination of documentation and evaluation.
 1. Developmental Screening — assuring that any potential developmental concerns are identified and documented for referral to Early Intervention systems and other systems, as appropriate.
 2. Ongoing Assessment — determining how a child is progressing across domains for purposes of planning individualized curriculum.

- Summarize, Plan, and Communicate. This informs a child's specific needs and future curriculum.
 - Regularly scheduled parent/caregiver meetings.
 - Distribute printed materials (such as a newsletter).
 - Learn from families if communication is efficient and effective

- Instruct. (The cycle repeats.)