

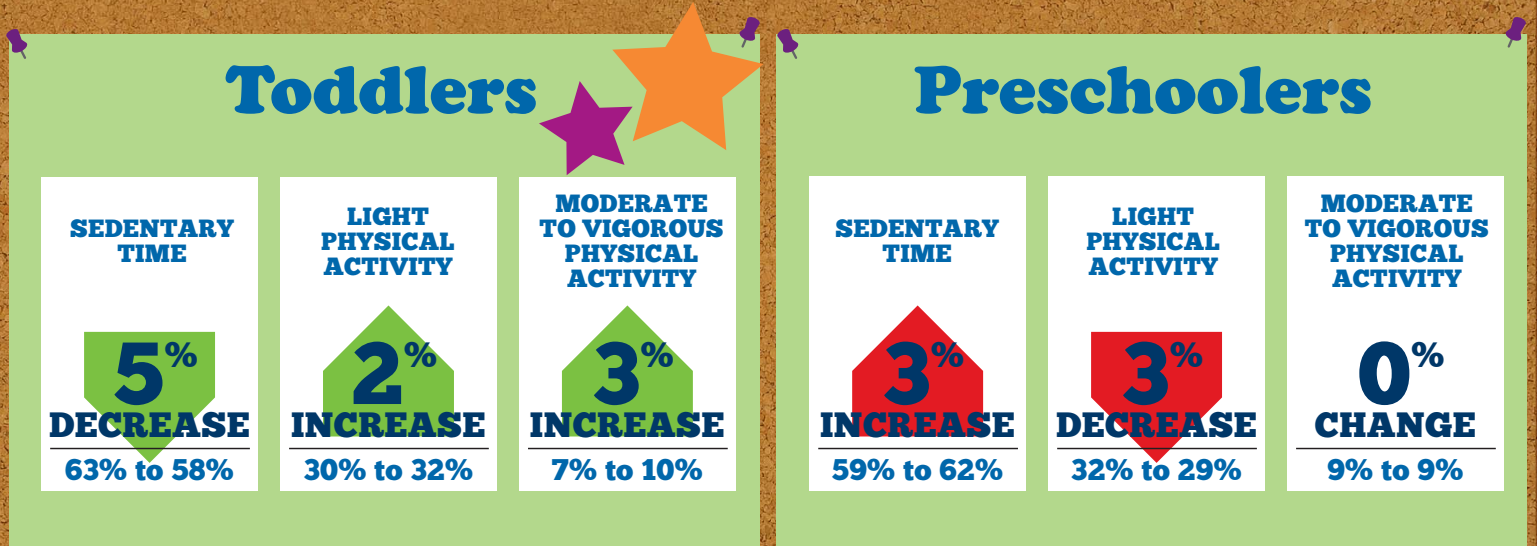
CAN IT GET KIDS MOVING MORE & SITTING LESS?

Steps in Developing and Implementing Physical Activity and Sedentary Behaviour Accreditation Standards in Alberta Child Care Centres

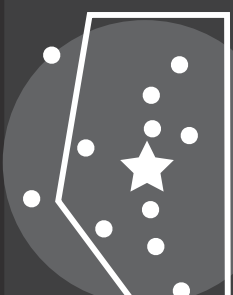


A pilot study evaluated the impact of the new Alberta Child Care Accreditation Standards on physical activity and sedentary behaviour in child care centres.

86 toddlers (19 - 35 months) and preschoolers (36 - 60 months) from 8 child care centres in Edmonton, Calgary and a smaller Alberta community participated in the pilot study.




What's Next for Alberta?



A

Larger studies with a reference group that is not using the new standards.





B

Develop quality evidence based resources, training, and professional development to support child care centres.

C

Continue to help children move more and spend less time seated in chairs and strollers that restrict movement.





To Learn More, Visit:

Canadian Physical Activity Guidelines for the Early Years 0-4
www.csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_early-years_en.pdf

Canadian Sedentary Behaviour Guidelines for the Early Years 0-4
www.csep.ca/CMFiles/Guidelines/CSEP_SBGuidelines_early-years_en.pdf

Alberta Child Care Accreditation Standards (Outcome 2.2, page 12-13)
www.aelcs.ca/News/Documents/Aligned_Standards_WEB_1.2_Jun_23_14.pdf

Alberta Resource Centre for Quality Enhancement - arcqe.ca

Brought to you by:



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Please contact the Alberta Centre for Active Living for hard copies at active.living@ualberta.ca