

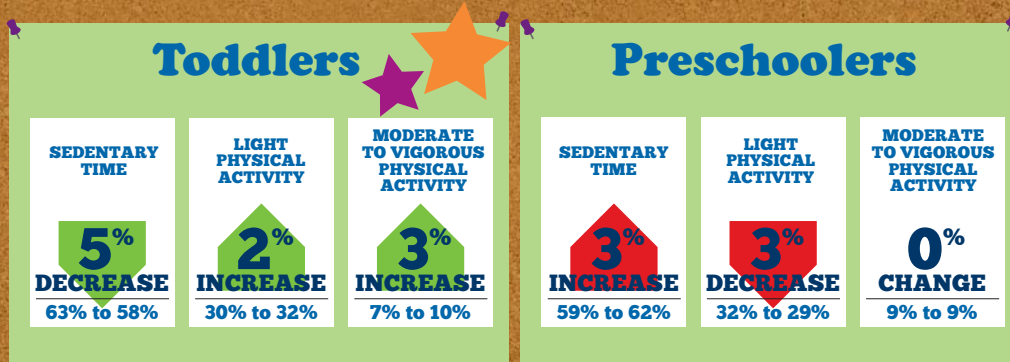
# CAN IT GET KIDS MOVING MORE & SITTING LESS?

## 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](http://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](http://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](http://www.aelcs.ca/News/Documents/Aligned_Standards_WEB_1.2_Jun_23_14.pdf)

Alberta Resource Centre for Quality Enhancement - arqce.ca

### Brought to you by:



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