Physical Activity & Screen Time

Daily movement, outdoor play, and screen time limits

Effective: September 2026 | Reviewed Annually

At Country Lane Early Learning, we believe physical activity is an essential part of healthy growth, learning, and development. Children learn best when they are active, engaged, and given opportunities to move, explore, create, and play throughout the day. Physical activity is incorporated for a minimum of 15 minutes for every two hours of care, consistent with Utah childcare licensing requirements (R430-90-18).

Infant Physical Activity

- Infants are provided supervised tummy time opportunities multiple times each day to support healthy physical development and motor skills.
- Infants are encouraged to move, explore, and interact freely during awake periods.
- The use of swings, bouncers, seats, or other confining equipment is limited to allow infants opportunities for active movement and exploration.
- Caregivers engage infants through talking, singing, movement, nurturing interaction, and age-appropriate sensory activities.

Toddler Physical Activity

- Toddlers participate in daily structured physical activities that encourage coordination, balance, and motor skill development.
- Children are provided opportunities for active free play throughout the day to encourage independence, creativity, and confidence.
- Movement activities may include dancing, climbing, running, obstacle courses, outdoor play, music and movement, and gross motor games.

Preschool & School-Age Physical Activity

- Preschool and school-age children are provided ample opportunities for active play, exercise, and outdoor exploration each day.
- Outdoor play is incorporated whenever weather conditions safely allow.
- Children participate in activities that support coordination, teamwork, strength, balance, and healthy physical development.
- A balance of structured activities and child-led active play is encouraged throughout the day.

Outdoor Play & Movement

- Outdoor play is an important part of our daily routine and is encouraged year-round when weather and air quality safely allow.

- Children are provided opportunities to explore nature, develop gross motor skills, and engage in active play outdoors.
- Families are encouraged to provide weather-appropriate clothing to support outdoor activities.
- Nature-based play, outdoor exploration, and movement experiences are incorporated whenever possible to support healthy development and curiosity.

Encouraging Healthy Movement

- Children are encouraged to move regularly throughout the day and are rarely expected to remain seated for extended periods.
- Physical activity and outdoor time are never withheld as punishment.
- Positive behavior is encouraged through supportive guidance, redirection, and positive reinforcement.
- Movement and active play are incorporated into daily routines in developmentally appropriate ways.

Screen Time Policy

Screen time is limited in accordance with Utah childcare licensing requirements (R430-90-18):

- Children 0 - 17 months: screen time is not permitted.
- Children 18 months - 4 years: screen time is limited to a maximum of 1 hour per day, or 5 hours per week, with no single activity exceeding 2 hours.
- Children 5 - 12 years: screen time is planned and intentional, and used to address the child's developmental and educational needs.
- We prioritize hands-on learning, active play, social interaction, creativity, and real-world experiences over screen-based entertainment.
- Technology may occasionally be used for educational purposes, music, movement activities, or communication when appropriate and supervised.

Questions & Program Contact

Questions about our physical activity or screen time practices may be directed to: Sara Kingston, Program Coordinator/Director, sara@countrylaneearlylearning.com, (435) 255-8499.

Our goal is to create a healthy, active, engaging, and developmentally enriching environment where children can develop strong bodies, healthy habits, confidence, coordination, and a lifelong love for movement and play.