



Division of Child Development and Early Education

5 Star Rated License • Prekindergarten • Subsidized Early Education for Kids

Early Childhood Obesity Prevention Summit January 2014

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NC Division of Child Development
and Early Education



Division of Child Development and Early Education Mission

- “To build a stronger social and economic future for North Carolina by promoting high quality early childhood experiences.”
- Ensure the health and safety of children in child care settings
- Provide child care financial assistance
- Improve quality and availability of child care
- Parent Outreach

Child Care Facts in North Carolina

➤ *Children*

- Total number 0-4 in the state 602,718
- Total number 5-14 in the state 1,308,033
- Number in Regulated Child Care 243,219
- Number Receiving Subsidized Care 74,749

➤ *Regulated Arrangements*

- Child Care Centers 4,729
- Family Child Care Homes 2,522

Regulatory Services Section Key Responsibilities

- Ensuring safe and healthy environments
- Promoting quality child care
- Licensing and Monitoring
- Increasing public information
- Investigating complaints and illegal operations



Star Rated License

Two Component System:

➤ Program Standards

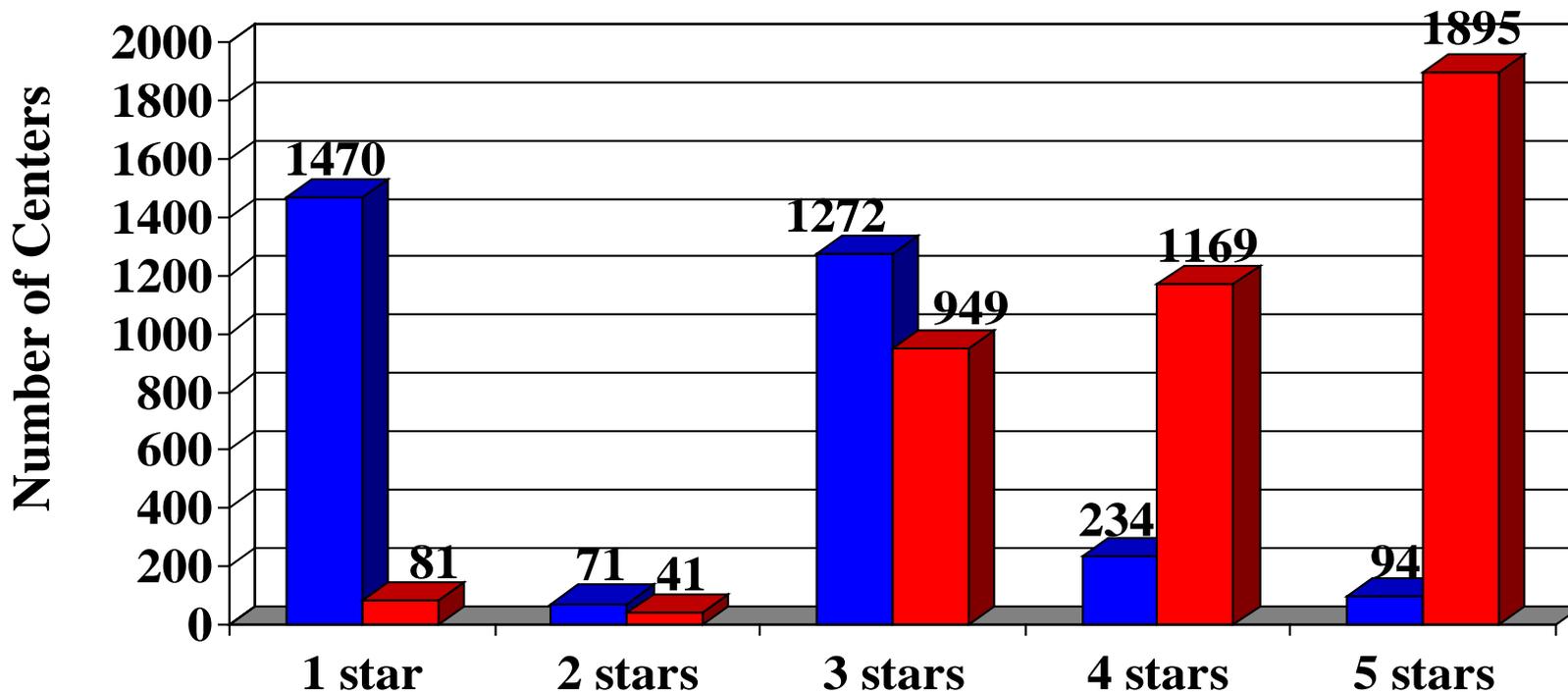
Staff/child ratio, group size, operational and personnel policies, Environment Rating Scale assessment scores

➤ Education Standards

Staff education and experience

Child Care Centers with Star Rated Licenses and Enrollment (Sept. 2000 and Dec. 2013)

■ Sept. 2000 ■ Dec. 2013

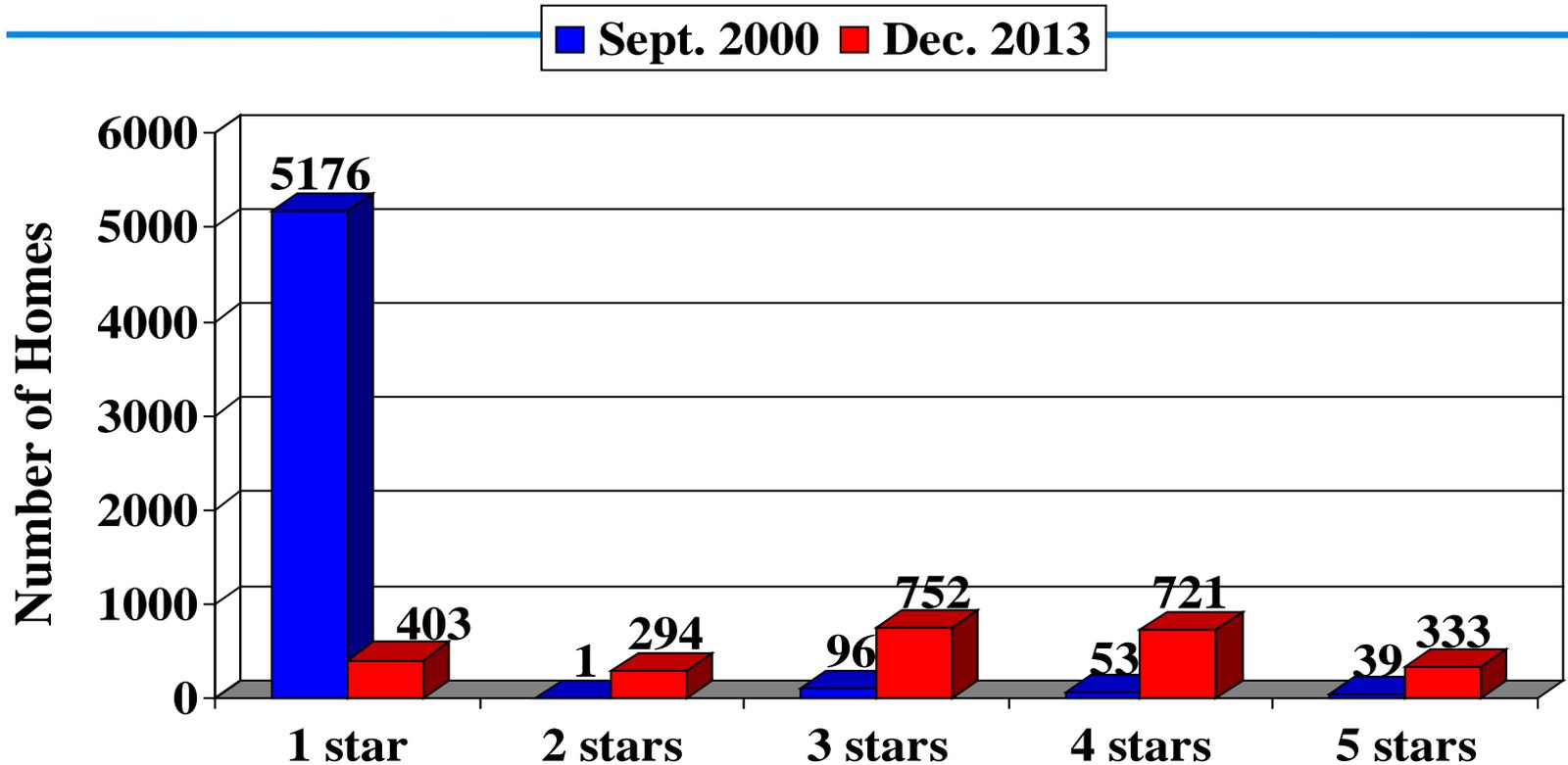


Number of Children Enrolled

2000	75,828	3,250	70,077	11,440	4,335
2013	4,241	1,245	36,113	60,098	102,962

Of the children in centers w/ 1-5 stars, 87% are enrolled in centers with ratings of 3-5 stars.

Family Child Care Homes with Star Rated Licenses and Enrollment (Sept. 2000 and Dec. 2013)



Number of Children Enrolled

2000	18,490	0	361	259	189
2013	1,718	1,505	4,747	4,777	2,291

Of the children in homes w/ 1-5 stars, 78% are enrolled in homes with ratings of 3-5 stars.

RECENT CENTER RULE CHANGES IN CHILD CARE (Activities)

➤ **Screen Time**

- Offered only as a free-choice activity
- Must meet a developmental goal
- Limited to no more than 2 ½ hours per week per child
- Prohibited for children less than 2 years old
- Time may be extended for special projects or special occasions

RECENT FAMILY CHILD CARE HOME RULE CHANGES IN CHILD CARE (Activities)

- **Programs must provide a minimum of one hour of outdoor time daily, or for children in care for less than 4 hours-30 minutes is required**
- **The activity plan must include a daily gross motor activity which may be indoors or outdoors**
- **Same screen time rules as for centers**

Other DCDEE Initiatives

- I am Moving, I am Learning (IMIL)
- Outdoor Learning Environments
- Looking forward to working with NCPC and partners on new grant

RECENT RULE CHANGES IN CHILD CARE (Nutrition)

➤ For Center and FCCH

- Accommodations for breastfeeding mothers shall be provided that include seating and an electrical outlet in a place other than a bathroom that is shielded from view by staff and the public which may be used by mothers while they are breastfeeding or expressing milk.

RECENT RULE CHANGES IN CHILD CARE (Nutrition)

➤ Legislation passed (June 2010)

- Child Care Commission in partnership with the Division of Public Health would begin to develop improved nutrition standards for child care facilities.
 - Limiting or prohibiting sweetened beverages other than 100% fruit juice for all children
 - Limiting or prohibiting whole milk to children 2 years of age or older and no flavored milk to any age child
 - Limiting or prohibiting more than 6 oz. of juice per day to any age child
 - Limiting or prohibiting juice from a bottle
 - Creating an exception for parents of children who have medical needs, special diets or food allergies
 - Creating an exception to allow a parent or guardian, or to all the center upon request of a parent or guardian, to provide a child food and beverages that may not meet the nutritional standards.

RECENT RULE CHANGES IN CHILD CARE (Nutrition)

- Legislation passed (2011-12)

- Parental exceptions. -

1. Parents or guardians of a child enrolled in a child care facility may (i) provide food and beverages to their child that may not meet the nutrition standards adopted by the Commission and (ii) opt out of any supplemental food program provided by the child care facility. The child care facility shall not provide food or beverages to a child whose parent or guardian has opted out of any supplemental food program provided by the child care facility and whose parent or guardian is providing food and beverages for the child.

Nutrition Rules for Centers and Homes – Effective Dec. 2012

- Food Required for Special Diets for Medical, Religious or Cultural Reasons Provided by Center or Parents
- Food With Little/No Nutritional Value Only Available for Special Occasions
- Staff Must Model Good Eating Behaviors by not consuming foods or beverages with little or no nutritional value in children's presence

Nutrition Rules for Centers and Homes - Beverages

- Flavored milk or sugary drinks prohibited
- Children Two Years and Older Served Unflavored Skim or Low Fat Milk (Unflavored whole milk is served to children ages 12-24 months)
- No More Than 6 ounces of 100% Fruit Juice Offered Each Day
- Parents Allowed to Provide Breast Milk
- Juice in a Bottle Not Served to Infants, Without a Prescription or Written Statement from a Health Care Professional or Licensed Dietician/Nutritionist