

**10A NCAC 09 .0510      ACTIVITY AREAS**

(a) For each group of children in care, the center shall provide daily four of the five activity areas listed in G.S. 110-91(12) as follows:

- (1) Centers with a licensed capacity of 30 or more children shall have at least four activity areas available in the space occupied by a group of children.
- (2) Centers with a licensed capacity of less than 30 children shall have at least four activity areas available. Separate groups of children may share use of the same activity areas.
- (3) Centers with a licensed capacity of 3 to 12 children located in a residence shall have at least four types of activities available.

(b) In addition to the four activity areas that are available each day, each center shall have materials and equipment in sufficient quantity, as described in Subparagraph (d)(1) of this Rule, to ensure that the fifth activity area listed in G.S. 110-91(12) is made available at least once per month.

(c) Each center shall provide materials and opportunities for each group of children at least weekly, indoors or outdoors, for the following:

- (1) music and rhythm;
- (2) science and nature; and
- (3) sand and water play.

(d) When preschool children three years old and older are in care the following shall apply:

- (1) the materials and equipment in an activity area shall be in sufficient quantity to allow at least three children to use the area regardless of whether the children choose the same or different activities; and
- (2) when screen time is provided on any electronic media device with a visual display, it shall be:
  - (A) offered to stimulate a developmental domain in accordance with the North Carolina Foundations for Early Learning and Development as referenced in Rule .0508 of this Section;
  - (B) limited to 30 minutes per day and no more than a total of two and a half hours per week, per child; and
  - (C) documented on a cumulative log or the activity plan that shall be available for review by the Division.

(e) When children under three years old are in care the following apply:

- (1) each center shall have developmentally appropriate toys and activities for each child to promote the child's emotional and social development, health and physical development, approaches to play and learning, language development, and communication and cognitive development, including:
  - (A) books;
  - (B) blocks;
  - (C) dolls;
  - (D) pretend play materials;
  - (E) musical toys;
  - (F) sensory toys; and
  - (G) fine motor toys;
- (2) materials shall be kept in a space where related equipment and materials are kept in accordance with G.S. 110-91(12) and shall be made available to the children on a daily basis;
- (3) materials shall be offered in sufficient quantity to allow all children to use them at some time during the day and to allow for a range of choices,
- (4) on a daily basis caregivers shall provide developmentally appropriate activities that support health and physical development. An open area that allows freedom of movement shall be available, both indoors and outdoors, for infants and for toddlers;
- (5) hands-on experiences, including both familiar and new activities, shall be provided to enable the infant or toddler to learn about himself and the world both indoors and outdoors; and
- (6) each child under the age of 12 months shall be given supervised tummy time positioned on his or her stomach while awake and alert each day.

(f) Screen time, including television, videos, video games, and computer usage, shall be prohibited for children under three years of age.

*History Note: Authority G.S. 110-85; 110-91(6),(12); 143B-168.3;*

*Eff. July 1, 1988;*  
*Amended Eff. July 1, 2010; July 1, 1998; October 1, 1991;*  
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