

10A NCAC 09 .2508 AGE APPROPRIATE ACTIVITIES

- (a) Child care facilities that provide care to school-age children shall provide a balance of teacher directed and free choice activities appropriate to the age, needs, and interests of the children.
- (b) Opportunities must be provided for children to participate in the planning and the implementation of activities.
- (c) Facilities that operate a school-age component for three or fewer hours per day shall make three of the following activities available daily; those that operate a school-age component for more than three hours per day shall make four of the following activities available daily:
 - (1) career development activities;
 - (2) community awareness activities;
 - (3) creative arts activities;
 - (4) cultural activities;
 - (5) games or manipulatives;
 - (6) hands-on academic enrichment activities including language, math, science, social studies, or foreign language activities;
 - (7) health education or wellness activities;
 - (8) homework with assistance available as needed from center personnel;
 - (9) reading activities;
 - (10) sand or water play;
 - (11) social skills, life skills or problem-solving activities;
 - (12) structured or unstructured physical activities; or
 - (13) technology skill-building activities.
- (d) All equipment and materials used by school-age children shall be appropriate for the age and size of the children using the items.
- (e) When screen time is provided on any electronic device with a visual display, it shall be:
 - (1) offered as a free choice activity;
 - (2) used to meet a developmental goal;
 - (3) limited to a maximum of 30 minutes per day and no more than two and a half hours per week, per child;
 - (4) documented on a cumulative log or activity plan, available for review by a representative of the Division; and
 - (5) usage time periods may be extended for school assigned homework.
- (f) Cots, beds, or mats with linens shall not be required for school-age children. However, provision shall be made for children who wish to rest or who are sick to rest in a comfortable place.

*History Note: Authority G.S. 110-85; 110-91(6),(12); 143B-168.3;
Eff. July 1, 1988;
Amended Eff. July 1, 2010; October 1, 1991; September 1, 1990;
Readopted Eff. October 1, 2017.*