

## Topic 2: Healthy Practices - Physical Activity

### TRAINING REFERENCES

---

Child Care Licensing Guidebook, Washington State Department of Early Learning, Second Edition, DEL-LC-2001(x) 10/06

Model curriculum for the Washington State Training and Registry System (STARS) 20-hour basic child care training, Washington State Department of Early Learning.

American Academy Of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care and Early Education. (2011). Caring for Our Children: National health and safety performance standards; Guidelines for early care and education programs. (3rd ed.). Elk Grove Village, IL: American Academy of Pediatrics; Washington, DC: American Public Health Association. Retrieved from <http://nrckids.org>.

Centers for Disease Control and Prevention. (n.d.). Go Out and Play! Kit: A resource to help early educators monitor development through play. Retrieved from [http://www.cdc.gov/ncbddd/actearly/pdf/ccp\\_pdfs/GOP\\_kit.pdf](http://www.cdc.gov/ncbddd/actearly/pdf/ccp_pdfs/GOP_kit.pdf)

Dodge, D. T., Colker, L. J., & Heroman, C. (2002). The Creative Curriculum for Preschool (4th ed.). Washington, DC: Teaching Strategies.

Head Start Center for Inclusion. Retrieved from <http://depts.washington.edu/hscenter/>

Head Start National Center on Quality Teaching and Learning. (2013). Adaptations for Individual Children: Adaptations for Children with Disabilities. Retrieved from [http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/teaching/eecd/individualization/children%20with%20disabilities/edudev\\_art\\_00001\\_060205.html](http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/teaching/eecd/individualization/children%20with%20disabilities/edudev_art_00001_060205.html)

Lynch, S. & Simpson, C. (2004). Sensory processing: Meeting individual needs using the seven senses. *Young Exceptional Children*, 7(4): 2-9.

The National Association for Sport and Physical Education. (2009). Active Start: A statement of physical activity guidelines for children from birth to age 5. (2nd ed.). Retrieved from <http://www.shapeamerica.org/standards/guidelines/activestart.cfm>

Trawick-Smith, J. (2014). *Early Childhood Development: A Multicultural Perspective*. Upper Saddle River, NJ: Pearson Education.

Turnbull, R., Turnbull, A., Shank, M., & Smith, S.J. (2004). *Exceptional Lives: Special Education in Today's Schools*. Upper Saddle River, NJ: Pearson Education.