

Standards for healthy eating, physical activity, sedentary behaviour and sleep in early childhood education and care settings: A toolkit ^[1]

Author: World Health Organization

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Format: Report

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AVAILABILITY

Access online ^[2]

Access online [PDF] ^[3]

Overview

These global standards will support early child education and care providers in providing healthy foods and beverages and ensuring young children are sufficiently physically active, avoid excess sedentary time and get enough sleep whilst attending childcare and education facilities. These standards will support the implementation of the WHO guidelines on physical activity, sedentary and sleep behaviours for children under 5 years of age. They are informed by a review of the evidence and current standards and best practices and focus on detailing standards that can be applied in low- and middle income, as well as for high income settings. The target audience will be academics/researchers, development agencies, health workers, NGOs and policy makers.

Related link: Guidelines on physical activity, sedentary behaviour and sleep for children under 5 years of age ^[4]

New daycare pushes for regulatory review to allow more time outside ^[5]

Region: International ^[6]

Tags: child development ^[7]

food ^[8]

wellbeing ^[9]

Source URL (modified on 30 Apr 2025): <https://childcarecanada.org/documents/research-policy-practice/25/04/standards-healthy-eating-physical-activity-sedentary>

Links

[1] <https://childcarecanada.org/documents/research-policy-practice/25/04/standards-healthy-eating-physical-activity-sedentary> ^[2]

<https://www.who.int/publications/i/item/9789240032255> ^[3] <https://iris.who.int/bitstream/handle/10665/345926/9789240032255-eng.pdf?sequence=1> ^[4]

<https://childcarecanada.org/documents/research-policy-practice/25/04/guidelines-physical-activity-sedentary-behaviour-and-sleep> ^[5]

<https://childcarecanada.org/documents/child-care-news/24/07/new-daycare-pushes-regulatory-review-allow-more-time-outside> ^[6]

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