**Section 406.16 Activity Requirements**

a) The caregiver and parent shall discuss the child's health, development, behavior and activities to ensure consistency in planning for the child.

b) The daily activities shall be well-balanced and geared to the needs of the children served.

1) The activities shall be informal, providing a family atmosphere that promotes the physical and emotional well-being of the individual.

2) Children shall be encouraged to participate in age appropriate household routines such as preparing food, setting tables, and cleaning up.

3) Regularity in routines such as, but not limited to, eating, napping, and toileting, with sufficient flexibility to respond to the needs of the individual shall be provided.

4) A balance of active and quiet play shall be provided.

5) There shall be activities, both indoors and outdoors, in which children make use of both large and small muscles.

6) There shall be a variety of chores and activities at the child's developmental level.

7) Each child's individuality shall be respected and a sense of self and development of self esteem shall be encouraged.

8) Children shall not be left unattended and supervision shall be provided at all times.

c) The materials and equipment and their arrangements and use must be appropriate to the developmental needs of the children in care. The day care home may not use or have on the premises any unsafe children's product as described in the Children's Product Safety Act and 89 Ill. Adm. Code 386 (Children's Product Safety).

1) Simple play equipment, suitable to the age and developmental needs of the children, shall be available for use indoors and outdoors.

2) Materials and toys shall be kept clean, orderly, attractive, and accessible to the children.

3) There shall be stimulating play and learning materials; these may include household items used creatively.

4) Materials and equipment must be of sufficient quantity to provide for a variety of experiences and to appeal to the individual interests of the children under care.

(Source: Amended at 34 Ill. Reg. 18358, effective December 15, 2010)