Nutrition and Physical Activity
- The provider completes one of the following food safety trainings (choose ONE):
  - Food Safety in Child Care-4 hours (Institute of Child Nutrition online training)
  - Iowa State University Extension: 4 Food Safety Lessons
  - Other DHS or IQ4K-approved Food Safety training – 4 hours
  - ServSafe
- The program completes a self-assessment and creates an action plan in the area of nutrition.
- The program completes a self-assessment and creates an action plan in the area of physical activity.

Professional Development
- The provider completes a professional development plan annually.

Family and Community Partnerships
- The program provides an orientation for new families.
- The provider completes 1 activity annually that promotes partnerships (see Family and Community Partnership Activity Options).

Environment
- The program develops and implements policies regarding (as applicable to age served, aligned with Caring for Our Children):
  - Supervision
  - Safe Sleep Policy
  - Missing child
  - Strangulation Prevention
  - Sign-in/sign-out tracking system for children and visitors.
- The provider annually completes the Interaction and Relationship Self-Assessment.
- The program annually completes the IQ4K Program Assessment.

Provider Qualifications
- The provider has at least 1 year of child care experience.

Teaching and Learning
- The provider completes training on the Iowa Early Learning Standards (2hrs.).
- The program develops and implements a comprehensive discipline/behavior policy that promotes positive relationships.