



# Choosing Child Care Checklist

The *Choosing Child Care Checklist* is a valuable resource designed to help parents and caregivers make informed decisions when selecting child care services for their children. This checklist provides a concise and comprehensive guide to consider various critical factors, ensuring the well-being and development of children in a suitable child care setting.

## Program Name:

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### 1. HEALTH AND SAFETY

- The setting is safe and clean
- Children and adults wash their hands throughout the day
- child care educators post emergency evacuation plans and practice drills regularly
- The procedures for dropping off and picking up my child are clear and explained

### 2. ACTIVITIES AND EXPERIENCES

- There are different areas for rest, meals, quiet play, and active play.
- Children can play independently or in groups.
- There's a daily schedule posted with a balance of story time, activity time, nap time, and playtime.
- My child will be able to develop a variety of skills.
- The routines in place will work for my child.

### 3. RELATIONSHIPS AND INTERACTIONS

- The child care educators are friendly and supportive.
- The child care educators interact with the children on the child's level.
- My child will receive individual attention.
- I am comfortable with the guidance and discipline used with the children.
- Families are allowed to visit at any time.

- Families can participate in activities and events at this program.
- The child care educators inform families about daily activities and routines.
- My child will enjoy spending time at their child care program.
- I am comfortable leaving my child at this child care program.

#### 4. ADDITIONAL THINGS TO CONSIDER FOR INFANTS

- The staff have training in safe sleep practices and Sudden Infant Death Syndrome (SIDS) prevention.
- Infants are laid on their backs when sleeping in their individual sleep spaces without toys or loose bedding.
- Daily notes track my infant's feedings, diaper changes, and naps.
- This program accommodates and respects feeding choices (breastfeeding, breast milk, formula)

#### 5. ADDITIONAL THINGS TO CONSIDER FOR SCHOOL-AGE CHILDREN

- There are many reading materials and educational games that my child can use.
- There is always an adult supervising children.
- There is transportation to and from school.
- Child care is available during school vacations or days school is not in session.

## Help Create a Positive Child Care Experience

- Read stories and talk to your child about going to child care.
- Communicate with other families whose children go to child care.
- Communicate with the child care educator or individual caring for your child.
- Share information that helps the child care educator meet your child's needs.
- Have clear, written agreements to prevent misunderstandings.
- Find out how you can get involved in your child's program. You may be able to volunteer onsite or donate items.
- Respect the program policies: pay on time, pick up your child before closing, keep sick children at home, etc.
- Show child care educators you care by saying thank you, offering to help, or donating.

