

**And If Your Child is School age
(Kindergarten to 14 Years)**

- A quiet place to do homework?

ARE THERE OPPORTUNITIES...

For All Children

- To play quietly and actively, indoors and out?
- To play alone at times and with friends at other times?
- To follow a schedule that meets young children's need for routine, but that is flexible enough to meet the needs of each child?
- To use materials and equipment that help children learn new physical skills and control and exercise their muscles?
- To learn to get along, to share, and to respect themselves and others?
- To learn about their own and other's cultures through art, music, books, songs, games, and other activities?
- To speak both English and their family's native language?

**And If You Have an Infant or Toddler
(Birth to 3 Years)**

- To crawl and explore safely?
- To play with objects and toys that help infants develop their senses of touch, sight, and hearing (for example, mobiles, mirrors, cradle gyms, crib toys, rattles, things to squeeze and roll, pots and pans, nesting cups, different sized boxes)?
- To take part in a variety of activities that are suited to toddlers' short attention spans (for, example: puzzles, cars, books, and outdoor play equipment for active play; modeling clay, clocks, boxes, and containers, for creative play)?

**And If Your Child is a Preschooler
(3 Years to Kindergarten)**

- To choose their own activities, for at least part of the day?
- To choose their own activities, for at least part of the day?
- To visit nearby places of interest, such as the park, the library, the firehouse, a museum?

**And If Your Child is School Age
(Kindergarten to 14 Years)**

- To practice their skills (for example, sports equipment, musical instruments, drama activities, craft projects)?
- To be with their own friends after school?
- To do homework?
- To use a variety of materials and equipment, including art materials, table games, sports equipment, books, films, records?
- To use community facilities such as a baseball field, a swimming pool, a recreation center?

**A CHILD CARE CHECKLIST
FOR PARENTS**

This checklist is designed to help you decide what things about a child care arrangement are most important to you and your family. It can also help you make sure the care you select offers these things.

Read through the checklist and circle those items you want the arrangement to provide. Then, use the checklist when you talk to a possible caregiver and visit the home or center.

Not everything will apply to your family's situation and some items of concern may not be on the list.

DOES YOUR CHILD'S CAREGIVER

For All Children

- Appear to be warm and friendly?
- Seem calm and gentle?
- Seem to have a sense of humor?
- Seem to be someone with whom you can develop a relaxed, sharing relationship?
- Seem to value cleanliness?
- Seem to be someone your child will enjoy being with?
- Seem to feel good about himself/herself and his/her job?
- Seem to be in good health?
- Have child-rearing attitudes and methods that are similar to your own?
- Treat each child as a special person?
- Understand what children can and want to do at different stages of growth?
- Have the right materials and equipment on hand to help children grow mentally and physically?
- Patiently help children solve their problems?



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- Provide activities that encourage children to think things through?
- Have limitations on access to the TV?
- Provide careful supervision at all times?
- Encourage good health habits, such as washing hands before eating?
- Talk to the children and encourage them to express themselves through words?
- Encourage children to express themselves in creative ways?
- Have art and music supplies suited to the ages of all children in care?
- Help your child to know, accept, and feel good about himself/herself?
- Help your child become independent in ways you approve?
- Help your child learn to get along with and to respect other people, no matter what their backgrounds are?
- Provide a routine and rules the children can understand and follow?
- Accept and respect your family's cultural values?
- Take time to discuss your child with you regularly?
- Have previous experience or training in working with children?
- Have a yearly physical exam and current TB test?

And If You Have an Infant or Toddler (Birth to 3 Years)

- Seem to enjoy cuddling your baby?
- Care for your baby's physical needs such as feeding and diapering?
- Spend time holding, playing with, talking to your baby?
- Provide stimulation by making eye contact and pointing out things to look at, touch, and listen to?

- Provide care you can count on so your baby can learn to trust and feel important?
- Cooperate with your efforts to toilet train your toddler?
- "Child-proof" the setting so your toddler can crawl or walk safely and freely?
- Realize that toddlers want to do things for themselves and help your child to learn to feed and dress himself/herself, go to the bathroom, and pick up his/her own toys?
- Help your child learn the language by talking to him/her, naming things, reading aloud, describing what he/she is doing, and responding to your child's words?

And If Your Child is a Preschooler (3 Years to Kindergarten)

- Plan many different activities for your child?
- Join in activities himself/herself?
- Set consistent limits which help your child gradually learn to make his/her own choices?
- Recognize the value of play and encourage your child to be creative and to use his/her imagination?
- Help your child feel good about himself/herself by being attentive, patient, positive, warm, and accepting?
- Allow your child to do things for himself/herself because he/she understands children can learn from their mistakes?
- Help your child increase his/her vocabulary by talking with him/her, reading aloud, and answering questions?

And If Your Child is School Age (Kindergarten to 14 Years)

- Give your child supervision and security, but also understand his/her growing need for independence?

- Set reasonable and consistent limits?
- At the same time, allow your child to make choices and gradually take responsibility?
- Understand the conflict and confusion that growing children sometimes feel?
- Help your child follow through on projects, help with homework, and suggest interesting things to do?
- Listen to your child's problems and experiences?
- Respect your child when he/she expresses new ideas, values, or opinions?
- Cooperate with you to set clear limits and expectations about behavior?
- Understand the conflicts and confusion older school-age children feel about sex identity, and pressure to conform?
- Provide your child with a good adult image to admire and copy?

DOES THE FAMILY CHILD CARE HOME OR CENTER HAVE...

For All Children

- An up-to-date license, if one is required?
- A clean and comfortable look?
- Enough space indoors and out so all the children can move freely and safely?
- Enough caregivers to give attention to all of the children in care?
- Places to store personal belongings?
- Enough furniture, playthings, and other equipment for all the children in care?
- Equipment that is safe and in good repair?
- Equipment and materials that are suitable for the ages of the children in care?
- Enough room and cots or cribs so the children can take naps?
- Enough clean bathrooms for all the children in care?

- Safety caps on electrical outlets?
- A safe place to store medicines, household cleaners, poisons, matches, sharp instruments, and other dangerous items?
- An alternate exit in case of fire?
- A safety plan to follow in emergencies?
- An outdoor play area that is safe, fenced, and free of litter?
- Enough heat, light, and ventilation?
- Nutritious meals and snacks made with the kinds of food you want your child to eat?
- A separate place to care for sick children where they can be watched?
- A first aid kit?
- Fire extinguishers?
- Smoke detectors?
- Covered radiators and protected heaters?
- Strong screen or bars on windows above the first floor?
- Fenced and/or covered pools/spas?

And If You Have an Infant or Toddler (Birth to 3 Years)

- Gates at tops and bottoms of stairs?
- A potty chair or special toilet seat in the bathroom?
- A clean and safe place to change diapers?
- Cribs with firm mattresses covered in heavy plastic?
- Separate crib sheets for each baby in care?

And If Your Child is a Preschooler (3 Years to Kindergarten)

- A stepstool in the bathroom so your preschooler can reach the sink and toilet?