



Steps to Take

1. Gather as much information as possible.
2. Determine your family's needs in terms of hours, location, days of year, and transportation.
3. Determine what type of child care setting is best for your child.
4. Call 4-C for a list of regulated child care in your area specific to your family's needs.
5. Visit at least three places.
6. Then LOOK, LISTEN, and ASK.

LOOK for signs of quality.

LISTEN to the tones of teachers and for sounds of happy children.

ASK questions to dig a little deeper.

Choose Quality Infant/Toddler Care

The Basics of Quality Child Care

Good child care requires three important things, a well-trained, consistent caregiver, a setting that keeps your child safe and healthy, and an environment that enhances your child's physical, mental, emotional and social growth. Think about the kind of child care settings that will best fit the needs of your child, and be aware of the differences between regulated child care and unregulated child care.

Observational Check List

- Infants are placed on their backs to sleep.
- Mattresses are firm and tight fitting in cribs.
- Cribs are used only for sleeping and meet national safety standards.
- Electrical outlets are covered.
- There are no dangling extension or window blind cords.
- Hazardous materials are stored out of reach of children.
- Staff wash hands every time after diapering and before feeding.
- Changing table is sanitized after each use.
- Toys are sanitized daily.
- Caregivers can see all children at all times.
- Babies are held frequently in a warm and nurturing manner.
- Babies are held during bottle feeding.
- Babies have a lot of opportunities to move around, explore and play.
- Caregivers "coo" and talk with babies and encourage them to respond.
- Schedules and routines are determined by a baby's individual needs.
- Caregivers sing and read with babies.
- Caregivers have training specific to caring for infants and toddlers.
- Parents are informed about their baby's day.
- Parents are welcome at any time, without prior notice.