

## DVD Worksheet, Page 1

### Looking for Options

The truth is that the best option for a child is to grow up with their mother in the home. While this is not always possible, work with your employer to make sure you are at home as much as possible when your child is at home.

### Thinking Ahead

Before your child needs to be enrolled in child care, do your homework ahead of time so you'll know how to focus your search.

“Educate yourself by reading books and articles on how children learn, as well as the different approaches to early childhood education” Kim Avery, Director of the Living Hope Childhood Enrichment Center in Springville, AZ



Look for a child-care provider who is both loving and willing to set boundaries.



### Quality Child Care for You Child

*There are many ways to decide what the best child care is for your children, but there are some basic qualities that all good child care will have. According to the Child Care Council of Kentucky, good child care requires:*

1. A well-trained, \_\_\_\_\_ caregiver
2. A setting that keeps your child \_\_\_\_\_ and healthy.
3. An environment that enhances your child's \_\_\_\_\_, mental, emotional, and \_\_\_\_\_ growth

### Step 1: Defining What You Want

There are different types of child-care providers. You should select one based on your parenting style and your child's needs. The three types of child care include:

4. Family and \_\_\_\_\_
5. Licensed \_\_\_\_\_ child-care \_\_\_\_\_
6. \_\_\_\_\_ day-care facilities

*Take some time to carefully think about your child's personality and needs. Nobody knows your child like you do!*

### Step 2: Locating a Center

7. Most moms are happy to share what they think of their child-care, both good and bad. \_\_\_\_\_ other moms in your neighborhood or workplace.
8. Most states have a website that maintains a list of child care programs that they \_\_\_\_\_.

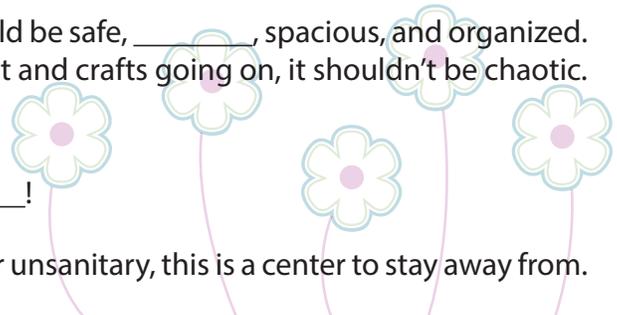
### Step 3: Checking Out Facilities

*When checking out facilities, first impressions count!*

9. You will want to observe child-care staff \_\_\_\_\_ with the children.
10. The center you choose should be safe, \_\_\_\_\_, spacious, and organized. While there may be \_\_\_\_\_ out and crafts going on, it shouldn't be chaotic.

### Centers to Stay Away From

11. Always trust your \_\_\_\_\_!
12. If the center looks \_\_\_\_\_ or unsanitary, this is a center to stay away from.



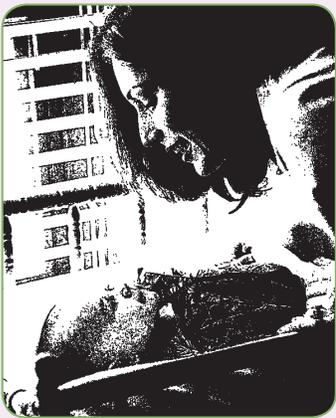
## Discussion Questions

### Finding Good Child Care

The center director and staff members should be able to tell you about their discipline policy. You should observe children being treated with respect and dignity. There should never be any yelling, grabbing, shaking, or jerking, a child, and no one should ever strike a child.

All staff members should be trained in first aid and CPR.

All child-care center employees must pass a background check, and the center should maintain FBI fingerprint clearances.



When your baby is young, the best child care is you - his mother.

(For the Client Advocate)

### 1. **What are some questions you plan on asking when checking out a child-care facility?**

Answers may vary, but might include:

May I drop in anytime to see my child?

What are your hours of operation?

When is the latest I can pick up my child, and what happens if I am later than that?

What are the fees?

Are there ever extra fees for certain activities or programs?

Do I still pay a fee if my child is home sick or on vacation?

Is lunch or a snack provided?

What is the staff-to-child ratio?

What is your sick-child policy?

Is your staff background-checked and fingerprinted? Are these kept on file?

Is your staff trained in CPR and first aid?

Are their certificates maintained and kept on file at the center?

How do you handle emergencies?

What kind of activities do you have for my child, and are they regularly posted?

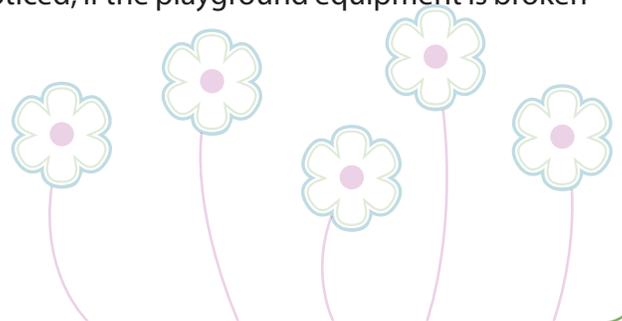
How do you discipline children?

Is your facility licensed and/or accredited?

May I have a copy of your policies and procedures?

### 2. **What are some red flags that should immediately cause you alarm about the center?**

Answers may vary, but might include: If you are told you cannot drop in to see your child anytime; if the center looks dirty or unsanitary; if the staff looks harried or disorganized; if you observe uncovered outlets, exposed electrical cords, toys that present choking hazards around small children, etc.; if it is easy for children to get out of the facility; if it is easy for strangers to walk in unnoticed; if the playground equipment is broken or looks unsafe.



## DVD Worksheet Key, Page 1

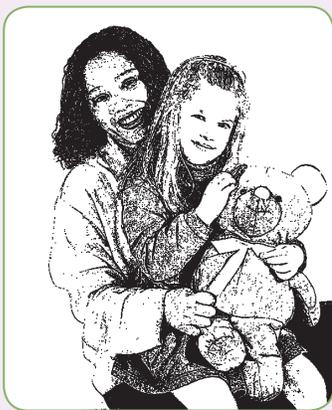
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### Quality Child Care for You Child

*There are many ways to decide what the best child care is for your children, but there are some basic qualities that all good child care will have. According to the Child Care Council of Kentucky, good child care requires:*

1. A well-trained, **consistent** caregiver
2. A setting that keeps your child **safe** and healthy.
3. An environment that enhances your child's **physical**, mental, emotional, and **social** growth

### Step 1: Defining What You Want

There are different types of child-care providers. You should select one based on your parenting style and your child's needs. The three types of child care include:

4. Family and **friends**
5. Licensed **family** child-care **home**
6. **Licensed** day-care facilities

*Take some time to carefully think about your child's personality and needs. Nobody knows your child like you do!*

### Step 2: Locating a Center

7. Most moms are happy to share what they think of their child-care, both good and bad. **Ask** other moms in your neighborhood or workplace.
8. Most states have a website that maintains a list of child care programs that they **license**.

### Step 3: Checking Out Facilities

*When checking out facilities, first impressions count!*

9. You will want to observe child-care staff **interacting** with the children.
10. The center you choose should be safe, **clean**, spacious, and organized. While there may be **toys** out and crafts going on, it shouldn't be chaotic.

### Centers to Stay Away From

11. Always trust your **instincts**!
12. If the center looks **dirty** or unsanitary, this is a center to stay away from.

