

Infant/Toddler Child Care Checklist

...to help you select a quality program for your child

My child's day will include...

- activities that meet my child's needs, interests and abilities and support early development:
 - social (relationship with caregiver)
 - emotional (response to needs)
 - cognitive (problem-solving and exploring)
 - language and literacy (words, singing and books)
 - gross motor skills (jumping, climbing, crawling)
 - fine motor skills (using hands).
- many opportunities for safe, active play both indoors and outdoors—with a wide variety of toys.
- being held, cuddled and played with throughout the day.
- being held while bottle-fed according to individual needs and schedules.
- opportunities to self-feed age-appropriate finger foods (not considered choking hazards) from a well-balanced menu.
- toilet-training as a positive, pleasant part of the day when my child shows interest.
- a set schedule for sleeping in a safe, comfy, quiet area where each child has his or her own crib or cot.

My child's space will have...

- accessible art supplies, puzzles, books, musical instruments and small climbing structures in good condition.
- furniture that is sturdy and child-sized.
- been assessed by the Infant/Toddler Environmental Rating Scale. (Ask to see the results!)

My child's caregiver will...

- be warm, nurturing, kind and patient.
- comfort an angry, sad or frightened child in a positive and supportive way.
- show respect for each child's cultural background.
- demonstrate strategies for managing challenging behaviors.
- engage children in conversation at the child's level, asking who, what, where, when, why and how questions.

- encourage children to learn new skills by offering new experiences.
- share information about my child's progress towards learning goals.
- have, at minimum, a Child Development Associate (CDA) credential (preferably, a degree in early childhood).
- receive ongoing professional development through training and/or coaching.
- use a screening tool to track children's development (e.g., *Ages and Stages Questionnaire*).

My child care program will ensure...

- caregivers send notes home daily about my child's eating, sleeping and diapering/toileting.
- results of any screenings done on my child are shared with me.
- written policies and practices are in place for:
 - sick care
 - medication administration
 - positive discipline strategies
 - transitions in and out of the program.
- infants are placed on their backs to sleep with firm bedding and no blankets, toys or pillows.
- my child's individual toileting and diapering needs are met.
- hands are washed with soap and water after each diaper change or use of the toilet.
- safety guidelines are used for transporting children.
- all adults in the program have been fingerprinted and have background checks that meet state requirements.
- a medical plan with emergency contacts is in place.
- cleaning supplies and other toxic materials are kept out of children's reach.
- my child will not be in restrictive equipment (e.g., bouncy seats, exer-saucers, swings) for more than 10 minutes at a time.

This child care program will invite me to...

- share information about my family and routines that are important to me and my child.
- be involved in setting goals for my child.
- participate in family events or volunteer.
- visit the program at any time.

For additional information on local child care options,
contact 4C for Children at:
800-256-1296 x1330 | parents@4cforchildren.org.