

PARENT SERVICES



Family 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; making friends)
 - emotional (response to needs; make-believe and dramatic play)
 - cognitive (problem-solving and exploring)
 - language and literacy (words, singing and books)
 - gross motor skills (jumping, climbing, crawling)
 - fine motor skills (using hands).
- both quiet and active times throughout the day.
- no more than two hours of television or computer time (less than one hour for infants and toddlers).
- experiences that encourage exploring, such as sand and water play.
- outdoor play when weather permits.
- a balanced meal for breakfast, lunch and, possibly, dinner with nutritious snacks offered twice a day—and infants being held while bottle-fed.
- a set schedule for sleeping in a safe, comfortable and quiet area.

My child's space will have...

- toys and supplies for each child in each age group.
- materials and equipment that are in good condition and accessible.
- furniture that is sturdy and child-sized.
- a safe, comfortable space to sleep—with infants placed on their backs with firm bedding and no blankets, toys or pillows.
- reading areas with a variety of age-appropriate books.
- a safe outside play area.
- been assessed by a Family Child Care Environment Rating Scale. (Ask provider to see 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 children's progress towards learning goals.
- have, at minimum, a Child Development Associate (CDA) credential.
- receive ongoing professional development through training and/or coaching.
- use a screening tool to track children's development (e.g., *Ages and Stages Questionnaire*).

This family child care home will ensure...

- 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
 - substitute caregiver in case of emergency
 - transitions in and out of the program.
- safety guidelines are followed for transporting children.
- all adults in the home 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.

This family child care provider invites 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.