

# Building Blocks to Brighter Futures

*Resources to Help Make Sure All Our Kids are "AOK"*



## Choosing Quality Child Care

### 1. Start Early

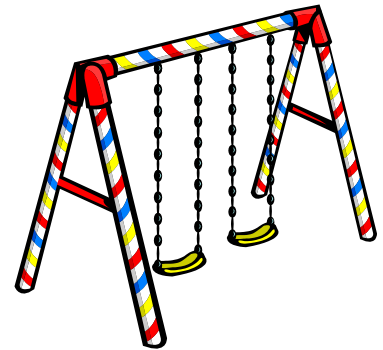
Look for childcare as soon as you can, even before your baby is born.

### 2. Make a Call

Call the YWCA Child Care Resource and Referral (CCR&R) for a list of child care providers in your area. Phone # 630/790-8137

### 3. Visit and Ask Questions

Go to the Child Care sites and get answers to your questions and watch what goes on, both inside and outside, if there is a playground.



### 4. Make a Choice

Think about what you saw at each visit, and make the best choice for you and your family.

### 5. Stay Involved

The work isn't over when you find quality care for your child. You and your child's caregiver are partners now. You need to stay involved with them.

For more information, please visit the Kane County Health Department's website at [kanehealth.com/aok.htm](http://kanehealth.com/aok.htm) or call 630-208-3801



## Some Tips For Parents

### Start Early

Start looking as far in advance as you can. No matter what type of care you are considering - a child care center or a family child care home - finding the right child care option can take some time.

### Make a Call

Begin your search by calling the YWCA Child Care Resource and Referral (CCR&R) for options in Kane County. The YWCA CCR&R can give you the facts about child care, and a list of child care options in your area that may meet your needs. Phone # 630/790-8137

### Visit and Ask Questions

Make sure you visit the child care center or child care family home. Find out about these key indicators of quality:

- **Adult to Child Ratio:** Ask how many children there are for each adult. The fewer the number of children for each adult, the better for your child. Licensed **home care providers** should have no more than eight children. Ratios for a licensed **center** are:

6 weeks to 14 months	1 adult to 4 infants, max group size-12
15 months to 23 months	1 adult to 5 children, max group size-15
2 year olds	1 adult to 8 children, max group size- 16
3 & 4 year olds	1 adult to 10 children, max size 20 for each age
5 year olds (still in preschool)	1 adult to 20 children, max group size-20
- **Group Size:** Find out how many children are in the group. The smaller the group, the better.
- **Caregiver Qualifications:** Ask about the caregivers' training, experience and education. Are the caregivers involved in activities to improve their skills? Do they attend classes and workshops?
- **Turnover:** Check how long caregivers have been at the center or providing care in their homes.
- **Accreditation:** Find out if the child care provider has been accredited by a national organization. Providers that are accredited have met voluntary standards for child care that are higher than most state licensing requirements. The National Association for the Education of Young Children (NAEYC) and The National Association for Family Child Care (NAFCC) are the two largest organizations that accredit child care programs.
- **Safety:** How does the child care provider make sure children are safe from abuse? Is there a camera at the center or an observation mirror? Are parents allowed to drop in at any time unannounced? Does the center allow you to spend time to observe how children are being treated?
- **Emergency measures:** Is there a disaster plan and are staff trained in first aid and cardio-pulmonary resuscitation (CPR)?

### Stay Involved

- Have parent-caregiver meetings regularly, and ask questions.
- Offer to volunteer time when needed.
- Visit your child at child care and read a book to the children.
- Join in special events, like field trips or holidays.

Even if you can't get time off from work during the day, you can still check in at drop-off and pick-up times. Ask the caregiver how things are going, and how your child is doing. Visiting and participating in events at your child's provider sends a strong message. It tells your child and your child's caregiver that you think what your child is doing and learning is important.

Distributed by: