

# A Parent's Guide to Choosing Safe and Healthy Child Care for Center-Based Care and Family Child Care Homes

Checklist taken from [www.ChildCareAware.org](http://www.ChildCareAware.org).

Supervision	
<p><b>Child Care Option</b></p> <p>1    2    3</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Are children supervised at all times, even when they are sleeping?</p>
<p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>How do the caregivers discipline children? (Hint: Discipline should be positive, clear, consistent, and fair.)</p>
Hand washing and Diapering	
<p><b>Child Care Option</b></p> <p>1    2    3</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Do all caregivers and children wash their hands often, especially before eating and after using the bathroom or changing diapers?</p>
<p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Is the place where diapers are changed clean.</p>
<p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Do caregivers always keep a hand on the child while diapering?</p>
<p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Do caregivers remove the soiled diaper without dirtying any surface not already in contact with stool or urine?</p>
<p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Do caregivers clean and sanitize the surface after finishing the changing process? (Hint: Hands should be scrubbed with soap and water for at least 10 seconds and then rinsed and dried. The water faucet should be turned off with a paper towel.)</p>
Director Qualifications	
<p><b>Child Care Option</b></p> <p>1    2    3</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Does the director of a child care center have a bachelor's degree in a child-related field?</p>
<p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	<p>Has the director worked in child care for at least 2 years?</p>

Does the director understand what children need to grow and learn?

### Lead Teacher Qualifications

**Child Care  
Option**

**1 2 3**

  

Does the lead teacher in a child care center have a bachelor's degree in a child-related field?

  

Has the teacher worked in child care for at least 1 year?

  

Does the teacher give children lessons and toys that are right for their ages?

### Child:Staff Ratio and Group Size

**Child Care  
Option**

**1 2 3**

  

How many children are being cared for in the child care program?

  

How many caregivers are there? (Hint: Your child will get more attention if each caregiver has fewer children to take care of. The younger the children are, the more caregivers there should be. For example, one family home caregiver should only take care of two babies.)

### Immunizations

**Child Care  
Option**

**1 2 3**

  

Is your child up-to-date on all of the required immunizations?

  

Does the child care program have records proving that the other children in care are up-to-date on all their required immunizations?

### Toxic Substances

**Child Care  
Option**

**1 2 3**

  

Are toxic substances like cleaning supplies and pest killers kept away from children?

  

Has the building been checked for dangerous substances like radon, lead,

and asbestos?

Is poison control information posted?

### Emergency Plan

**Child Care  
Option**

1 2 3

Does the child care program have an emergency plan if a child is injured, sick, or lost?

Does the child care program have first aid kits?

Does the child care program have information about who to contact in an emergency?

### Fire Drills

**Child Care  
Option**

1 2 3

Does the child care program have a plan in case of a disaster like a fire, tornado, flood, blizzard, or earthquake?

Does the child care program do practice drills once every month?

### Child Abuse

**Child Care  
Option**

1 2 3

Can caregivers be seen by others at all times, so a child is never alone with one caregiver?

Have all caregivers gone through a background check?

Have the caregivers been trained how to prevent child abuse, how to recognize signs of child abuse, and how to report suspected child abuse?

### Medications

**Child Care  
Option**

1 2 3

Does the child care program keep medication out of reach from children?

<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Are the caregivers trained and the medications labeled to make sure the right child gets the right amount of the right medication at the right time?
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**Staff Training/First Aid**

<b>Child Care Option</b> <b>1 2 3</b> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Have caregivers been trained how to keep children healthy and safe from injury and illness?
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<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Do they know how to do first aid and rescue breathing?
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<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Have they been trained to understand and meet the needs of children of different ages?
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<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Are all child care staff, volunteers, and substitutes trained on and implementing infant back sleeping and safe sleep policies to reduce the risk of SIDS (Sudden Infant Death Syndrome, crib death)? (Hint: When infants are sleeping, are they on their backs with no pillows, quilts, stuffed toys, or other soft bedding in the crib with them?)
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**Playgrounds**

<b>Child Care Option</b> <b>1 2 3</b> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Is the playground inspected for safety often?
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<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Is the playground surrounded by a fence?
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<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	If there is a sandbox, is it clean?
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<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Are the soil and playground surfaces checked often for dangerous substances and hazards?
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<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Is equipment the right size and type for the age of children who use it?
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