## **Choosing Child Care**

## **Child Care Checklist**

This checklist will help you to look for important indicators of quality child care. Space is provided for you to note your observations when deciding which child care program is right for your family.





## **Child Care Checklist**

Child Care Program:	
Phone	
Address	
Contact Name	

Caregiver/Child Relationship	Notes
Do the caregiver(s):	
Listen to children when they speak and respond with interest and respect?	
Set reasonable limits for behaviour and respond to inappropriate behaviour in a fair and consistent manner?	
☐ Show flexibility in how they meet the varied needs of all children?	
<ul><li>☐ Encourage problem solving?</li><li>☐ Encourage independence?</li></ul>	
<ul><li>Offer choices to the children?</li><li>Redirect children when there is conflict?</li></ul>	
☐ Bend down or kneel to speak to children at their own height?	
☐ Engage in conversation with each child?	
Address children by name, including my child?	
Daily Child Programs	
Does the program:	
Include structured activities as well as opportunities for open play?	
☐ Offer choices of activities?	
Limit the use of television and video entertainment?	

Daily Child Programs (continued)	Notes
Does the program:	
Actively monitor children when they are using computers?	
☐ Include reading time?	
☐ Integrate different cultural traditions?	
☐ Involve children in preparing simple meals and snacks?	
☐ Require children to participate in basic life	
skills activities, e.g., washing hands, hanging	
up their own clothing, doing up zippers, etc.?	
Infant Program (if applicable)	
Does the program:	
☐ Allow infants to have their own eating and	
sleeping schedules?	
☐ Provide a sleeping area that is separate from the play area?	
☐ Require that infants are out of their cribs when they are awake?	
☐ Include time for holding infants at times other	
than feeding?	

## **Child Care Checklist**

The Physical Environment	Notes
n the child care environment I observed:	
☐ Natural light.	
Enough space for a variety of different	
activities to be going on at the same time	
without interference.	
Children's art work displayed at their eye level.	
☐ Areas for both active and quiet play.	
☐ Outdoor space for different activities.	
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Notes/Reminders/Questions	