# 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?	
☐ Encourage problem solving?	
☐ Encourage independence?	
Offer choices to the children?	
☐ Redirect children when there is conflict?	
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?	
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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
In 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.	
Notes/Reminders/Questions	

## Choosing Child Care

### **Telephone Interview Planner**

You can use this planner to help organize your questions and record information from your interview with child care programs. You may wish to make additional copies of this planner.



Alberta

Phone			
Address			
Contact Name			
Ougations/Despenses for	the Child Cove	Ducavon	
Questions/Responses for	the Child Care	Program	
1.			
2.			
3.			
4.			
5.			
6.			
Outcome of the telephone	e interview		
Will visit the program	☐ Yes	☐ No	

Phone			
Address			
Contact Name			
Ougations/Despenses for	the Child Cove	Ducavon	
Questions/Responses for	the Child Care	Program	
1.			
2.			
3.			
4.			
5.			
6.			
Outcome of the telephone	e interview		
Will visit the program	☐ Yes	☐ No	

Phone			
Address			
Contact Name			
Ougations/Despenses for	the Child Cove	Ducavon	
Questions/Responses for	the Child Care	Program	
1.			
2.			
3.			
4.			
5.			
6.			
Outcome of the telephone	e interview		
Will visit the program	☐ Yes	☐ No	