



Medications

- ✓ Does the child care program keep medication out of the reach of children?
- ✓ Are the caregivers trained and the medications labeled to make sure the right child gets the right amount of the right medication by the right route at the right time?



Staff Training & First Aid

- ✓ Have caregivers been trained how to keep children healthy and safe from injury and illness?
- ✓ Do they know how to do first aid and CPR?
- ✓ Have they been trained to understand and meet the needs of children of different ages?
- ✓ 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, blankets, positioners, stuffed toys, or other soft bedding, in a safety approved crib that meets U.S. Consumer Product Safety Commission standards?



Playgrounds

- ✓ Is the playground inspected for safety often?
- ✓ Is the playground surrounded by a fence?
- ✓ Is the playground equipment safe, with no sharp edges, and kept in good shape?
- ✓ Are the protective surfaces on the playground checked often for proper depth and presence of dangerous substances or hazards?
- ✓ Is equipment the appropriate size and type for the age of children who use it, and are children closely supervised while playing?

Child Care		Checklist	
1	2	3	4

YOUR GUIDE



to Choosing Safe and Healthy Child Care



To find your local Child Care Health Consultant in any county in Kentucky, visit our website, www.kentuckycchc.org, and click on "Contact Us" or call the CCHC Helpline 1-877-281-5277

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How To

Choose a Safe and Healthy Child Care



More and more, research tells us that our children's healthy development depends on safe and positive experiences during the first few years of life. If you are a parent/guardian who works during these early years, choosing good child care is one of the most important decisions you will ever make for your child.

You might want to visit several different child care programs, either centers or family child care homes, before you decide which one is best for your family. Call each child care program and schedule an appointment for your visit. Once you are there, stay for at least an hour to watch activities, check the surroundings, and ask questions. This form provides a place for you to note which guidelines are met; the checklist below provides a place where you can make notes on up to four different child care programs. Research shows that if a program follows guidelines, it is more likely to be a safe and healthy place for your child.

Considering these guidelines can help you find a place where you can feel comfortable leaving your child.



Environment

- ✓ Does the facility look and smell clean?
- ✓ Do caregivers pick children up when they cry?
- ✓ Are all staff members mindful of safety issues?
- ✓ Are family members welcome to drop in unexpectedly?



Supervision

- ✓ Are children supervised at all times, even when they are sleeping?
 - ✓ Do caregivers discipline children positively, clearly and fairly?
- Hint: Discipline should be positive, clear, consistent, and fair.*



Hand Washing & Diapering

- ✓ Do all caregivers and children wash their hands often, especially before eating and after using the bathroom, changing diapers, or playing outside?
 - ✓ Is the place where diapers are changed clean?
 - ✓ Do caregivers always keep a hand on the child while diapering?
 - ✓ Do caregivers remove the soiled diaper without dirtying any surface not already in contact with stool or urine?
 - ✓ Do caregivers clean and disinfect the surface after finishing the changing process?
- Hint: Hands should be scrubbed with soap and water for at least 20 seconds and then rinsed and dried. The water faucet should be turned off with a paper towel.*



Director Qualifications

- ✓ Does the director of a child care center have a bachelor's degree in a child-related field and a Director's Credential?
- ✓ Has the director worked in child care for at least 3 years?
- ✓ Does the director understand what children need to grow and learn?

Child Care ✓ Checklist

1 2 3 4

1	2	3	4



Lead Teacher Qualifications

- ✓ Does the lead teacher in a child care center have a bachelor's degree in Interdisciplinary Early Childhood Education or a related program; an associate's degree in Early Childhood Education; or a Child Development Associate (CDA)?
- ✓ Has the teacher worked in child care for at least 1 year?



Child/Staff Ratio & Group Size

- ✓ 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 teacher to three infants in child care centers.*



Immunizations

- ✓ Is your child up-to-date on all of the required immunizations?
- ✓ Does the program have records proving that the other children and staff are current on all their required immunizations?
- ✓ Are caregivers up-to-date on recommended immunizations?



Toxic Substances

- ✓ Are toxic substances like cleaning supplies, hand sanitizer, 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?
- ✓ Is the premises smoke free?
- ✓ Are caregivers prohibited from smoking during breaks?



Emergency Plan

- ✓ 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?



Disaster Drills

- ✓ Does the child care program have a plan in case of a disaster like a fire, tornado, flood, blizzard, earthquake, or acts of violence?
- ✓ Does the child care program do practice drills once every month?



Child Abuse

- ✓ 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?

Child Care ✓ Checklist

1	2	3	4