

Parents



Be Child Care  
**A** **W** **A** **R** **E**

# How to Get Quality Care for Your Child



## **C**heck for Quality Staffing Ratios

**One adult is needed for every:**

- 3-4 infants
- 4-6 children under three
- 10 three year olds to five year olds
- 12 school-age children

## **C**heck for Quality Relationships

**Parents should feel free to visit the child-care program at all times.**

- Caregivers should seem warm, affectionate and attentive to children.
- Frequent conversations should occur between caregivers and children to promote language development.
- Guidance for children should be positive rather than critical and punishing.
- If any problems arise, parents should be notified.
- Parents should know what occurs in the day-to-day happenings in the lives of their children.
- Parents should sense that their children are important to the child-care providers.
- Keep in mind that children need positive relationships with their child-care providers.

## **Check for Quality Environment**

**Developmentally appropriate activities for varying age levels should be offered.**

- For inside play areas, there should be 35 square feet of room for each child.
- For outside play areas, there should be 75 square feet of room for each child.
- There should be adequate lighting, a comfortable temperature and noise control.

## **Check for Safety**

**Constant, attentive supervision should be provided at all times.**

- All child-care providers should know how to contact you and other relevant individuals in case of an emergency.
- All local licensing standards should be upheld.
- Frequent handwashing is essential.

## **Check for Quality Services**

**Meals and snacks should provide healthy nutrition.**

- Provisions should be made for sick children.
- Consultants or outside specialists should be available for various needs of your children that might arise.
- Services to children with disabilities should exist.
- There should be ways for parents to be involved.
- Planned and organized activities should be evident.



## **For Parents: Shopping for Quality Child Care**

### **Getting Started**

-  **Conduct Telephone Interviews**
-  **Make a Visit**
-  **Check References**
-  **Make a Decision**

**Visit our Web site:  
[www.lsuagcenter.com](http://www.lsuagcenter.com)**

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