

Steps to Choosing Safe & Healthy Child Care

You know your child better than anyone and you know how you would like your child to receive care. As the child's parent you are the most valuable person in this process. Here are a few steps to use as a guideline as you search for the best care:

1. **Look:**

Visit the child care programs you are considering. Observe the environment and the health & safety procedures followed by the providers. Notice the number of children that each adult is responsible to supervise.

2. **Check:**

Are children watched at all times? Are positive behavior guidance techniques used? Is the outdoor play area safe? Is there a plan to follow if a child is injured, sick, or lost? Are nutritious foods served?

3. **Ask:**

Have the adults been trained to care for children? Is there always someone present who has current CPR and first-aid training? Are the adults continuing to receive training on caring for children?

Have satisfactory criminal history background checks been performed? Has the program been inspected by the licensing agency within the last 12 months? Will you be given a copy of the program's policies?



How Your Local CCRC Office Helps

[Child Care Resource Center \(CCRC\)](#) staff help parents learn about quality child care, what to look for when selecting child care, and why quality child care is important. CCRC offices keep an up-to-date database with information about child care providers and different child care programs.



Need Help Paying for Child Care?

The Idaho Child Care Program (ICCP) helps low-income families afford quality child care.

Find out more information about ICCP at:

<http://healthandwelfare.idaho.gov/Children/ChildCare/tabid/292/Default.aspx>