

✧ Agencies

Resource and referral agencies are agencies in nearly every California county that provide comprehensive information and referrals on child care and children's services to parents and providers.

Their services include:

- referral to all types of child care
- child care referrals for children with special needs
- information on subsidized programs for low income parents
- information on classes, support groups and special events for parents and/or children
- information on employer-sponsored child care
- information on how you might become a provider

For the name of your child care referral agency, call the Services Department in the State of California section of your telephone book.



✧ Parent's Checklist

Have we discussed:

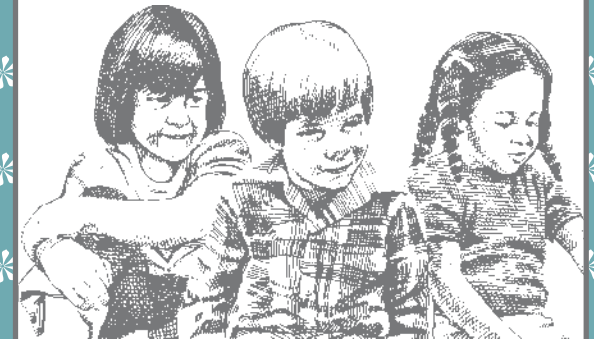
- How an illness of my child will be handled?
- What I am responsible for bringing?
- What my child's day will be like in child care?
- Written agreements?
- Who to reach in an emergency?
- The amounts and dates that fees are due?
- Advance notice if the child will be absent or late?
- If the facility is licensed?
- What happens if the caregiver is ill or there is an emergency?
- If an infant center, is there a physician counselor?
- Is there an emergency evacuation plan?

For medical advice, call your child's doctor, nurse practitioner, or pediatric telephone advice nurse. For more information about health and medical subjects, educational programs and community resources, call the Health Education Department at your Kaiser Permanente Medical Center.

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This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other medical professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.

A GUIDE TO FINDING GOOD Child Care



KAISER PERMANENTE®



After having a new baby, many parents return to work or return to school. Most parents do not have someone they can ask to watch their new baby, and they must look around for help. If you need child care services, start early in planning your child's care.

Finding good child care is hard work that only a parent can do. If you take it step by step it will be easier and more rewarding.

*** Know the different types of child care available.**

- Family Day Care Homes (Someone provides care in her own home.)
- Child Care Centers or Nursery Schools (There are few centers for infants.)
- An individual sitter.
- Co-ops or informal arrangements.

*** Make a list of all possible choices.**

- Contact your local Resource and Referral agency. Their services include child care referrals.
- Contact your regional State Department of Social Services office that licenses child care facilities.
- Ask relatives, friends, neighbors.
- Check the Yellow Pages under child care centers.
- Check the newspaper and community bulletin boards.

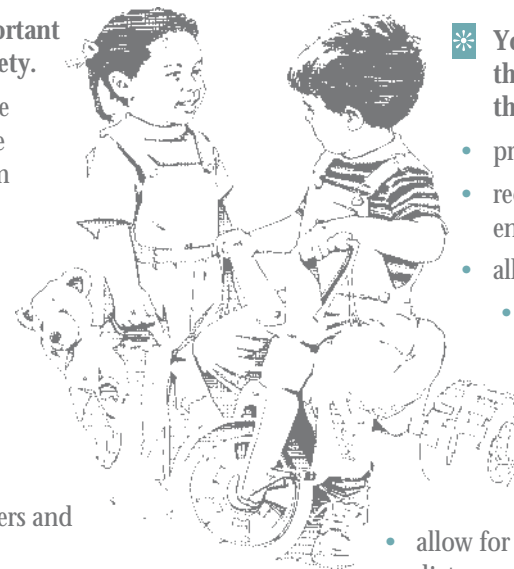
*** Shop for care and compare providers.**

Don't forget that you, the parents, are in charge. It's up to you to choose what is best for you and your child.

Before visiting, telephone several facilities. Ask how many children are being cared for. Also, ask about hours, cost, and the background of the providers. If you're satisfied, arrange a visit.

*** Look for things that are important to your child's health and safety.**

- Are there enough adults to give adequate attention to all of the children? Do the children seem happy and busy with play?
- Is there enough space indoors and out so all children can move freely?
- Is equipment safe and in good repair?
- Is there adequate heating and ventilation?
- Did you notice fire extinguishers and smoke alarms?
- Are medicines, poisons, detergents, and matches stored out of reach?
- Will every child have a seat belt on field trips?



*** Good child care includes a caregiver who . . .**

- provides warm and loving care and guidance for your child and who works with you and your family to make sure that your child grows and learns in the best possible way
- is pleased that you are involved in your child's program

*** Your child has many needs. Discuss them with potential providers. Does the program . . .**

- provide a comfortable setting?
- recognize the value of play and encourage children to be creative?
- allow for different activities?
 - provide equipment and materials suitable for your child's age?
 - allow for staff to listen to each child's problems and experiences?
 - provide nutritious meals and snacks?
- allow for staff to know your child's allergies and dietary needs?

When asking questions, trust your own feelings and judgments as you hear the answers.

*** Once you pick a facility, follow the quality of care your child receives**

- Get to know some of the other parents.
- Notice how your child reacts to the care received.
- Visit and observe your child.
- Talk with the caregivers. Tell them about your child's needs and preferences.
- As a parent, you have a right to say when you have a concern about a child care provider. You can call your local County Department of Social Services for advice or support.