

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 supervised 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?



Child & Family Resources Helps Families

[Child & Family Resources](https://cfmorriskids.org/) (CFR) staff help parents learn about quality child care, what to look for when selecting child care, and why quality child care is important. CFR staff keep an up-to-date database with information about child care providers and different child care programs. Contact CFR and have a specialist help you!

Need Help Paying for Child Care?

Find out if you qualify for child care subsidy support here:
<https://cfmorriskids.org/parents/apply-for-subsidies/>

Child & Family Resources' specialists will:

- Conduct a free child care search for you based on your personal criteria.
- Provide you with technical assistance and financial eligibility information.
- Refer you to additional community family services.

Call us today at 973-398-1730 to let us know how we can help you.