

## We're Here to Help!

Our mission is to enrich children's lives through innovative support, education and enhanced family and provider services. We offer free referrals, tailored to meet your family's needs. Our Referral Specialist can give you referrals as a walk-in, over the phone, by fax, email or mail. We're here to help!



Call Choices for Children  
for Child Care Referrals  
And Additional Tips on Choosing  
Child Care.

Funded by:



Cameron Park Office:  
3161 Cameron Park Dr.  
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Cameron Park

Phone: 530-676-0707  
Fax: 530-676-8416

South Lake Tahoe:  
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For more information, contact our website at:  
[www.choices4children.org](http://www.choices4children.org)

Hello, Choices  
for Children?



## How Do I Find Quality Child Care?



530-676-0707 - Cameron Park  
530-541-5848 - South Lake Tahoe

## ▶ What Does Quality Child Care Look Like?

As a parent, choosing child care is one of the most difficult decisions you'll make. You want peace of mind, knowing that your child is in a healthy, safe and nurturing environment. A



quality child care program provides a safe and nurturing place for children to play and grow, through activities that help them develop physically, socially, emotionally and intellectually. The four key components to finding quality care are:

- ⇒ **Staff:** Look for staff members who truly enjoy caring for children.
- ⇒ **Learning Environment:** A high quality environment will be warm and inviting and give your child the opportunity to play in many different ways.
- ⇒ **Health & Safety:** A quality program keeps children comfortable, healthy and safe.
- ⇒ **Parent Involvement:** Providers should welcome and encourage your participation. Together, you and your provider can make child care a positive part of your family!

**Q**uestion the provider in an initial phone interview. Ask questions about ratio, number of children being cared for, hours care is offered, fees, what discipline is used, and meals and snacks.

**U**nderstand your options. There are different types of child care environments such as centers, licensed family child care homes, preschools and in-home providers such as a family member, friend, neighbor, nanny or babysitter.

**A**sk the provider about their background. All employees at licensed centers and homes are required to have a background check and their programs licensing history is available by calling Child Care Licensing at (916) 229-4530. Unlicensed providers can acquire a background check through the TrustLine Program at 1-800-822-8490.

**L**ook at the child care environment when you visit. Check to see if there is adequate space, interesting toys and materials, engaging activities and nurturing interactions.

**I**nform yourself about the child care center or child care provider's policies and procedures. Find out about rules, fees, holidays and vacations, sick policy, and contracts.

**T**ypical day. Ask the child care providers or center about the daily schedules. Children thrive in an environment that offers a predictable routine that includes a balance of quiet and active periods, both indoors and outdoors.

**Y**our instincts should be trusted. If you are comfortable with a facility or home, chances are your child will be too. You are the best judge of your child's needs.

## Questions You Might Ask

- ◆ What is a typical day like at your program?
- ◆ How long have you worked at this program?
- ◆ How many children do you have enrolled?
- ◆ What ages of children do you provide care for?
- ◆ What training, education or experience do you have?
- ◆ How do you help new children adjust?
- ◆ Do you close for vacations and holidays?
- ◆ What are your fees and what does it include? (Meals, snacks, diapers, etc.)
- ◆ Do you accommodate flexible schedules?
- ◆ Do you participate in the Child Care Food Program?
- ◆ May I make an appointment to visit your program?



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