

Choosing Child Care Worksheet

Your child care provider choice is critical to your baby’s health, development, and happiness. If you choose well, your return to work will be more successful, your breastfeeding experience will receive more support, and your new family will get off on the right foot. When you consider a provider, here are questions to ask and things to look for.

Questions to ask:

1.	How long have you been providing care?	
2.	Can you give me references?	
3.	Do you have first aid training?	
4.	Do you have a current state license or registration? <i>(This is not always a sign of excellence, and some wonderful providers are not licensed, but it can be a helpful guide to providers who are serious about being qualified.)</i>	
5.	How many children do you care for?	What are their ages?
6.	Do others ever help you provide care?	
7.	Do the same children come to you every day or are some “drop ins?”	
8.	What is a typical day for the children?	
9.	Do the children spend time outside?	Do you take them on field trips?
10.	How much television do the children watch?	
11.	What meals and supplies do I need to provide?	
12.	What is your policy when a child is slightly sick?	
13.	What is your policy about dropping off a child early or picking up a child late?	
14.	How do you discipline children? <i>(Suggest a few scenarios, like a child hitting another child, a child who won’t eat, a child who dumps food on the floor.)</i>	
15.	Can I stop in unannounced during the day?	<input type="checkbox"/> yes <input type="checkbox"/> no
16.	What happens if you (daycare provider) get sick?	
17.	Do you take days off/vacation? <input type="checkbox"/> yes <input type="checkbox"/> no	How much notice do I get?
18.	If my child misses a day, do I still have to pay? <input type="checkbox"/> yes <input type="checkbox"/> no	
19.	Can you accommodate special diets? <input type="checkbox"/> yes <input type="checkbox"/> no	
20.	What are your feelings about breastfeeding?	
21.	Will you help me continue to breastfeed my baby?	

Things to look for yourself (if the daycare is to be provided outside your home):

- Clean toys in good condition with no sharp edges
- Diapering area away from food and play areas
- Clean kitchen with food and medicine properly refrigerated and stored
- Toxic cleaning supplies and other dangerous substances locked away
- Covers on all outlets
- “Baby-proofed” environment (security gates, window guards, smoke alarms)
- Easy-to-find first aid kit with emergency numbers
- Fenced-in outdoor play area with safe equipment

Things to decide for yourself:

Is this provider someone I could easily talk to, confide in, and share my values with?

Does this look like a fun place for my child?

Do I like how this provider interacts with my child?

Is this provider someone my child could like?