

Choosing Healthy and Safe Child Care



These steps are only the beginning. For more information, contact: Oregon Child Care Resource and Referral Network at 1-800-342-6712, www.oregonchildcare.org
Child Care Aware www.childcareaware.org/en/
Oregon SafeNet 1-800-SAFENET 1-800-723-3638 503-988-5858
Inclusive Child Care Subsidy Program—Rates for Children with Special Needs
www.ocdd.org (English and Spanish)
1-800-342-6712 or 503-375-2644 in Salem

Choosing healthy and safe child care is one of the most important decisions you will make for your child. Before choosing 1. Visit several child care providers 2. Stay for a while to watch and ask questions. Use this checklist below to make notes on 10 areas of quality child care to help you make your decision.

Child Care Checklist

- | Yes | No | | Yes | No | |
|--------------------------|--------------------------|---|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Supervision and Group Size -
Are the children supervised at all times, even when sleeping AND do infants sleep on their backs? Hint: The younger the children are the more caregivers there should be. Is discipline positive, clear, consistent, and fair? | <input type="checkbox"/> | <input type="checkbox"/> | Emergency Plan -
Is there an emergency plan to use if a child is injured, sick, or lost? Are there first aid kits handy and emergency contact numbers on record for each child? Do staff have current First Aid and CPR training? |
| <input type="checkbox"/> | <input type="checkbox"/> | Hand Washing and Diapering -
Do adults and children wash their hands often, especially after eating, using the bathroom, or changing diapers? Is the facility clean and well maintained? | <input type="checkbox"/> | <input type="checkbox"/> | Fire Drills -
Is there a plan in case of a disaster, like fire, flood, or earthquake? Are there practice fire drills monthly? |
| <input type="checkbox"/> | <input type="checkbox"/> | Child Care Provider Qualifications -
Do those caring for the children have special training, experience or education in a child related field? Is the provider licensed? Are the toys and activities age appropriate? | <input type="checkbox"/> | <input type="checkbox"/> | Child Abuse -
Have caregivers had training on how to prevent, recognize signs, and report suspected abuse? Have all caregivers had background checks? |
| <input type="checkbox"/> | <input type="checkbox"/> | Immunizations -
Does the child care provider keep records showing that all children are up-to-date on their immunizations? | <input type="checkbox"/> | <input type="checkbox"/> | Medications -
Are all medications out of reach of children and labeled with the child's name and directions for use? |
| <input type="checkbox"/> | <input type="checkbox"/> | Toxic Substances -
Are all cleaning supplies and pest killers kept away from the children? Has the building been checked for radon, lead, and asbestos? Is poison control information posted? Are non-latex gloves being used? | <input type="checkbox"/> | <input type="checkbox"/> | Playgrounds -
Is the playground fenced and inspected for safety often? Is the play equipment safe, the right size and type for the age of the children, and in good repair? |

