

## Child care

Choosing healthy and safe child care is one of the most important decisions you will make for your child. Before choosing, visit several child care providers and ask questions. These steps are only the beginning.

Things to look for in a child care provider/facility:

- Supervision and group size**  
The children are supervised at all times.
- Hand washing and diapering**  
Adults and children wash their hands frequently, especially before and after eating, and after using the bathroom or changing diapers. The facility is clean and well-maintained.
- Child care provider qualifications**  
The provider is experienced and has received training or education in a child-related field. The provider is licensed.
- Immunizations**  
There are records showing that all children are up-to-date on their shots.
- Toxic substances**  
All cleaning supplies and pest and weed killers are kept away from children. The building has been checked for radon, lead and asbestos. Poison control information is posted.
- Emergency plan**  
There is an emergency plan; first-aid kits are handy; and emergency contact numbers are on record for each child.
- Fire drills**  
There is a plan in case of disaster (earthquake, fire, flood, etc.) and the drill is practiced monthly.

- Child abuse**  
The caregiver has received training on how to prevent, recognize, and report suspected abuse. All caregivers have received a background check.
- Medications**  
All medication is out of reach of children and is properly labeled with the child's name and directions for use.
- Staff training and first aid**  
All caregivers are trained on how to keep children safe from injury and illness. Staff use safe sleep practices.
- Playgrounds**  
The playground is fenced and inspected for safety often.

For more information

### **Oregon Child Care Resource and Referral Network**

[www.oregonchildcare.org](http://www.oregonchildcare.org)  
1-800-342-6712

### **Oregon 211info**

[211info.org](http://211info.org)  
Call 211 or 1-800-723-3638

### **Child Care Aware**

[www.childcareaware.org/en/](http://www.childcareaware.org/en/)

### **Inclusive Child Care Subsidy Program**

1-866-837-0250 (or 971-673-2286 in Portland)

*English* — <http://oregoninclusivecc.org/wp-content/uploads/2011/06/ICCP-Flyer-ENG-12-11.pdf>

*Spanish* — <http://oregoninclusivecc.org/wp-content/uploads/2011/06/ICCP-Flyer-SPN-6-11.pdf>