

✓ **QUESTIONS TO ASK YOURSELF**

- How much television do I want my child to watch? What types of programs do I want him/her to watch?
- Does my child need to be transported?
- If the provider or a household member smokes, is that a concern for my child or me?
- Have I examined the policies and do they fit with my needs and the needs of my child?
- Would I trust the person to care for my child?
- Are there references available?
- Will my child be comfortable and happy in this setting?
- Has my child had a chance to visit the child care setting?
- Have I contacted Health and Human Services for copies of complaint and inspection reports on facilities I have chosen:
Other questions I want to ask:
- _____
- _____
- _____
- _____
- _____

TYPES OF CHILD CARE

- * Family Child Care Home I: for the provider who cares for between four and eight children and may be approved to serve two additional schoolage children during non-school hours
- * Family Child Care Home II: for the provider serving twelve or fewer children at any one time.
- * Child Care Center: a facility licensed to provide child care for 13 or more children.
- * Preschool: a part-day program that provides primarily education services.

For More Information

For more information about the Nebraska Health and Human Services Regulation and Licensure Child Care program licensing requirements or other department in Health and Human Services, please call:

1-800-600-1289

COMPLAINTS

Licensed facilities are encouraged to involve you in your child's program. We urge you to let staff know of any concerns. However, there may be situations where you believe that the program is not responding to your concerns and may not be meeting state licensing standards. If this occurs, please let us know by calling 1-800-600-1289, or by writing to:
 Regulation and Licensure
 Child Care Licensing
 NE Health and Human Services
 PO Box 94986
 Lincoln, NE 68509-4986
 Be sure to include the following:
 Name of facility
 Address of the facility
 Person filing complaint and phone number (will remain confidential)
 Nature of complaint
 Date



The Nebraska Health and Human Services System is committed to affirmative action/equal employment opportunity and does not discriminate in delivering benefits or services.

A PARENT'S GUIDE FOR CHOOSING QUALITY CHILD CARE

The

Right

Place

- <PROVIDER>
- <SETTING>
- <ACTIVITIES>

FINDING "THE RIGHT PLACE"

Finding "the right place" for your child can take time and effort on your part, but it is one of the most important tasks you will ever undertake.

BEGIN your search for child care as early as possible. TALK to other parents and people whose opinion you respect. CHECK the local newspaper and bulletin boards at work or school. LOOK UP child care in the Yellow Pages. GET a list of licensed providers from your local Health and Human Services office.

When you've narrowed the list, do a phone interview and visit the facility with your child(ren) more than once, with one of the visits unannounced. You are encouraged to obtain reports concerning all complaint and inspection visits to licensed facilities. These are available by contacting Health and Human Services at **1-800-600-1289**.

In Nebraska, any person who cares for four or more children from different families at any one time must be licensed. Licensing can assist parents in screening child care programs, but final responsibility must rest with parents. For more information on licensing, please contact Nebraska Health and Human Services Regulation and Licensure or call **1-800-600-1289**.

This checklist can help you decide if those places you are considering meet the needs of you and your child. Take this with you when visiting child care settings.

✓ PROVIDER

Does the provider:

- Appear patient and friendly?
- Encourage parents to observe, discuss policies, make suggestions and participate in the program?
- Seem to be someone your child will enjoy being with?
- Seem to enjoy his/her work?
- Understand what children can and want to do at different stages of growth?
- Have methods of dealing with behaviors that agree with your own and are consistent with licensing standards?
- Seem to have enough time to look after all the children in care?
- Show an interest in your child, family and your expectations?
- Appear organized, with a routine and rules that children can understand and follow?
- Have previous experience/training in working with children?
- Have other people who will be caring for your child?
- Make arrangements when he/she has an emergency that takes them away from the children?

✓ SETTING

Does the setting:

- Have a safe outdoor play area and equipment?
- Have a safe, clear area where infants can play?
- Provide enough space for napping and appropriate surfaces (i.e. cribs, cots, mats)?
- Have locked storage for medications, poisons, cleaners, guns, weapons, and ammunition?
- Have working smoke detectors?
- Have pets? If so, are they vaccinated?
- Have at least two approved exits from child care areas?
- Have enough space inside and outdoors so all children can move freely and safely?
- Have enough furniture play, things and other equipment for all children to be individually involved?
- Have equipment and materials that are suitable for the ages of the children?
- Have a clean, safe place to change diapers?

✓ ACTIVITIES

Do activities include:

- Creative experiences such as dramatic play, music, reading and art activities?
- Transportation (if needed) with appropriate seat belts and car seats?
- Adequate supervision at all times children are in care?
- Time outdoors with supervision?
- Toys and play equipment that are right for my child's age and stage of development?
- Washing hands after diapering, toileting and before preparing food?
- Enough caregivers/teachers to give individual attention to all children?
- Nutritious meals and snacks throughout the day?
- Quiet and active play, indoors and outdoors?
- A schedule that meets young children's need for routine, but is flexible enough to meet the needs of each child.