

Choosing Child Care for All Seasons

Presented by
CIGNA Employee Assistance Program
for
State of Georgia Employees

- Learn about the different types of child care options available
- Learn effective ways to search for and choose a child care provider
- Increase ability to create and maintain a successful child care arrangement
- Learn ways to evaluate your child's care
- Learn stress management skills for working parents

- In-Home Care
 - Nannies
 - Au pairs
 - College students

- Outside-the-Home Care
 - Day care centers
 - Part-day programs
 - Family care homes
 - Relatives

- Daycare centers
- Day camps
- Specialty Camps
- Residential Camps (overnight)

- Licensed facilities have met minimum *state* requirements
- Accredited programs have met additional *national* standards

- Personal recommendations
- State department of social services
- Local colleges and universities
- Local organizations, such as, YMCA or clubs

- Telephone interview
- Face-to-face interview
- Interview topics

- Interaction between staff and children
- Facility: safety, cleanliness, space
- Program: schedule, meals, creative play
- Location

- Manage your own feelings
- Ease into it gradually
- Tips for the “Big Day”
- Take care of yourself

Your Responsibilities:

- Drop off and pick up according to schedule
- Notify provider promptly of changes
- Pay on time
- Give lots of emergency contacts
- Monitor your child's care
- Show your appreciation

Communicating with your Provider:

- Get it in writing
- Talk to your provider daily
- Practice problem solving
- Arrange a meeting if there are problems
- Remember to model appropriate behavior for your child

- Look at the big picture
- Make unannounced visits
- Talk to other parents
- Request conferences
- Consult the pediatrician

- Know your provider's policies
- Assess personal and community resources
- Have a work contingency plan
- Prepare your child ahead of time

- Managing guilt
- When you can't be there for that special occasion
- Family time
- Coming home—making the transition

1. Federal Interagency Forum on Child and Family Statistics. (2007). *America's Children: Key National Indicators of Well-Being, 2007*. Retrieved May 13, 2009 from:
<http://www.childstats.gov/americaschildren/famsoc3.asp>
2. Love, J.M., Schochet, P. Z., & Meckstrom, A. (1996). *Are they in any real danger? What research does – and doesn't –tell us about child care quality and children's well-being*. Princeton, NJ: Mathematica Policy Research, Inc. Retrieved May 20, 2009 from:
http://www.eric.ed.gov/ERICDocs/data/ericdocs2sql/content_storage_01/0000019b/80/15/1d/9e.pdf