

WorkLife4You

Choosing Quality Child Care for Your Child



FEDERAL OCCUPATIONAL HEALTH

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

Objectives

- Assess your needs
- Explore various child care options available
- Effectively evaluate and select a quality provider
- Gain valuable tips to help you with your search
- Your Objectives?



Assessing Your Needs

What to consider:

- Children
- Priorities
- Location
- Schedules
- Transportation
- Backup Care
- Home Care
- Budget



FEDERAL OCCUPATIONAL HEALTH

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

Your Options

- Child Care Centers
- Family Child Care
- In-Home Care



FEDERAL OCCUPATIONAL HEALTH

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

Child Care Centers

- What is a child care center?
- Characteristics
- Licensing and regulation



Family Child Care Homes

- What is family child care?
- Types of family child care
 - Small family day care
 - Group family day care
- Licensing and regulation



Services Offered

Both child care centers and family child care homes offer similar services:

- Full-time child care
- Part-time child care/half-day programs
- Flexible scheduling
- Shared care
- Extended hours
- Before- and/or after-school care
- Emergency/backup care



FEDERAL OCCUPATIONAL HEALTH

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

In-Home Care

- What is an in-home caregiver?
- Types of in-home caregivers:
 - Nannies
 - Au pairs
 - Babysitters
 - Housekeeper/caregiver
 - Mother's helper



In-Home Care Considerations

- Cost
- Interviews and background checks
- Legal responsibilities as an employer
 - Tax issues
 - Insurance issues



Finding a Child Care Provider

- WorkLife4You
- Friends, neighbors, relatives
- Yellow Pages
- Newspaper
- Better Business Bureau
- Chamber of Commerce
- Local child care associations
- Senior centers
- College job centers
- Nanny search firms
- Child care agencies
- Web sites/the Internet



The Selection Process

- Get started early
- Determine your needs
- Identify candidates
- Interview and observe
- Visit with your child
- Check references



Selection Process (con't)

- Compare providers
 - Convenience, location, hours of operation and cost
 - Size and staffing
 - Experience
 - Reliability
 - Atmosphere and cleanliness
 - Safety and security
 - Parent-caregiver communication and parental involvement
 - Discipline philosophy
 - Licensing and regulation
 - Special needs accommodation, if applicable



Selection Process (con't)

- Sign a written agreement with your provider
 - Hours
 - Duties
 - Fees
 - Illness Policy
- Stay involved
 - Monitor
 - Communicate



Backup Care

- Expect the unexpected
 - Bad weather days / Snow Days
 - Illness
 - Care Giver crisis
- Plan for unexpected and expected care breakdowns
- Make a list of backup resources



Let WorkLife4You Make Your Life a Little Easier!

Contact WorkLife4You 24/7:

1-877-WL4-NOAA (1-877-954-6622)
(TTY 800-873-1322)

<http://www.worklife4you.com>

— Look for the Member Login box
— Not a registered member yet? Follow
the **–Start Now**” link and enter
Registration Code: **noaa**





**Improving the health, safety, and
productivity of our federal employees.**