

Tips & Checklist For Choosing Quality.

Physical Environment

- Is the home/centre clean?
 - Are all the toys/equipment cleaned and disinfected regularly?
 - If there are pets present, are they currently vaccinated against rabies (verify with certificate)?
 - Has the home/centre been inspected by the Fire Department, the [Ministry of Community & Social Services](#) and [Ministry of Children & Youth Services](#), and Public Health?
 - Are toxins, medicines, and weapons stored properly?
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Illness

- Does the caregiver require contact names and phone numbers for emergencies?
 - Does the caregiver ask for medical and dental histories including proof of immunization from all parents?
 - Is the caregiver familiar with the signs and symptoms of childhood illnesses?
 - If sick children are in care, does caregiver keep them apart from the other children?
 - Does the caregiver ensure that parents are contacted when children are ill?
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Safety

- Is safety considered in the purchase and use of toys and other equipment for use by children?
 - Are the toys inspected on a regular basis for damage and removed when necessary?
 - Is there a safe play area in the house (i.e. safety gates, plugs over electrical outlets)?
 - Are there smoke detectors in the home/centre?
 - Is the outdoor play equipment safe?
 - Is the caregiver aware of appropriate clothing to avoid injury on play equipment?
 - Is there sufficient supervision of the children during play?
 - Is the caregiver up to date with CPR and First Aid Training? (verify with certificates)
 - Has the caregiver completed a criminal check? (verify with police department)
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Routine

- Does the caregiver provide a consistent and age-appropriate routine for play, snacks, mealtime, and sleep/rest for the children?
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Play/Activities

- Is there age-appropriate stimulation to promote physical (fine motor and gross motor skills), emotional, social, and intellectual development?
 - Does the caregiver limit the children's amount of TV watching?
 - Are toys/equipment appropriate for your child's age?
 - Does the caregiver provide for outdoor as well as indoor activities on a daily basis?
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Meals

- Are meals and snacks nutritious?
 - Are snacks provided between meals? Are sweet sticky foods served as snacks on a limited basis?
 - Is the type and amount of food served appropriate for the age of the child?
 - Are the meals served in a pleasant place?
 - Are knives, forks, spoons, dining tables, and chairs age-appropriate?
 - Does the caregiver have any formal food safety training?
 - Does the caregiver have any allergy awareness information?
 - Are written menus available?
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Discipline

- Does the caregiver use positive ways to discipline children (i.e. praise, redirection, warning, etc.)?
- Does the discipline maintain the child's self-esteem?
- Is it right for the child's age? Is it time limited? Is it free of physical as well as emotional abuse?
- Is it the same as the parent's disciplinary practices?