

What to look for in Quality Child Care

What are the signs of quality child care?

- 1** The Early Learning and Care staff team:
 - Provides a nurturing and safe environment for your child;
 - Ensures a happy and relaxed atmosphere;
 - Demonstrates good supervision skills and positive behaviour guidance;
 - Provides appropriate early learning opportunities for your child's development;
 - Promotes your child's self-esteem and independence;
 - Helps your child develop social and communication skills;
 - Helps you to understand your child's growth and development.
- 2** The child care centre/private home is welcoming, safe, clean and well maintained with a variety of books, creative materials, and both indoor and outdoor toys and equipment.
- 3** The program and activities help children grow and develop by allowing opportunities for playing, socializing, exploring and learning. These opportunities are age appropriate and ensure that your child's individual needs are met.
- 4** Parents are encouraged to become involved in their child's care.
- 5** The policies and procedures are fair and consistent.
- 6** The child care setting welcomes all children, regardless of their ability/disability, race, religion, language, culture or family structure.

Websites

Canada's Food Guide
www.canadasfoodguide.net

Food Allergy Network
www.foodallergy.org

Anaphylaxis Canada
www.anaphylaxis.ca

Best Start Resource Centre
www.beststart.org

Dietitians of Canada
www.dietitians.ca

Healthy Start for Life
www.dietitians.ca/healthystart

Nutrition for Kids
www.nutritionforkids.com

Canada's Physical Activity Guide for Children
www.paguide.com

Ministry of Education
www.edu.gov.on.ca/childcare