



NUTRITION TIPS

Child Care - Choosing the best for your family

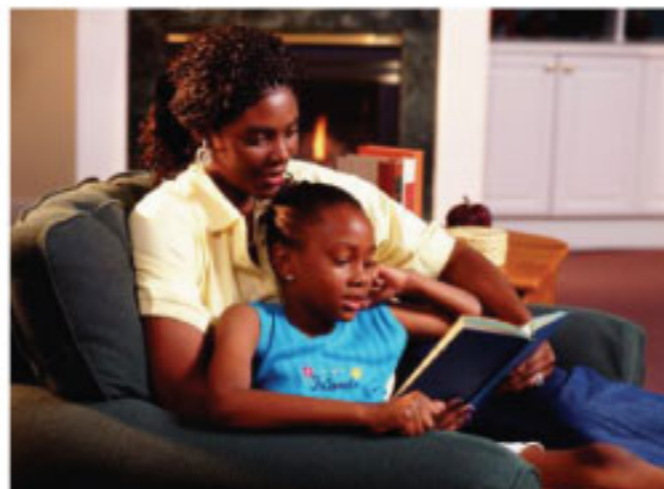


An increasing number of parents rely on child care so they can work or go to school. However, as a parent, you need to carefully select your child care because the type of child care you choose will play a key role in your child's health and development. Be sure to consider your family needs, schedule and your child's personality when choosing your child care. The three types of child care are (1) In - home care (2) Family care (3) Center - based care.

Child Care - In - Home Care

Having a care giver come to, or live in your home can be more convenient. In-home care givers can often arrange their schedules to match your needs. Since your child stays at home, he or she does not have to adjust to a new setting. Your child will not be exposed to many seasonal illnesses because he is not with other groups of children. Your child will also receives more individual attention.

Your in-home caregiver needs to know exactly what activities and interactions you want for your child, such as reading and playtime. Also set rules and limits for the caregiver about what she can do or can not do in your home and how she can contact you in case of emergencies.



Child Care - Family Child Care

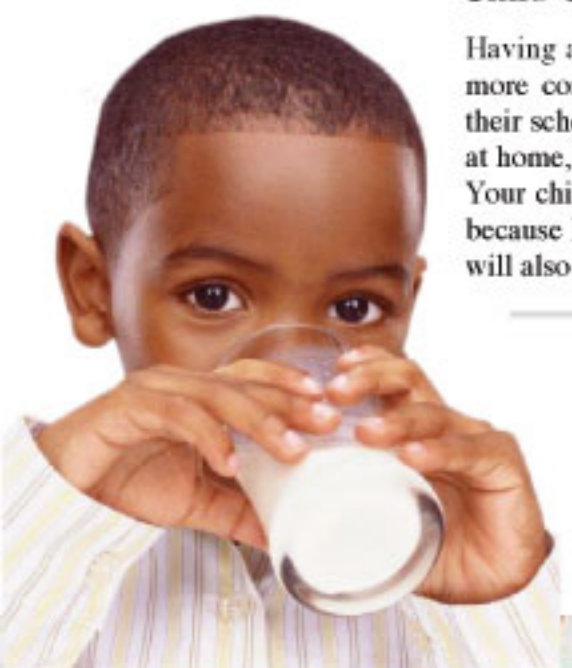
Family Child care takes place in the care giver's home. Many family child care providers have young children of their own. Carefully review the care giver's qualifications and conditions of the homes. Experts recommend that a child care home should not have more than six children per adult care giver, including caregiver's own children. Family caregivers usually work alone. This makes it difficult to assess their competence. Look for caregivers who are registered with the state and, as a result, have unannounced visits by an inspector. The state, through the inspector, can

determine whether the facility or home meets the criteria for high - quality child care.

Child Care - Centre Based Care

Centre-based care is called many names - child care centre, creche, day care centre, pre school or nursery school. It may also have different sponsors including churches, schools, universities, etc. Regardless of what type of centre based care you choose, there are some basic things to consider. Firstly, Centers must be registered and inspected regularly for health, safety, cleanliness, staffing and programme content.

Secondly the state through the inspector can determine whether the facility meets the criteria for high-quality Child care. What's more, parents should be welcomed to make unannounced visits and must be notified quickly if their child needs medical attention.



* For more information on child nutrition

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