



NUTRITION TIPS

Child Care - Getting Yourself Ready.

The theory of handling your baby over to somebody else, probably an absolute stranger, has a very different feeling when dealing with the reality. How will your baby cope with out you. What if she cries all day? There are ways to make the transition as smooth as possible. Prepare the way for both of you. The way in which you help your child prepare for childcare depends on the child's age and personality. You may need to



pack along a picture of the two of you together.

Child Care - Preparing Your Child for Child Care.

Most young infants up to seven months, adapt to caring adults and seldom have problems



adjusting to good child care. Older infants may be upset. Toddlers may cry, suck and refuse to go to child care. Preschoolers may regress etc. Arrange a visit with in-home care givers while you are at home or when you need child care for

a short period. Visit the centre that you have chosen with your child before beginning care. Show your child that you like and trust the care giver. Being prepared makes new experience easier for children.

Child Care - Finding High Quality Care.

As parents, it is ultimately your responsibility to ensure that your child receives the best care. When problems occur, your caregiver should be able and willing to work through the situation with you. Factors to consider are - How far is the child care from your home or work. What happens if parents are late in picking up their children? Is the facility registered. Are there enough trained adults available for the number of children? How are sick children handled? If you suspect that your child's health or safety is in question, find another childcare.

Child Care - Observation Checklist

Visit the child care settings that you are seriously considering for your child. Look out

for joyful interactions between the children and caregivers and whether the children are encouraged to talk with each other. Do the children seem happy? Is the home bright cheerful, clean, safe and well-ventilated with right equipments?



Do they have a plan of activities including energetic activities such as running, climbing periods of reading, resting and eating? How is the sleeping area? Are there enough safe toys. Is the outside area free of sharp edges and uneven surfaces?

► For more information on child nutrition

Visit the Olu Akinkugbe
Child Nutrition Centre

Friesland Foods WAMCO Nigeria PLC.
Plot 7b Acme Road, Ogba Lagos

Visiting Hours:

10:00 am - 12noon and 2:00pm - 3:30pm
(Mondays - Fridays)

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