



NUTRITION TIPS

Choosing the Best For Your Family.

Finding high-quality child care is very important, but not always easy, given all the details you need to consider. The type of child care that you choose for your family will play a key role in your child's health and development. Generally, there are three types of child care-

- (a) In-home care - the caregiver comes into your home
- (b) Family child care - you take your child to the home of the caregiver.



(C) Center-based care - you take your child to a place that is organized and staffed specifically to care for a group or groups of children.

Child Care - In home Care

Having a caregiver come to or live in your home can be more convenient. In-home caregivers 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 children. Your child will receive more individual attention.

Your in-home caregiver needs to know what activities and interactions you want for your child, such as reading and playtime. Your caregiver knows what she can and cannot do in your house and where to contact you easily in case of an emergency.

Child Care - Family Child Care

This takes place in the caregiver's home. Carefully review the caregiver's qualifications and condition of the home. Ask questions. Experts recommend that a child care home should not have more than six children per adult caregiver, including the caregiver's own children. Look for caregivers who are registered with the state and, as a result, have unannounced visits by an inspector who will ensure the facility meets the criteria for high-quality child care.

Centre Based Care

Regardless of what type of center-based care you choose (church-sponsored, school

sponsored etc) there are some basic things to consider. Centers must be registered and inspected regularly for health, safety, cleanliness, staffing and program content. Parents should be welcomed to make



unannounced visits to the center to see their child and should be notified quickly if their child needs medical attention. The facility should follow safety guidelines. Look for centers that have at least two caregivers per group and one group per room, a window or glass door for supervisors to view activities and a plan for ongoing staff training.

► *For more information on child nutrition*

Visit the Olu Akinkugbe
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