

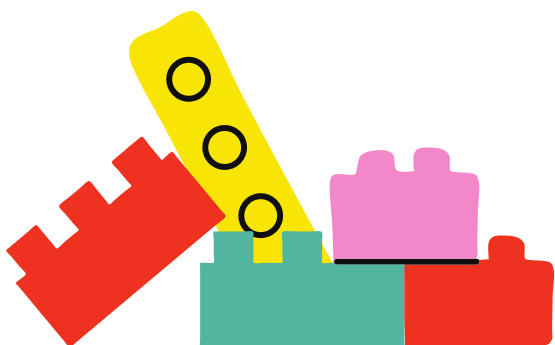
# CHILDCARE

## What Caregivers Should Expect from Providers

- Ongoing communication, open access to the home/center, frequent updates on your child's progress.
- Loving care, responsiveness, stimulation, and attention to building your child's self-esteem.
- A safe, healthy, smoke-free environment.
- Honesty. Providers should share information about problems or accidents. They should pay income taxes and meet all legal requirements.
- Acceptance of your wishes on matters such as discipline, seat belt/car seat usage, TV watching, food, toilet training, smoking, etc.
- Advance notice of changes, such as in hours or costs. You should have between a month and six weeks notice if a provider can no longer care for your child.
- Support for your family. Providers should not be critical of your family's lifestyle or values and should not be involved in family disputes; they should respect your religious beliefs and cultural background.
- Acceptance of you as the most important person in your child's life. Advice should be offered in a non-critical way.
- Assurance that everyone in contact with your child is trustworthy, properly trained, and continuously **supervised**- this includes providers friends/relatives, custodial help/transportation workers, and visitors.
- No surprises. Your provider shouldn't suddenly announce that her teenage daughter will be watching your children three afternoons per week, nor should a favorite day-care teacher disappear without explanation.

## What Providers Should Expect from Caregivers

- Open communication. Caregivers should clearly explain wishes and provide information on problems, or changes at home, and about your child's routine, activities, and preferences to caregivers.
- Agreement on terms and arrangements (fees, hours, etc.) in writing.
- Honesty and trust. Show your trust by asking questions and not jumping to conclusions when you have a concern.
- Advance notice. Provide a month to six weeks notice of changes in your child-care plans.
- Consistency. Pick up your child on time and follow through on agreements. If you are to supply diapers or other items, bring them before they are needed.
- Healthy children. Agree in advance about when you can and cannot bring a sick child.
- Payment on time. Your caregiver provides for his/her family with this income.
- Respect your caregiver as a professional. Taking care of children is his/her profession and a demanding job. Value your caregiver because he or she is an important person in your child's life.



For more resources on  
childcare contact the  
Family Enrichment  
Network at  
607-723-8313



## TIPS WHEN CHOOSING A BABYSITTER

### •Interview all potential babysitters:

- Ask the babysitter's age. You may want to hire an older teen to watch young children.
- Ask about the babysitter's experience in caring for children and ask for references.
- Ask what interests they have (sports, reading).
- Ask why they are interested in babysitting?
- Ask what activities they enjoy doing with children.
- Ask if they taken the Red Cross baby-sitter's course.
- Ask if they are aware that babies and young children should NEVER be shaken.
- Ask if they know that babies should sleep on their back in their own crib with nothing in it- a safe sleep environment looks like no pillows or wedges, no blankets, no toys, and no bumper pads!

### •Invite the babysitter to your house to:

- Give you an opportunity to observe them interacting with your children, and to show the babysitter around your home.
- Discuss your views on discipline. It is not appropriate for a provider to use any form of physical discipline on your child.
- Discuss the household rules and tell them how you expect your child to be treated.
- Make sure they understand your rules on visitors, bedtimes, snacks, etc.
- To show them where you will leave important telephone numbers (your contact number, a trusted neighbor, nearby relatives, doctor, fire, police) in case an emergency should arise.
- Make sure they know it is all right to call you if there is a need
- Be sure they know about any special medical concerns such as allergies to food, animals, bee stings, etc.

### •Talk to your children about the babysitter (before and after):

- Make sure they were comfortable with the babysitter.
  - Listen and respond to concerns your children may have.
- Listen to your children and trust what they tell you.

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