

Looking for Child Care?

Choosing Quality Care

Before calling the Contra Costa Child Care Council for help finding child care, consider your needs in terms of fees, hours and location, as well as your child's personality, social and academic needs. This will assist our trained counselors in helping you find child care solutions that work best for your family.

Know Your Options

There are many different types of child care. They range from child care homes and centers that are licensed by the state to friends and relatives who offer to help care for your children.

Taking the First Steps

- Always contact more than one child care provider.
- Ask about the ages of the other children and if you can bring your child to visit.
- Talk about your expectations and concerns.
- Ask questions about things that are important to you. Also be sure to ask about:
 - Adult to Child Ratio: How many children are there for each adult caregiver? The fewer children cared for by one adult, the better for your child. This is especially important if your child is an infant or toddler.
 - Caregiver Qualifications: Ask about the caregivers' training and education. Are the caregivers involved in activities to improve their skills, such as workshops and/or classes?
- Ask to talk to other parents who have children in care. Recommendations from other parents are a good basis on which to make your decision.
- Read and review the contract carefully with your provider, before you sign it.

Evaluating Your Visit

- Did you feel comfortable with the child care provider?
- Did your child feel comfortable?
- Did your child like the other children? Do they think it would be fun to go there?
- Do the child care provider's location, hours and prices match your needs?

Listen to your child's opinion and feelings.

Combine them with your feelings and then make your decision.

Call the Contra Costa Child Care Council with your questions and concerns. Visit our website at www.cocokids.org for additional parent resources and to submit a request for child care referrals via e-mail.