



Your child deserves loving care.

Good child care means:

A loving caregiver: The caregiver is the most important ingredient of good child care. A caregiver should:

- Show real joy in being with children.
- Talk with children in a kind and attentive manner (down at the child's eye level).
- Listen closely to what children are saying and take them seriously.
- Understand and appreciate children's different temperaments and personalities.
- Know about how children develop, grow and learn.

A proper setting: The environment should be safe and healthy for children. For the child, it should feel:

- Clean and comfortable.
- Roomy enough to play, indoors and outdoors.
- Cozy enough to find a place for quiet play.
- Spacious enough to sleep peacefully and eat pleasantly with friends.
- Interesting and fun with enough variety of creative materials and equipment that are safe and in good repair

The right activities: Children should have a wide variety of experiences throughout their day that fit the child's age level and that include:

- Exploring nature and natural materials.
- Pretend and fantasy play (dramatic play and puppets)
- Sensory experiences (sand, water, clay, and cooking).
- Books (being read to daily and being able to handle books at all ages-from babyhood on...).
- Lots of exploring, indoors and out.
- Art that matters—*freely* painting, gluing and crayoning (not preformed, "everybody's looks alike" crafts).
- Plenty of time for building with blocks.
- Music and movement throughout the day.
- Lots of fresh air

All of these experiences are crucial for your child's healthy growth and learning.