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The National Association of Child Care Resource and Referrals Agencies and Child Care Aware ® have selected six(6) video segments that display indicators of high-quality child care. The following transcripts have been created by, and are the property of, the National Association of Child Care Resource and Referral Agencies and Child Care Aware ®. The transcripts coordinate with each of the video segments.

Voice Over

What does High-Quality Child Care look like? Watch the following videos to find out!

Segment 1 - Training & Education

Training in early childhood development provides higher quality programs for children. When visiting a child care program, talk about any types of training caregivers have; ongoing training opportunities; and check to see if there will always be someone present trained in CPR and first aid; child abuse prevention; and positive guidance techniques.

Segment 2 - Caregiver Interaction

If your child is supervised at all times he or she will be less likely to be injured, as well as more likely to be engaged in activities that promote learning. When observing a child care program, you will want to notice the level of caregiver supervision.

Watch caregiver interaction with your child and other children in the program, Are caregivers welcoming? Do they interact both with the group and your child individually? Notice whether or not caregivers respond to children's needs and requests. How do they do so? Do they offer encouragement and support?

Regular communication improves your child's language skills. Take note of how often caregivers engage children in conversations.

Segment 3 - Caregiver to Child Ratios

Recommended guidelines for caregiver to child ratios in high-quality child care are:

- one caregiver to 3 or 4 infants or young toddlers
- one caregiver to 4 or 6 toddlers;
- one caregiver to 6 or 9 preschoolers;

Older children do well in larger groups, but the smaller the group size the more one-to-one attention your child will receive.

Segment 4 - Activity

It is important that learning opportunities are provided to your child daily through regular scheduled activities or a curriculum. When observing child care programs, notice whether or

not there are designated play or learning areas that are readily available and easily accessible to children. Such areas include places for reading; sensory development; role play; music; art; and science or math. The more these activities reflect your child's interests, the more positive the developmental benefits to your child. In addition to the various learning stations, high-quality child care should offer your child the opportunity to develop and practice tasks for daily living. These skills include setting and clearing the table, and serving their own food or drink.

Segment 5 - Health & Safety

Health and safety indicators to look for when observing a high-quality child care program include:

- Outdoor play areas surrounded by a safety barrier and soft materials, such as rubber, sand or mulch under equipment to cushion falls.
- Diapering areas cleaned and disinfected after each changing and separate from the “main area” of the program.
- Regular hand-washing occurs to greatly reduce the chance of spreading germs. Notice the accessibility of sinks to the children.

Segment 6 - Family Child Care

High-quality Family Child Care providers should have ongoing training when caring for children. You want a caregiver to be welcoming to your child. Watch how the caregiver responds to each child's needs or requests. Do they communicate with your child on a regular basis? Ask about any daily or weekly planned activities that your child will be able to participate in. Will these activities help your child learn? Take note of the environment your child will be in - what health and safety standards are being followed?

Family Child Care and child care centers follow the same guidelines when it comes to high-quality care. For more on specific areas of high-quality indicators, visit one of the other video segments.