

Safe kids 😊 Healthy kids 😊 Happy kids

High Quality Daycare Is Important

Many families rely on childcare. New results from a long-standing study tell parents to choose daycare carefully. The quality of daycare from birth to age 4 ½ can have a lasting impact on a child's life.

Low quality childcare can have a negative effect on a child's learning and behavior through age 15. The difference between kids who had low quality and high quality childcare was small. What surprised researchers, however, was that the differences were still apparent at age 15.

This study included parents, relatives, nannies, and in-home and outside-the-home day cares. The quality of care included observation of the caregiver's:

- Warmth
- Sensitivity
- Emotional support, and
- Amount of cognitive stimulation.

Teenagers who received higher quality childcare as infants were:

- less likely to argue,
- less likely to be mean to other,
- less likely to get into fights, and



- scored higher on cognitive and academic tests.

Research also shows that a parent's or family's influence is even more important than the child-care provider.

What does this mean for parents of infants who must be in child-care?

1. Your loving words, actions and attention are crucial. Provide love, and meet your baby's needs when you are together.
2. Choose your daycare provider carefully.

Parents want their children to learn and to love others as they get older. High quality childcare gives them a good start to a bright future.

Tips on Choosing Childcare

- Explore your options. Can family or trusted friends help with childcare? Do you want a nanny to come to your home? Could 2 or 3 families share a childcare provider in your homes?
- Do your research. Talk to other parents with babies in childcare. Ask what works for them.
- Check out the daycare and childcare providers. Go online to your state Consumer Protection, Family Services or Attorney General's websites. Look for complaints and up-to-date licenses.
- Talk to the childcare provider before you enroll your baby. Ask about credentials and staff training. What is the child-staff ratio? Observe how the staff interacts with children and each other.
- Make sure the daycare is safe. Ask about emergency policies.

Brought to you by Parent Help Line and St. John's Children's Hospital



Call the Parent Help Line. Help is just a phone call away.
1-217-544-5808 or 1-888-727-5889, 10 a.m. to 10 p.m., 7 days a week
www.parenthelpline.org

