



Family Checklist for a Healthy Child Care Facility

Does this child care facility meet your child's needs?

STATE APPROVED

1. The facility is a licensed child care facility.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2. The facility participates in the Empower program through the Arizona Department of Health Services. www.TheEmpowerPack.org	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3. The facility participates in the quality First Child Care program.	<input type="checkbox"/> Yes	<input type="checkbox"/> No

FOOD AND NUTRITION

1. The facility is "breastfeeding friendly":		
• Has a written breastfeeding policy.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
• Helps you continue to breastfeed when you return back to work or school.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
• Feeds infants "on demand".	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2. Healthy drinks and meals are served. This includes:	<input type="checkbox"/> Yes	<input type="checkbox"/> No
• Whole grain foods.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
• A fruit or vegetable at each meal.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
• Only offers milk and water to drink (no fruit juice or sugary drinks).	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3. Meals are served "family-style". This means food is placed in bowls on a table and children feed themselves.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
4. Teachers never share food, forks or spoons with children. They never lick pacifiers and give them back to the children.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5. The facility does not allow a child to sleep with a bottle.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
6. The facility does not allow children to carry a bottle or a sippy cup around during the day, unless it is water.	<input type="checkbox"/> Yes	<input type="checkbox"/> No



PHYSICAL ACTIVITY

1. Children under age 1 have supervised “tummy time” daily.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2. Children over the age of 1 are given 1-2 hours of active play time per day.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3. Children do not sit for longer than 1 hour at a time.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
4. Children over the age of 2 never watch television or play on the computer more than three hours per <u>week</u> .	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5. Children play outside at least once per day, weather permitting.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
6. The facility is “sun safe” meaning:		
• The playground equipment is covered by a shade awning.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
• The facility is allowed to apply sunscreen to the children 20 minutes prior to going outside (this may require a note from the parents).	<input type="checkbox"/> Yes	<input type="checkbox"/> No

EVERYDAY HEALTH

1. Children brush their teeth at the facility every day.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2. The facility is a smoke-free environment.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3. Babies only sleep on their backs.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
4. No blankets, stuffed animals or bumpers are inside the cribs.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5. Teachers at the facility are immunized against Whooping Cough, which can be deadly to babies.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
6. Children and teachers wash their hands frequently, especially before meal time.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
7. The facility makes adjustments for children with food allergies without making the child sit alone.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
8. Staff gets training about child health.	<input type="checkbox"/> Yes	<input type="checkbox"/> No



Child Care Resource and Referral (CCRR)
 1-800-308-9000 • <http://arizonachildcare.org>

