



JUST FACTS

Choosing Quality Child Care

With many parents working these days, the need to send their children to childcare presents real concerns. Here are some guidelines to help select the best childcare option for children:

1. **SHORTLIST A FEW CHILDCARE** - based on location (proximity to workplace or home) and time (matching work hours); talk to other parents who use those childcare providers and ask for feedback according to what is important to you.
2. **ASSESS CAREGIVER TO CHILD RATIO** - the younger the child, the more important it is to ensure personal care. Infants need a caregiver to child ratio of not more than 1:4.
3. **ASSESS NUMBER OF CHILDREN** in the childcare - a calm and safe environment is preferred and not one that spells chaos and disorganisation.
4. **EVALUATE THE CAREGIVER** – observe how she communicates with children and if she is comfortable holding, talking to, and caring for children; also take note of her general appearance and body language.
5. **ASSESS CHILD-CARING METHODS** - ask questions concerning discipline, toilet training, illness, crying etc., and their answers will help you assess if the caregiver is dependable, responsible, and a good match for your family.
6. **MEALS PROVISION** - parents and caregivers may have different opinions about nutritionally balanced diet. Discuss expectations and any food sensitivities/allergies.
7. **PROFILE AND EXPERIENCE OF CAREGIVERS** – find out how long each caregiver has been at the center and her experience in caring for children. It

will be helpful for children to have the same caregiver for at least a year to minimise anxiety.

7. **ASSESS THE CHILDCARE FACILITIES** – check the overall environment to ensure an acceptable level of comfort, cleanliness and safety. Good lighting and ventilation systems are also important.
8. **DAILY ROUTINE** – check the daily schedule i.e., playtime, mealtime, naptime, etc. Ensure that it will be a good fit with what your child is already accustomed to at home.

Finally, get involved in your child's childcare. Be there for birthday celebrations; visit your child and do an activity with him/her; join in special events/activities. Visiting and participating send a strong message to your child and the caregiver that you think what your child is doing and learning are important.

*“While we try to teach our children all about life, our children teach us what life is all about”
~Angela Schwandt*



CLM CHILDREN SERVICES

CHILDREN COUNSELLING

CLM uses Diagnostic Art Therapy as the primary tool for counselling struggling children. Research has shown that art therapy is an effective method for children to express difficult feelings and experiences. Our work with children will always include the support of their parents/ caregivers which is critical in helping any child.

HeART CLUB

A friendship club for children (ages 7-18 years) with special needs and learning difficulties to provide them the opportunities to experience different types of creative activities. Our objectives are to strengthen their self-esteem, teach social/ communication skills and independence.

*Date: 3rd Saturday of each month
Time: 3.00pm – 5.00pm
Venue: 2 Jalan Damansara Endah,
Damansara Heights, 50490 KL*

Our services are open to any child, regardless of religious or ethnic background.

CONTACT US

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