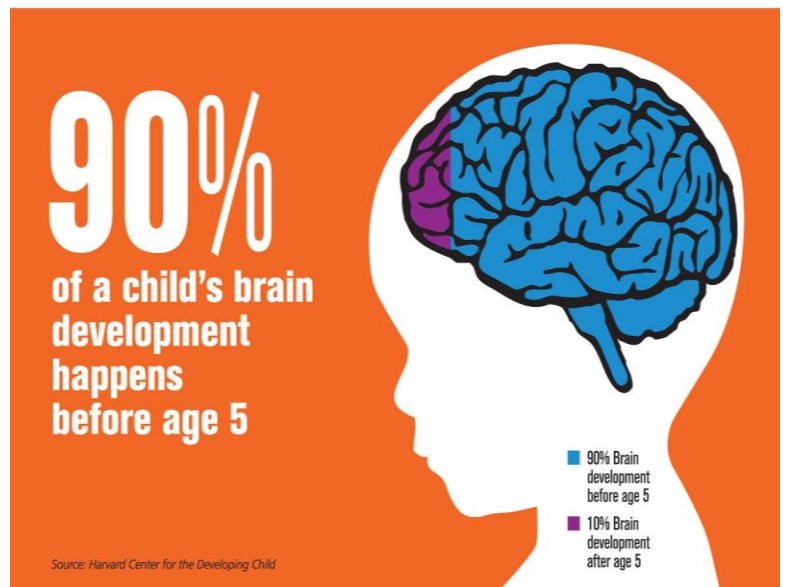


Childcare Matters!

Did you know that the first five years of life are critical to a child's development and future success in school and life?

As a parent, **you are their first and most important teacher.** You can help your child's brain develop during these critical early years.



Q: How can I recognize a quality child care program?

A: Happy children and happy staff!

More things to look for:

- Are there soft spaces for reading, relaxing and quiet games as well as spaces for active play?
- Are there enough interesting toys and materials?
- Do the children seem occupied, happy and engaged?
- Does staff appear lively, smiling and positive?
- Does each child receive individual attention?
- Does staff seem respectful, patient and receptive to children's needs?
- Are their outside areas for learning and free play?
- Are parents welcomed in the program? Are they respected?

Q: How can I help my young child at home?

A: You can ALWAYS:

- Show your own curiosity as a learner and be curious about your child.
- Listen for what your child thinks, knows, or wants to know
- Tell your child what you notice they are good at; offer challenges based on their strengths.
- Show your love, stay close, say three positives for every one negative.
- Talk about your own learning joys and challenges.
- Limit screen time and encourage open-ended play.

First Up
Champions for Early Education