

# How To Help Your Child Be Happy While You're at Work

Our children are the best gifts we will ever have, and it is important that we make sure that they receive good care. One way you can be confident that your child is receiving the supervision he needs at a daycare facility is to make yourself aware of what he encounters every day. By placing yourself in his shoes, you can better determine the quality of the daycare.

Here are several tips to help you decide which daycare is best for your child. No longer do you have to be stressed about it. You can be comfortable with your decision.

## **Count heads**

Know the ratio of workers to children. There should be enough staff on hand throughout the day to ensure that the children have personal attention and care. It is essential that your child gets disciplined when he does something wrong. If there is not enough supervision, he may grow used to doing whatever he wants and try the same tactics at home.

Talk to the staff to see how they handle tough situations. You will feel better knowing that someone who truly cares is looking after your child's well-being.

## **Child proof**

Keeping track of a multitude of children is not easy. Find out what steps the center takes to minimize the risk of accidents.

It is important that there is staff with the children at all times. Although not all accidents are due to negligence, accidents on the playground or in the classroom are less likely to happen if there is close supervision.

## **Gourmet or M&Ms**

Checking into the food served is crucial. Ask if the meals are nutritional and varied. Also, you should know how often meals or snacks are offered to the kids. If you visit around a meal time, you may even be able to see the food for yourself. You can feel assured that your child's nutritional needs are being met.

## **Dollars and Sense**

Choose a quality daycare that is within your budget. It will add to your stress if you send your child to a facility you can't afford. Also, just because a daycare is expensive doesn't necessarily mean it is a great place for your child. Some of the best centers are very reasonably priced.

By having a list of guidelines to use when finding a daycare, you can eliminate some of the stress you feel. When you drop off your child at the daycare center, you can feel happy that you made the right decision.