

Why is Healthy and Safe Child Care Important?



- More than 1.2 million children under age 6 in the state of Texas require some form of child care.
- Children under the age of 5 with working mothers spend an average of 36 hours a week in child care facilities.

How can I make sure my Child Care is Healthy and Safe?



- Make sure children are always properly supervised, even when sleeping or playing outside.
- Have a play surface that cushions falls (at least 9 inches of wood chips, mulch, shredded rubber, sand or pea gravel).
- Regularly inspect playgrounds and playground equipment for sharp objects, points or edges, and protruding bolt ends to avoid cuts and scrapes.
- Empty all standing water in wading pools or buckets to avoid accidental drowning.



- Cover all electrical outlets when not in use.
- Keep curtain/blind cords short and tied up high against the wall and away from the floor and climbable furniture.
- Place babies on their back to sleep and to nap to reduce the risk of Sudden Infant Death Syndrome (SIDS).

If you would like to learn more about healthy and safe child care:

Texas Department of Family and Protective Services
<http://www.dfps.state.tx.us>

Texas Health and Human Services Commission
Healthy Child Care Texas
<http://www.healthychildcaretexas.org>

Texas Department of State Health Services
<http://www.dshs.state.tx.us>

Sources:

National Association of Child Care Resources and Referral Agencies (NACCRA) <http://www.naccra.org/>

Texas Association of Child Care Resources and Referral Agencies (TACCRA) <http://www.naccra.org/randd/data/docs/TX.pdf>

National Resource Center for Health and Safety in Child Care and Early Education <http://nrckids.org/>

