

## Quality Care is Important because...

1. **Brain Development.** Current research has shown that the early years (ages 0-5) are the most sensitive for brain development. Over 90% of brain growth occurs during this period. The people who help care for your child are those who help shape your child's mind.
2. **School Readiness.** Studies show that children who receive quality child care enter school with better math, language, and social skills. These skills give your child a good start to succeed in school and in life.
3. **Reduce Stress.** When your child has safe, loving, and stimulating child care that you can count on, you don't have to worry while you are at work. You know that your child is getting the kind of care children need to be healthy, happy and successful.
4. **Everyone Benefits.** Society, children, families, employers, communities, and the nation as a whole benefit from high-quality child care. Fostering a healthy, successful, future workforce is essential to everyone's well being.

Contact the Child Care Council for help finding Quality Care and for your **Child Care Plan**.

**1-800-424-4532**

## Need Help?

Need Help finding child care?  
Contact the Child Care Council at  
**1-800-424-4532**

Answer a few questions, and you will receive a customized list of child care providers living near your home or place of work and receive a **CHILD CARE PLAN**.

Our Resource & Referral Counselor will walk you through the Child Care Plan.

### The plan includes information on:

- What QUALITY looks like
- An **Individualized Budget**
- Information on the **Cost of Care**
- The importance of **Backup Care**
- Your rights
- Questions to ask on your initial phone contact with a potential provider
- What to look for when you visit a potential provider

Chautauqua Child Care Council  
Chautauqua Opportunities, Inc.  
402 Chandler Street  
Jamestown, NY 14701



*"Giving Providers, Parents and Businesses the Resources to Better Our Children's Future."*



**If your children  
could look for  
QUALITY child care,  
they would want to  
know...**

## Who Will Watch Me?

**My provider should be someone who:**

- Nurtures me by hugging, smiling, rocking, talking and singing.
- Knows and cares about my needs.
- Wants to learn more about teaching and caring for other children like me.
- Listens and thinks that I am special.

## What Will I Do There?

**I will learn and have fun every day by:**

- Reading stories
- Singing songs
- Playing games
- Painting pictures
- Building with blocks
- Wondering why & how
- Sifting sand
- Pouring water
- Cooking food
- Coloring
- Counting

## Tell Me About My Child Care Place.

**My child care should be a place where:**

- I can learn by playing with toys, blocks, games, and with other children.
- I can crawl, walk, run, explore, and feel safe inside and out.
- I can have fun and be happy.
- My special needs will be met.



*"Giving Providers, Parents and Businesses the Resources to Better Our Children's Future."*

**Contact the Child Care Council at:**

716-661-9430 ext. 2260

or

1-800-424-4532

or

[Childcare@chautopp.org](mailto:Childcare@chautopp.org)

[www.chautauquaopportunities.com](http://www.chautauquaopportunities.com)

## For Parents

**Choosing quality child care matters:**

The latest research tells us that the early years of life matter because early experiences affect a child's brain development.

Like the construction of a house, brains are built from the bottom up, with early experiences setting the foundation for the rest of development.

High-quality early care, education and afterschool programs help children grow socially, emotionally, and physically and enter school ready to learn.

**Contact the Child Care Council for more information on what QUALITY child care looks like and a copy of our Child Care Plan: 1-800-424-4532**