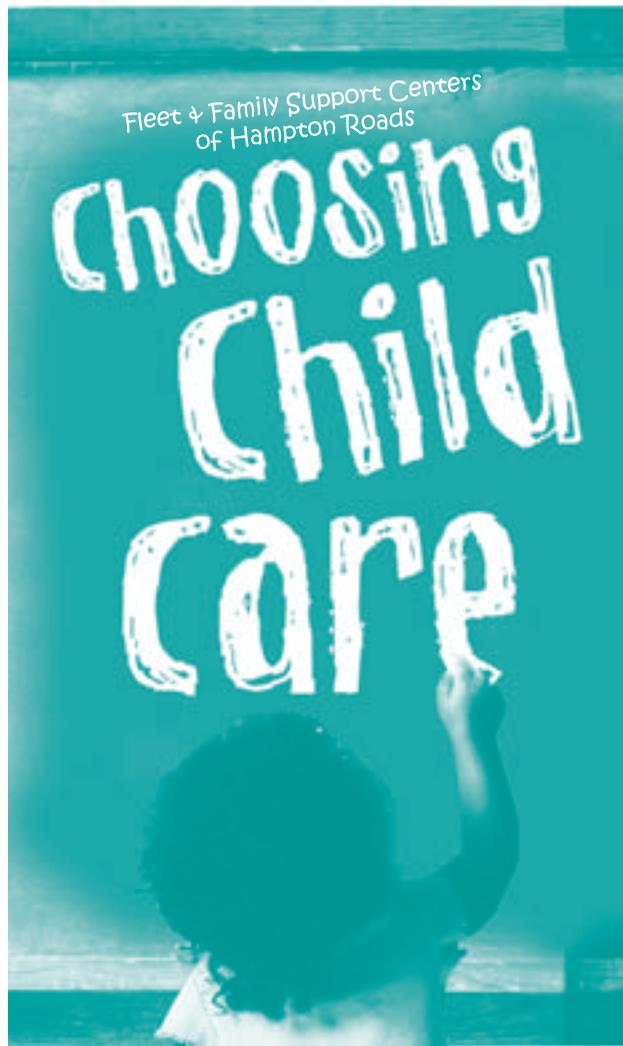


Child Care Checklist

Be sure:

- ✓ Caregiver has been trained or has experience in childcare and child development.
- ✓ Caregiver is warm, friendly, and freely gives affection to all children.
- ✓ There is back-up care if caregiver or child becomes ill, or your work/duty schedule changes.
- ✓ You are given the opportunity to observe and participate in your child's care.
- ✓ Setting is clean, orderly, and presents no safety hazards to children.
- ✓ Toys and equipment are in good repair and are appropriate for developmental stages of children.
- ✓ Different kinds of space are available, including space for quiet play, active play, inside and outdoor play, sleeping, and eating.
- ✓ Each child has a space to store belongings.
- ✓ A contract is provided which outlines responsibilities of parent and caregivers and includes details on hours of operation, fees, payments, schedules, and emergency procedures.
- ✓ A health form is required for your child which includes immunization history.
- ✓ When your child is transported, proper child restraints are used and your written permission is obtained.
- ✓ A day care license is posted.
- ✓ Meals and snacks are well planned and nutritious. Menu is posted.
- ✓ Parents are allowed and encouraged to visit the site during the time the child is in care.



Little Creek/Fort Story: 462-7563 Northwest: 421-8770
 Newport News: 688-6289 Oceana/Dam Neck: 433-2912
 Norfolk/Portsmouth: 444-2102 Yorktown: 887-4606

Area Code 757 • www.cnic.navy.mil/navylifema

Navy Mid-Atlantic Region Child Placement Programs Office

Regional office that provides information on childcare resources throughout the Hampton Roads area, both civilian and military providers. For further information, call Commander Naval Region Mid-Atlantic (CNRMA) Child Development Resource Hotline toll-free number at **(866) 628-9232** or check the website at www.mwr.navy.mil and select Child and Youth Programs.

For a listing of current providers:

- Go to the nearest MWR Child Development Center (CDC)
- Fill out form requesting current listing of providers
- Show ID card
- Request form to be faxed to the Child Placement Programs Office
- List e-mailed to parent/guardian

Military Child Care Options

Child Development Homes (CDH)

Child Development Homes in military housing are regulated and monitored by the military. Residents of military housing who want to do child care in their own homes on a regular or full-time basis must pass a criminal background check; have fire, safety, and health inspections; complete mandatory training; and be monitored regularly. Evening, night, and weekend childcare for working parents is an option with Navy CDH providers.

Certification of Air Force, Army and Navy spouses (active duty or retired) is also available to those who reside off base. However, the Air Force program serves only spouses on the Peninsula and also requires their providers who reside off base to be state licensed in order to become Air Force certified.

Child Development Homes Coordinators:

Fort Eustis..... 878-5584
 Fort Monroe 788-2698
 Fort Story 462-8930
 Langley Air Force Base 225-2610
 Navy Mid-Atlantic Region Child Placement Programs (866) 628-9232
 To become a Navy CDH provider 462-8930

Military Child Care Centers

Certified by the Department of Defense and regulated by the respective branches of the military:

- Include developmental programs
- May accept children from infant to kindergarten age
- May be accredited by the National Association for the Education of Young Children (NAEYC)

- Navy centers may have drop-in care on a space-available basis
- Dam Neck Annex 492-8685
- Fort Eustis 878-4000
- Fort Monroe 788-5960
- JEB Little Creek/ Fort Story at Fort Story 422-7796
- Langley AFB..... 764-3585/3449
- JEB Little Creek/ Fort Story..... 462-7868
- NAS Oceana 433-3164
- Naval Station Norfolk 444-3239
- New Gosport, Portsmouth 967-2676
- Northwest Annex..... 421-8266/8739
- NWS Yorktown 887-4733
- Willoughby, Norfolk.....444-3008

24/7 Child Development Centers (CDC's)

- Offers 24/7 care for shift workers; may be able to accommodate watch standers under some circumstances.
- Incorporates features of both a home and a child care center.
- JEB Little Creek/ Fort Story**
 24/7 Child and Youth Center..... 462-4841
- Naval Station Norfolk**
 24/7 Child and Youth Center (Bldg, A-28)..... 444-7455
- Naval Support Activity**
 24/7 Child and Youth Center (Hampton Blvd.) 444-7270
- NMC Portsmouth**
 24/7 Child and Youth Center..... 953-7050/444-3670

Military Before and After School Care

Child and Youth Programs (Youth Centers)

Fort Monroe (School-age Programs) 788-3595
 Langley Youth Center 764-2300
 JEB Little Creek/ Fort Story..... 462-8718
 JEB Little Creek/ Fort Story at Fort Story 422-7714
 NAS Oceana 433-3976
 Naval Station Norfolk 444-8259
 Norfolk Naval Shipyard, Scott Center Annex.. 396-2506/1990
 Northwest Annex..... 421-8258
 NWS Yorktown 887-4310

For more information on group home or youth programs, contact the Navy Mid-Atlantic Region Child Placement Programs at (866) 628-9232.



FLEET & FAMILY SUPPORT CENTERS MID ATLANTIC

11/11/03

Child Care Waiting Center — Navy

Naval Medical Center Portsmouth..... 953-6873

- Free childcare for active duty and family members with medical appointments at NMCP
- Provides care for children 6 weeks to 5 years old
- Current immunization record required
- Hours of Operation: 0630-1630 (M-F)
(Children must be picked up by 1615)
- For reservations, call 953-6873 or visit the website:
<http://www-nmcp.mar.med.navy.mil>.

Civilian Child Care Options

Family Child Care in Civilian Homes

Family home care provider may care for up to five unrelated children plus his/her own children and not be licensed. Providers must be state-licensed if caring for 6 to 12 children. State licensed day care providers are regulated and monitored by the Regional Office, State Department of Social Services:

Eastern (Virginia) Regional Office.....491-3990
Website: www.dss.state.va.us

Regional Office, State Department of
Social Services: Peninsula.....247-8020

The Planning Council/ Children Services Division.....627-3993
Toll Free1-800-477-3993

Family home care providers may or may not be certified/licensed:

Child & Family Connection (Williamsburg).....(757) 229-7940

Professional Family Child Care &
Early Education Assn.....482-9470
Website: www.pfcee.com

Virginia Independent Child Care Homes.....468-2643

Approved day care homes may be regulated by individual cities. Call your local Social Services Agency for additional information:

Chesapeake.....382-2000

Hampton.....727-1800

James City County.....(757) 259-3100

Newport News Childcare Infoline.....926-6349

Norfolk (Does not make referrals)....664-6000

Portsmouth (Does not make referrals
.....405-1800

Suffolk.....514-7450/923-3000

Virginia Beach.....437-3200

Williamsburg(757) 220-6161

York County/Poquoson..... 890-3787

YMCA's

Armed Services YMCA 464-9404

Website: www.asymcahr.org

The YMCA's on the Southside offer school-age child care, Child Watch for members, Toddler Care, and pre-schools. For specific information, visit their website: www.ymcashr.org/programs/childcare.

Similar programs are also available at the YMCA on the Peninsula. They offer pre-school, school-age, summer camp, day camp, and pre-school summer camp. More information is on their website: www.peninsulaymca.org.

Civilian Child Care Centers

Developmental Programs

- May have before and after school programs, including transportation services
- May accept children as young as 6 weeks old
- May be accredited by the National Association for the Education of Young Children (NAEYC)

Local Child Care: The Planning Council/Children Services
Division..... 627-3993

Toll Free 1-800-477-3993

Information Services Division of
The Planning Council/211 Virginia..... 625-4543

Church-Sponsored Child Care Centers

- Option of being licensed or exempted but must apply for an exemption; self certification but no monitoring by the state
- May accept infants to kindergarten age children

Sick-Child Care

Rainbow Station/The Get Well
Place426-6490

Respite Care

Occasional care for special needs children may be offered by some family home care providers or obtained through one of the following agencies:

Children's Corner Child Development Center (day care for special needs children) 898-7505

Bertha Snyder's Children's Care (United Way)..... 852-9797

Navy EFMP-Enrolled Children via NACCRRRA..(800) 424-2246

Website: <http://www.naccrra.org/MilitaryPrograms/NavyEFMP/> or Check with your city's Mental Health/ Mental Retardation Services or Community Services Boards.

Before & After School Programs

Check local schools and/or city Parks & Recreation Offices for programs offered:

Boys & Girls Clubs of Southeast Virginia (after school care only) Admin. Office 853-5632

Website: www.bgcseva.org

Chesapeake Parks & Recreation..... 382-6411

Hampton Parks & Recreation/School Age Program
..... 727-1055

Newport News Parks & Recreation..... 926-1400

Norfolk Parks & Recreation 441-1035

Portsmouth Parks & Recreation..... 393-8481

Suffolk Parks & Recreation..... 514-7250

Virginia Beach Parks & Recreation 385-0400

York County/Champions Medallion School Partnerships (KLS main number) (800) 350-5034

Other Resources:

Army Family Child Care

Website:
<https://www.armyfcc.com/index02.cfm>

Child Care Aware/Child Care
Subsidy Hotline..... 1-800-424-2246
or Website: www.naccrra.org/militaryprograms

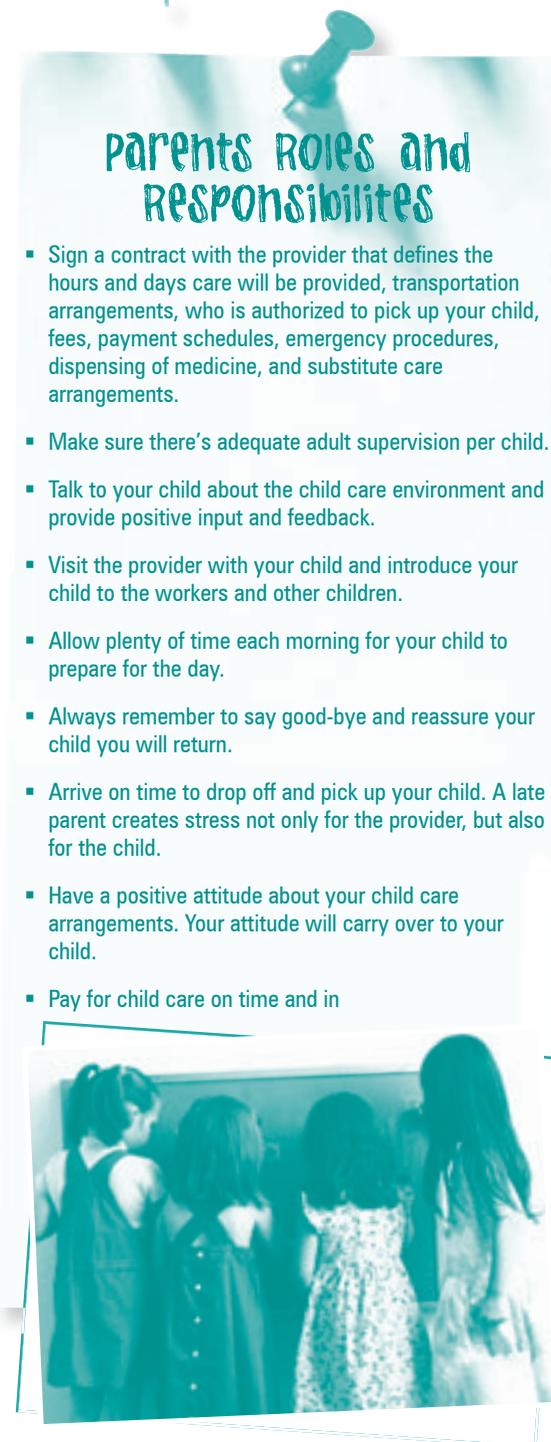
Early Childhood Education Department/Technical & Career
Education Center, Virginia Beach 648-5850 Ext. 85890

SitterCity Corporate Program 1-888-748-2489
Website: www.SitterCity.com

DoD funded (FREE) memberships for Active Duty, Reserve and Guard (Air Force, Army, Marines & Navy)

Virginia Child Care Resource & Referral Network
.....1-866-543-7852

Website: www.vachildcare.org



Parents Roles and Responsibilities

- Sign a contract with the provider that defines the hours and days care will be provided, transportation arrangements, who is authorized to pick up your child, fees, payment schedules, emergency procedures, dispensing of medicine, and substitute care arrangements.
- Make sure there's adequate adult supervision per child.
- Talk to your child about the child care environment and provide positive input and feedback.
- Visit the provider with your child and introduce your child to the workers and other children.
- Allow plenty of time each morning for your child to prepare for the day.
- Always remember to say good-bye and reassure your child you will return.
- Arrive on time to drop off and pick up your child. A late parent creates stress not only for the provider, but also for the child.
- Have a positive attitude about your child care arrangements. Your attitude will carry over to your child.
- Pay for child care on time and in

The information in this brochure is provided for informational purposes only and does not constitute an endorsement by the Fleet & Family Support Centers or the Department of the Navy.