Choosing quality child care can be as easy as “ABC” if you know how to recognize it. As you search, remember to trust your instincts, don’t be afraid to ask questions, and look for the following from the programs that you visit . . .

**Understanding of licensing requirements**
Each program should have its license posted and should follow the rules and regulations set forth by the North Carolina Division of Child Development. Copies of the N.C. Rules and Regulations can be obtained by calling the Division of Child Development at 1-800-859-0829 or by calling Child Care Resources Inc. at 704-348-2181.

**Age appropriate activities**
Programs should have different activities and play/work areas that reflect the ages of the children they serve. Children should be treated as individuals, with activities provided that best suit their age and ability level.

**Low child/teacher ratio**
State regulations currently state how many children are allowed per teacher. However, some child-related organizations recommend an even lower number than the state regulates. Please contact either the North Carolina Department of Child Development or Child Care Resources Inc. for further information.

**Interaction of child and caregivers**
A caregiver should provide much more than basic care. He or she should provide quality interaction on a daily basis. Caregivers should frequently spend time talking and playing with children - on their level - rather than simply providing the basics of care, such as feeding and diapering.

**Trained caregivers**
Make sure that the program’s teachers have received the proper training that all caregivers must have to be compliant with North Carolina Rules and Regulations. Some caregivers also choose to receive additional training to help them provide higher quality care. Ask them about it.

**Young, happy faces and voices**
Above all, children should be happy and busy when they are in a program. A good question to ask yourself whenever you visit a program is: *Would I be happy spending my day here?*