

### **Caregiving Areas**

These are the areas where children's physical needs are met – diapering and toileting, naps and rest, meals and teaching hygiene practices such as brushing teeth and washing hands. They should still feel home-like and be set up for ease of use and cleanliness, but they should also support warm relationships, individual attention, and a sense of well-being.



### **Caregiving Areas – Diapering**

- In your space, does diapering take you out of your care environment? If so, is there a way to move diaper changing into or closer to your child care room and still meet licensing guidelines, needs for yourself and the needs of your home?
- Does your changing station include stairs? Lifting a 30 40 pound child up and down is physically demanding if they're able to get up on their own. Diaper changing tables can have steps that tuck underneath to save space and backs. Some tables even have sinks with them if there is plumbing nearby (such as in an adjoining room), this can save a huge amount of time.
- Are diapering supplies stored securely and easily accessible?
   Adding wall cabinets/high storage can save space and allow for easy access by the teacher.







### Caregiving Areas – Children's Sinks

The addition of sinks can be a great health and safety AND quality improvement, so a good option for grant use where health, safety, and quality are priority areas.

- Where is the children's sink? Is it taking you away from supervision if you're walking children back and forth constantly?
- Is there existing plumbing nearby to the child care space? If so, this
  could allow for a small sink to be easily plumbed into space by hooking
  into a kitchen or adjacent restroom water line.
- Child-size sinks and vanities can be purchased or they can be purchased from home improvement stores and then cut down to height.
- Don't forget outdoor sinks, too. These can be simple a portable/outdoor garden sink can be hooked up to hose/faucet system most things you do indoors can also be done outdoors & require handwashing access (snack, messy play, etc.).



### **Caregiving Areas – Meals**

- Is eating area equipped with appropriately sized furnishings? Having enough tables and chairs in various sizes for children of different sizes will ensure tiny backs and feet are supported and help ensure a relaxed and comfortable mealtime.
- Is kitchen well-equipped? Could health and safety be improved and time saved by adding equipment like a sanitizing dishwasher or touchless kitchen faucet?





### **Outdoor Space**

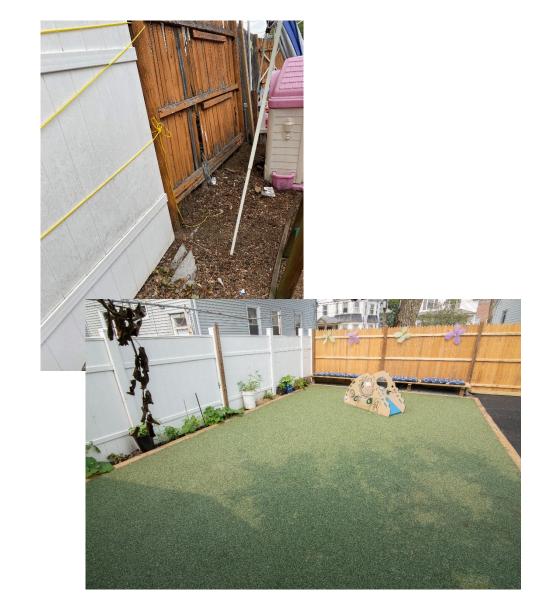
Children need to play outdoors every day unless weather conditions are really harsh or dangerous. Programs should have an outdoor play area that is safe, protected and free from hazards. It is important to allow for movement, louder and more boisterous play, and physical challenges geared to the ages and stages of each child in care. It is also important to stimulate children's senses and their appreciation of nature, so planning interesting and engaging activities will make outdoor play more meaningful. Many favorite indoor activities are also fun when offered outdoors.



## **Outdoor Space- Fencing**

\* Effective January 1, 2023, outdoor activity space must be surrounded by a permanent structure such as a fence, which is at least four feet (4') in height.

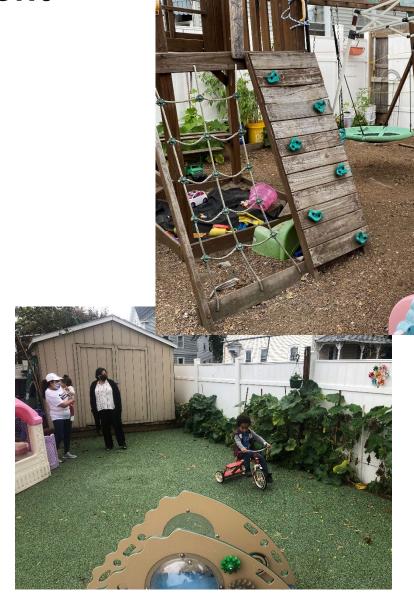
- Are you lacking a fence or other permanent structure that safely encloses the outdoor area and allows for appropriate supervision? An effective fence is one that prevents a child from getting over, under, or through it and keeps children from leaving the fenced outdoor play area, except when supervising adults are present.
- There are special considerations for fencing in a child care setting. Any contractors providing estimates for this work should be made aware of safety requirements and best practices. LISC has a fencing "Fast Facts" document intended to be given to fencing contractors for this purpose.





### Outdoor Space - Surfacing and Equipment

- Do you have equipment that requires children's feet to leave the ground? This equipment should be in good repair, anchored to the ground with appropriate safety surfacing. Removal of unsafe equipment can improve health and safety and make space for other play elements such as:
  - Gardening area
  - Mud Kitchen
  - Hard surface for tricycle riding
  - Turf or grass area
  - Large sandbox with cover
  - Music, art or cozy area
  - Storage shed for toys, games and other materials
- Do you have any drainage issues with your outdoor surfacing to be fixed? This can cause damage to property as well as health and safety hazards.



### **Outdoor Space- Sun and Shade**

If you are lacking shade from existing structures or trees where it's needed in your outdoor play area, this is a great health and safety improvement and can help kids get outdoors more often.

- Shade sails with galvanized support structures come in lots of different sizes and colors
- Pergola type structures can also support shade fabric
- Shade sails can be tilted to offer shade throughout the day
- Sails can be taken down when winter weather sets in which will make them last longer
- Correct installation important, so we recommend if you purchase you also have installation included, particularly if you are eligible for a grant opportunity to offset the additional cost.



# General Health and Safety Components of the Home

There are many aspects of a space that make your house an appropriate family child care environment. One of the most important things is how safe it is for the children in your care. In addition to the obvious health and safety items it is important to pay attention to details such as temperature, lighting, lack of clutter, cleanliness, and other things that support a healthy and safe environment for young children.



# **General Health and Safety- HVAC**

- Are you able to maintain ventilation and a safe, comfortable temperature in all child care space?
   It may help to have a Heating, Ventilation, and Air Conditioning (HVAC) inspector determine what improvements may be needed.
- Are heating and cooling mechanisms in good working order with appropriate protective barriers?





### **General Health and Safety- Safe Movement**

Children should be provided with ample opportunity for freedom of movement in a safe, clean, and uncluttered area.

- Do you have enough/a variety of storage? Shelving on wheels can allow for activity area division, easy access to materials, and can be rolled out of the space when not in use for child care. High, wall-mounted cabinets and shelving can allow access to materials for teachers while allowing activity space underneath.
- Do children have pathways and designated activity areas? Inside, rugs or floor carpeting tiles (neutral color) can be used to designate activity areas (and be removed when not in use); outdoors, pathways can promote exploration to various activities and storage sheds can keep clutter out of the activity space.
- Would your space benefit from a rearrangement? If there are some furnishings that would allow you to use your space differently – this can have a high impact with a low cost.

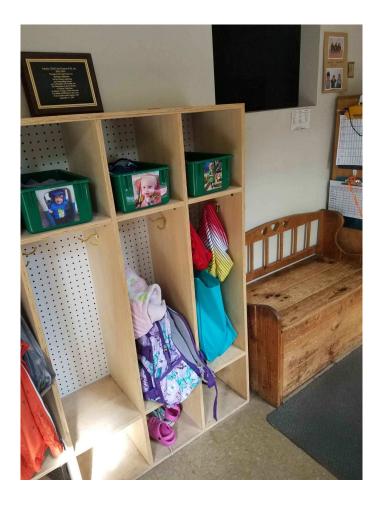




### General Health and Safety- Good Repair

All child care equipment and furnishings should be in good repair.

- Are furnishings sturdy and safe? It is often better to buy something of better quality than buying something cheaper that you need to buy each year, especially if grant funding may be available to offset this cost.
- Do children have storage cubbies large enough to hold the child's possessions. A child's belongings should be able to be stored without touching the possessions of others.





Next Steps and Other Considerations

### **Next Steps and Considerations**

#### Lay Out a Plan

What are your priorities in your space.

Find people who support your ideas – including your families, licensor, BrightStars and LISC!

#### **Involve Licensing**

Be sure licensing is aware of any potential renovations and work out the timing of how it will happen during non child care hours.

#### **Figure out Costs**

Contact contractors for estimates on repairs and small renovations and figure out the cost of any equipment you might need to purchase. This will help you make a budget.



**Product Examples** 



### Where Can You Find Items Discussed Today?

Remember that it is often better to buy something of better quality than buying something cheaper that you need to continually replace.

If you have a handy person in your life, some items can be installed by you, others should be purchased and installed by a qualified contractor (especially if you have a grant opportunity to offset this cost).

#### **Sinks**

Kohler has been a reliable brand and can be found at most home improvement stores such as Home Depot or Lowes as well as Amazon.

Make sure it's installed at the correct height for your children (21" is a good height).

#### **Bathroom Vanity**

A vanity can be purchased at most home improvement stores or Amazon and can be modified to an appropriate height by removing the bottom or cutting down legs (depending on the particular product).

#### **Sanitizing Dishwasher**

Bosch models can be found at Home Depot and Lowes.



# Where Can You Find Items Discussed Today?

#### **Touchless Faucets**

Moen is a reliable brand which can be found at home improvement stores such as Home Depot or Lowes or on Amazon.

#### **Changing Table**

Changing tables with stairs and possibly a sink can be found on the Kaplan Early Learning website.

#### **Carpet Tiles**

One brand of carpet tiles is Flor- these can also help with acoustics. Be sure to stick with solid, neutral colors- bright and busy walls and flooring can cause overstimulation and behavioral issues!









# Where Can You Find Items Discussed Today?

#### **Outdoor Sheds**

Community Playthings has the Outlast Shed which can be purchased on their website.

#### **Shelving, Cabinets, and other Furniture**

Items like the rolling shelves with hideaway wheels and wall-mounted storage can be purchased on the Community Playthings website – their furniture is high-quality and highly recommended.

#### **Shade Sails**

There are a variety of shades out there, in different colors, sizes, and shapes. Some attach to structures, some are on support posts (wood or galvanized metal recommended). You can find these in places like Walmart, Home Depot, Amazon, Lowes, etc.











