

Quality for Child Care Preschoolers means:

- Enthusiastic caregivers who interact with the children, not just each other, and give you and your child individual attention.
- Space for quiet activities/relaxation as well as safe areas for active play, indoors and out.
- Fun, engaging materials to explore, located in places children can reach.
- Exposure to books, writing, words and print in a variety of ways.
- Opportunities for children to express themselves through art, music, movement and simple games.
- A caregiver who listens to each child and finds time to talk one on one everyday.
- A positive approach to guidance/discipline with help in learning to resolve conflicts, and a safe space for “cool down” time.
- A caregiver who models the same behavior expected of the children.
- Rules and routines that the children understand.
- Nutritional foods served at times that match the children’s needs.

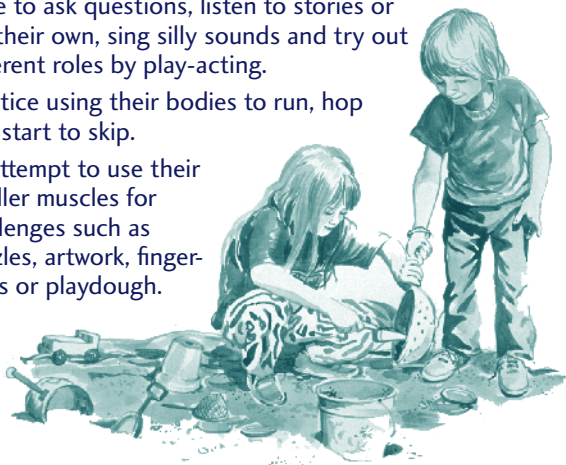


Think About What Your Child Needs at this Age

Children between the ages of three and five actively explore their world as they seek to become independent. Preschoolers thrive by doing a range of activities in a safe, nurturing setting that encourages their growth.

Preschoolers also want:

- Hands-on experiences that are meaningful to them— like cooking, measuring/playing with sand or water, building with blocks, or exploring different art materials.
- Opportunities to do things themselves! They are ready to make attempts to dress themselves (for outdoor play), brush their teeth, toilet (with some assistance, if needed), and participate in clean up time.
- To explore friendships with peers, though many will need help in using their words to express feelings and solve problems.
- Time to ask questions, listen to stories or tell their own, sing silly sounds and try out different roles by play-acting.
- Practice using their bodies to run, hop and start to skip.
- To attempt to use their smaller muscles for challenges such as puzzles, artwork, finger-plays or playdough.



Vermont Association of Child Care
Resource and Referral Agencies

Call toll-free:

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