



CHILD CARE ASSISTANCE PROGRAM

Division of Public Assistance
Child Care Program Office
3601 C Street, Suite 140
PO Box 241809, Anchorage, AK 99524-1809

Office Use Only

HEALTH AND SAFETY GUIDELINES FOR IN-HOME CHILD CARE

These health and safety guidelines are being provided to you because you have chosen to hire a child care caregiver to care for your child(ren) in your own home. **You must ensure your selected caregiver is at least 18 years of age.**

Assure that your child(ren) has up-to-date age-appropriate immunizations.

With respect to your home, you should:

- 1) Ensure your home has at least two (2) means of emergency escape that are remote from each other and that provide unobstructed access to the outside of the building; at least one means of emergency escape must be an exterior door.
- 2) Ensure your home is free of fire hazards.
- 3) Have at least one working smoke detection device that is less than 10 years old and that is AC primary power or monitored battery powered smoke detection device and at least one fully charged 2A:10BC dry chemical fire extinguisher strategically located on each level of your home.
- 4) Have at least one operating carbon monoxide detector on each level of your home.
- 5) Maintain a functional telephone or other identified means of communication.
- 6) Take the necessary precautions to make your child care home free of hazards that can cause injury or disease to your child(ren) both inside and outside the building including:
 - a) keeping your home in a clean, safe and sanitary condition;
 - b) maintaining sanitary areas for proper care, storage, refrigeration, and preparation of food;
 - c) installing and maintaining hot water temperature controls so that hot water delivered to plumbing fixtures accessible to your child(ren) is not more than 120 degrees Fahrenheit;
 - d) storing cleaners, medicines, and other harmful substances in a place inaccessible to your child(ren);
 - e) obtaining furniture and play equipment that is durable, safe, easy to clean, and that is kept clean and in good repair;
 - f) storing refuse in containers with tight-fitting lids until it can be properly disposed;
 - g) maintaining clean and sanitary toileting facilities; and
 - h) maintaining safe and sanitary equipment and supplies for diapering and toileting, including accessibility for hand washing.
- 7) Have an ample supply of safe, drinkable water in your home.
- 8) Ensure that any and all firearms in your home are unloaded and stored in a locked gun safe or other locked place inaccessible and not visible to your child(ren).

(Continued on Back)

While caring for your children in your home, your child care caregiver should:

- 1) Be able to prevent exposure of your child(ren) to high-risk situations, including exposure to physical hazards and encounters with individuals or animals posing a possible danger.
- 2) Provide you with access to your child(ren) at all times.
- 3) Directly provide care and supervision of your child(ren).
- 4) Provide supervision of your child(ren) appropriate to each child's age and developmental needs and adequate to prevent injury.
- 5) Provide daily activities to promote your child(ren)'s individual physical, social, intellectual, and emotional development that includes time for meals, snacks, sleep, toileting, and indoor and outdoor exercise according to individual needs.
- 6) Ensure your child(ren) is not subject to corporal punishment.
- 7) Administer medication to your child(ren) only with your permission.
- 8) Have emergency information on each child and contact you in case of illness or injury.
- 9) Have current CPR and first aid certification or at a minimum review and have first aid and CPR instructions available on site.
- 10) Provide sufficient nutrition so that:
 - a. your child(ren) are fed nutritious meals and snacks according to individual need;
 - b. your infant is fed on demand; and
 - c. except for medical reasons, your child(ren) is not denied a meal or snack, force fed or otherwise coerced to eat against your child(ren)'s will.
- 11) Take precautions against the spread of infectious disease by washing their hands for at least 10 seconds with soap and water and rinse them with water:
 - a. before food handling, preparation, serving, eating, or table setting;
 - b. after toileting or assisting your child(ren) with toileting and after diapering your child(ren);
 - c. after handling an animal, animal waste, or an animal cage;
 - d. before and after giving medication;
 - e. after participating in moist play such as painting, cooking or molding clay;
 - f. when hands are contaminated with bodily fluids;
 - g. after nose wiping; and
 - h. encourage child(ren) to wash their hands at similar times.
- 12) Develop an emergency evacuation plan that ensures the complete evacuation of your child(ren), including a child(ren) of limited mobility, within 150 seconds during an emergency.
- 13) Conduct and document emergency evacuation drills at least once a month, unless postponed due to severe weather.
- 14) Transport your child(ren) in safe vehicles using appropriate child restraints.
- 15) Maintain a smoke-free, drug-free, and alcohol-free environment; both while in your home and in any vehicle used to transport your child(ren).

Print Name of Parent

Date

Signature of Parent Signature

Date