

## WHAT TO LOOK FOR WHEN CHOOSING A DAY NURSERY FOR YOUR CHILD

Looking for a Day Nursery that suits you and your child can be daunting if you're not sure what you're looking for. We have put together a checklist with the help of mums who have been in the same position as you are now! It covers the 15 most important things to look out for; don't forget to trust your own instincts when you visit and meet the staff.

- Do the children look well-stimulated, sitting down at activities, engaged by happy staff?
- How is the day structured and what sort of activities are built into the timetable?
- Does the building look well-kept, safe and secure?
- Does it have good quality outdoor play areas? If so, how often do children get access?
- Does the nursery have a friendly and relaxed atmosphere?
- Do they cook food on the premises?
- What are the menus like? Do they include a good combination of fresh (rather than tinned) fruit and vegetables?
- How many children do they have now and what is the maximum they take? What is the ratio of staff to children?
- Do you need to bring your own nappies and formula?
- Where do the babies sleep during the day (ideally you would like to have the cots away from the playing area, but space is at a premium in nurseries so that is rare)?
- Is the Nursery Interior stimulating? Is the children's work displayed?
- What sort of settling in period is there?
- How many of the staff are qualified? Is the manager "hands-on" and involved?
- If you need to leave the nursery, what is the notice period?
- Do they accept childcare vouchers (if you get these from your employer) and do they offer subsidised places for three yr olds?

## BOOK A VISIT TO LITTLE NIGHTINGALES