Evening/Overnight Child Care Checklist

According to the Illinois licensing standards for family child care homes, providers need to comply with special requirements when receiving children for night care. Meals and snacks should be provided to meet the daily nutritional requirements of the child for the time that the child is in care (i.e., evening meal, bedtime snack, morning meal).

Regarding sleeping arrangements; each child will be provided a bed, crib or cot and individual linens that are clean and comfortable. There are three exceptions to this rule:

1. Two toilet-trained children of the same sex can share a full size bed.
2. When using a crib, the mattress cannot allow for more than 1 ½ inches of space between the mattress and the bed frame.
3. Rubber sheets should be used when necessary.

For personal hygiene, each child should be provided individual toilet articles such as a comb, toothbrush, towel and washcloth. If needed, a child should be bathed and no child under the age of five should be left unattended while in the bathtub. Upon establishing a bedtime and rising routine, brushing teeth and hair should be incorporated into the routine.

This information, along with the questions listed on the checklist, should be beneficial to you when evaluating a child care program.

**Basic Information**

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Serving Winnebago, Boone, Stephenson, and Jo Daviess Counties
Is there a bedtime routine that is structured and consistent?

Are sanitation and safety procedures followed?

Are outlets protected?

Are smoke alarms visible? How often are they tested?

Are exits easily accessible in case of a fire?

Are cabinets child proofed?

Provider

Yes  No

Does the provider have knowledge of and experience with children?

Does the provider have basic training in First Aid and CPR?

Is the provider responsive and supportive of the child’s needs?

Does the provider’s discipline procedure correspond with your own values?

Are you able to obtain references?

Are there any restrictions regarding parent involvement?

Program

Yes  No

Are activities planned? What kind of activities?

Are the toys and activities age-appropriate?

Are the toys, books, games and puzzles easily accessible to the child?

Are there enough toys and materials to keep the child interested?

Is there a formal policy for contacting the parent in case of an emergency? What is it?