

Starting at birth, every waking moment is a precious opportunity to learn and grow.



High-quality child care is important because the years from age zero to 5 lay the foundation for your child's future success in school and in life.



Finding Child Care

LOCATE: Child Care is a free referral service with information on all regulated child care in Maryland.

Referral specialists help parents identify care based on personal preferences including program type, location, and cost. Call 877-261-0060 to speak with a LOCATE counselor about child care needs.

Servicio especial en español

Llame a LOCATE: Child Care al 800-999-0120 español@marylandfamilynetwork.org

Looking for child care in DC, Virginia, or another state? Search for your local Child Care Resource & Referral agency here:

[ChildCareAware.org/ccrr-search-form](https://www.childcareaware.org/ccrr-search-form)



Evaluating Quality

Be an advocate for your child and find the best child care program possible.

All early care is also early education. You want an environment that is going to nurture your child's potential, and this is important for infants and toddlers as well as preschoolers. Visit alone first, without children. This makes it easier to stay focused and pay attention to all areas of the program. Take notes, and come to each visit with a "wish list" and questions. Ask about the program's philosophy and beliefs about child development. Ask about teacher training and qualifications. Observe how teachers and staff interact with children.

For more on how to find high-quality child care, visit **[ECEToolkit.org/high-quality-child-care](https://www.ecetoolkit.org/high-quality-child-care)**



Paying for Child Care

Child care is expensive, and paying for care is a challenge for many families.

For guidance on how to budget for child care costs, visit **[ChildCareAware.org/budgeting-child-care](https://www.childcareaware.org/budgeting-child-care)**

Learn more about tax credit and programs that may help you pay for child care at **[ECEToolkit.org/paying-for-child-care](https://www.ecetoolkit.org/paying-for-child-care)**



Young children are always learning!

High-quality child care is part of a bigger picture of childhood development. Here are a few great websites for parents, grandparents, extended family, and anyone who cares for young children:

[HealthyChildren.org](https://www.healthychildren.org)
[ZERotoTHREE.org](https://www.zerotothree.org)
[PEPparent.org](https://www.pepparent.org)
[Vroom.org](https://www.vroom.org)



For more information, visit the parent pages in the Early Care & Education Toolkit for Employers

[ECEToolkit.org/resources/parents](https://www.ecetoolkit.org/resources/parents)