

Navigating childcare while employed: accessing and affording quality early learning programs

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attendance



Agenda

- The childcare landscape
- Finding your fit
- Selecting care
- Paying for care
- NAU's Early Learning and Development Center



The childcare landscape

Access

Affordability

Quality



The childcare landscape

Access: who has a spot?

- 11 million children under age 5 are in childcare weekly
- More spots for PreK, limited spots for infants and toddlers
- Childcare deserts

Affordability: who can pay for care?

- Affordable childcare is not above 7% of a family's income
- Infant childcare exceeds annual in-state tuition at a public university in 34 states
- More expensive than most other household expenses

Quality: how does care affect my child?

- Research on long-term benefits of high-quality early learning
- Effects of lower quality programs



James Heckman, from *Lifecycle Benefits*

Comprehensive, quality
early learning results in better
outcomes for females:



MORE YEARS
OF EDUCATION



HIGHER
GRADUATION
RATES



HIGHER ADULT
EMPLOYMENT/
INCOME



HIGHER
PARENTAL
INCOME

Starting earlier provides greater returns. Learn more.

www.heckmanequation.org

James Heckman, from *Lifecycle Benefits*

High quality birth-to-five programs for
disadvantaged children can deliver a

13%
Return on Investment

Starting earlier provides greater returns. Learn more.

www.heckmanequation.org



New Research

Perry Preschool: Intergenerational Effects

Children who receive
high-quality early
childhood supports
have significantly
better life outcomes
and pass the positive
effects on to their
children.



Finding your fit

Family Values



Child
Temperament



Program
Philosophy



Family values and style

- Principles or standards of what is important to your family
 - *Social, spiritual/morals, work/play, education, entertainment/technology, time, character, financial, health*



- What qualities do you value in other families, friends, or important figures?
- How do you want everyone to feel when you are all at home?
- How do you spend your time together and away?
- What character flaws in other people drive you nuts?
- What do you find yourself repeating over and over again to your kids?

Family Values Assessment

Achievement/accomplishment
Advancement
Autonomy
Balance
Belonging to a group
Building something
Challenge
Compassion
Competition
Creativity
Creating something new
Creating beauty
Creating change (e.g. social change)
Creating information
Decision-making
Entrepreneurship
Equality
Excitement/risk
Fame
Family happiness
Financial security
Friendships
Fun
Happiness
Harmony
Health
Helping others/serving people
Influencing people
Improving or perfecting something

Independence
Integrity
Leadership
Learning/growing/gaining wisdom
Leisure
Listening
Mastering a technique/field
Personal development
Physical activity
Receiving recognition/impressing people
Repairing or fixing something
Respect
Risk-taking
Safety
Security
Self-expression
Spirituality
Stability
Status
Teamwork
Tenacity
Visioning
Wealth
Other: _____
Other: _____
Other: _____
Other: _____
Other: _____



Child temperament

- The way children respond and react to the world
 - *Easy-going, slow to warm, active/feisty*



- Does your child prefer to play alone or with other children?
- How does your child typically express their needs or interests?
- Does your child go with the flow or do they prefer routines and order?
- When your child has a problem, how do they handle the issue?
- What is your child's typical mood or disposition?

Child Temperament Assessment

⊗ Activity Level:

Very Active

wiggle and squirm, difficulty sitting still

Not Active

sit back quietly, prefer quiet sedentary activities

⊗ Distractibility:

Very Distractible

Difficulty concentrating

Difficulty paying attention when engaged in an activity

Easily distracted by sounds or sights during activities

Not Distractible

High degree of concentration

Pays attention when engaged in an activity

Not easily distracted by sounds or sights during activities

⊗ Intensity:

Very Intense

Intense positive and negative emotions

Strong reactions

Not Intense

Muted emotional reactions

⊗ Regularity:

Very Regular

Predictable appetite, sleep patterns, elimination

Not Regular

Unpredictable appetite, sleep patterns, elimination

⊗ Sensory Threshold:

High Threshold

Not sensitive to physical stimuli including sounds,

tastes, touch, temperature changes

Falls asleep anywhere, tries new foods, wears new clothing easily

Low Threshold

Sensitive to physical stimuli including sounds,

tastes, touch, temperature changes

Picky eater, difficulty sleeping in strange crib/bed

⊗ Approach/Withdrawal:

Tendency to Approach

Eagerly approaches new situations or people

Tendency to Withdraw

Hesitant and resistant when faced with new situations, people, or things.

⊗ Adaptability:

Very Adaptable

Transitions easily to new activities and situations

Difficulty Adapting

Has difficulty transitioning to new activities or situations

⊗ Persistence:

Persistent

Continues with a task or activity in the face of obstacles

Doesn't become frustrated easily

Easily Frustrated

Moves on to a new task or activity when

faced with obstacles. Gets frustrated easily

⊗ Mood:

Positive Mood

Reacts to the world in a positive way, generally cheerful

Serious Mood

Reacts to situations negatively, mood is generally serious



Program philosophy

- The beliefs and values that a school holds for its education framework
 - *Play-based, Montessori, Waldorf, Reggio*

- What should the environment look like?
- How should my child learn?
- What is the role of the teacher?
- What are my long-term plans for school?



Early Childhood Education Philosophies



Play-Based/Cognitive-based

- Encourage curiosity, exploration, and problem-solving
- Activities based on children's interests, with learning centers
- Balance of child and teacher-led activities
- Open-ended play, focused on the process

Montessori

- Play is the work of the child
- Specially designed materials for child "work" and discovery
- Uninterrupted time for work to develop specific skills from a prescribed range of options
- Multi-age classrooms

Early Childhood Education Philosophies



Reggio Emilia

- Art as the language of children
- Teachers, families, and the community co-construct knowledge
- Topics of study based on interests of children
- Collaborative work to solve problems

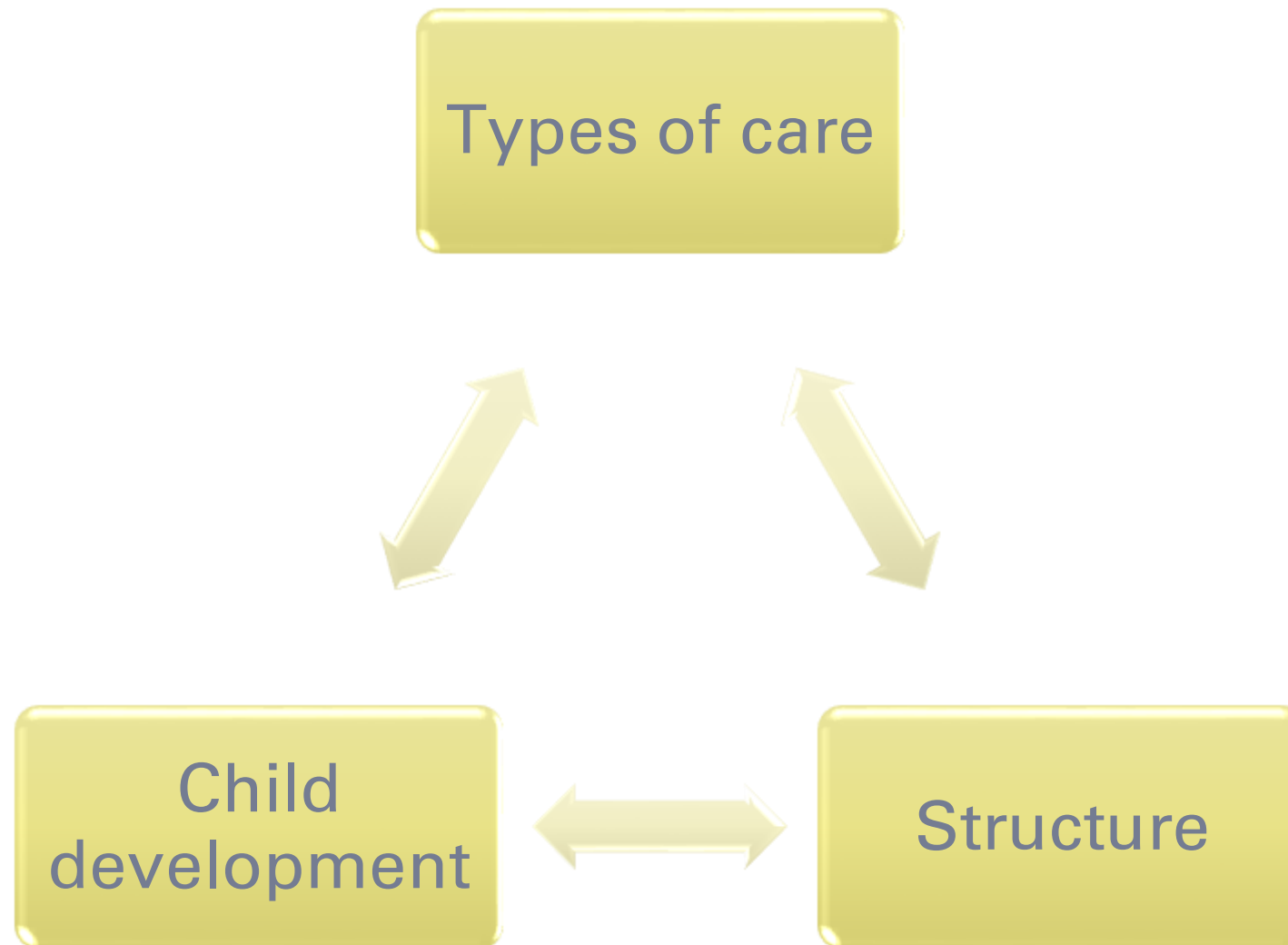
Waldorf

- Focus on creative thinking and natural interests in learning
- Art and nature are emphasized
- Pre-academic work developed through activities, not content
- Looping of the teacher
- Focus on wholistic, spiritual growth

Knowing your family and child will help you identify what aspects of a program are most important to you, guiding your choice



Selecting a child care




Types of care



Family, friend, and neighbor care

- Refers to care provided in a home who is a relative, friend, neighbor, babysitter or nanny
- Pros: lower cost, personal relationship, home-like feel, multi-age
- Cons: not regulated, may have lack of training, various group sizes, closures, policies



Family (in-home) child care

- Refers to care provided in someone's home as a business
- Pros: lower cost, longer hours, personal relationship, home-like feel, multi-age, meals/snacks
- Cons: sometimes not regulated, may have lack of training, various group sizes, closures, policies

Types of care cont.

Center-based care

- Refers to child care or preschool programs outside of a home setting
- Pros: regulated, trained caregivers and teachers, health/safety conscious, environment, policies
- Cons: higher cost, larger ratios, continuity of care

Subsidized programming

- Refers to federally or state-funded programs, such as Head Start or school district special education
- Pros: standards of care, tuition free
- Cons: must be income eligible, some programs are part-day or school year only

Structures of programs

Group sizes and ratios



- How many children are in the classroom at once?
- What is the adult to child ratio?
- Infants: 1:5 or 2:11, four and fives: 1:15

Adult training and education



- What experience and training do they have?
- Minimum of 6 months experience with 18 hours of training each year
- Background checks, references, statement of immunity

Health and safety



- What policies and procedures do they have in place?
- Cleaning, illness policies, inspections
- Communication practices and written procedures

Take a look

Hello, my name is Shakie and I have a small group home childcare/preschool in Gilbert.

Qualifications and Services

- *Early Childhood Education (ECE) Degree
- *First aid and CPR certified
- *15 years experience
- *Offer age appropriate lesson plans
- *Provide healthy meals and snacks
- *Teach techniques for good hygiene

Please message or call me at [show contact info](#) for any questions, or to arrange a test day.
I take pleasure in what I do and I look forward to taking care of your toddlers or preschoolers.

Take a look

- [Madison Christian Children's Center](#)
- 6202 N 12th St, Phoenix, AZ 85014
- Starting at \$130/wk

- **Description:**
- The Madison Christian Children's Center provides a childcare program in Phoenix, Arizona. They encourage the children's holistic growth through play-based and child-centered activities. They also aim to develop the children's social skills, emotional growth, and physical coordination using the Montessori method. The Madison Christian Children's Center is open Mondays to Fridays from six thirty AM to six PM.

Child development

Daily routines



- Active versus passive
- Daily schedule
- Do children know what to do?

Environment



- Materials and activities
- How is the room organized?
- How do children interaction (or not) with the materials?

Interactions



- Climate and rapport of adults
- Behavior guidance
- Instructional support

*Look for programs committed to improving, such as Quality First or Accreditation





Take a look



Take a look



Helpful checklists

NAEYC: What
to look for in
a program

Child Care
Resource and
Referral

Child Care
Aware

Paying for childcare

Know your
income

Public
supports

Private
supports

NAU
supports



Calculate your income

- Federal Poverty Level or Poverty Guidelines
 - Determine financial eligibility for some federal and state programs



FPL Calculator

Enter income here:

Above income is: Yearly
 Monthly
 Weekly

Family size (including yourself):

Living in: Alaska
 Hawaii

Your yearly income is: % of Federal Poverty Level



Public supports

- Department of Economic Security (DES)
- Quality First Scholarships
- Head Start
- Elevate PreK
- Department of Child Care and Development (DCCD, Navajo Nation)




Private supports

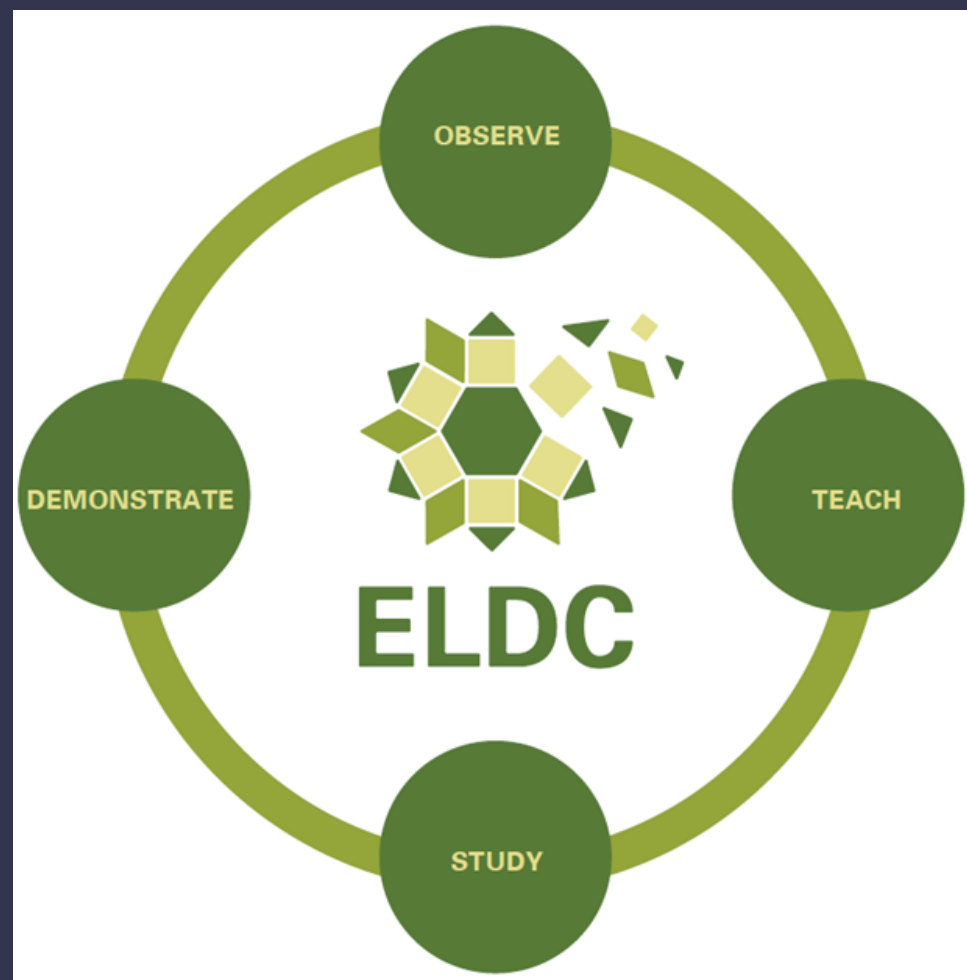
- Site-sponsored scholarships
- Multi-child discounts
- Faith-based scholarships

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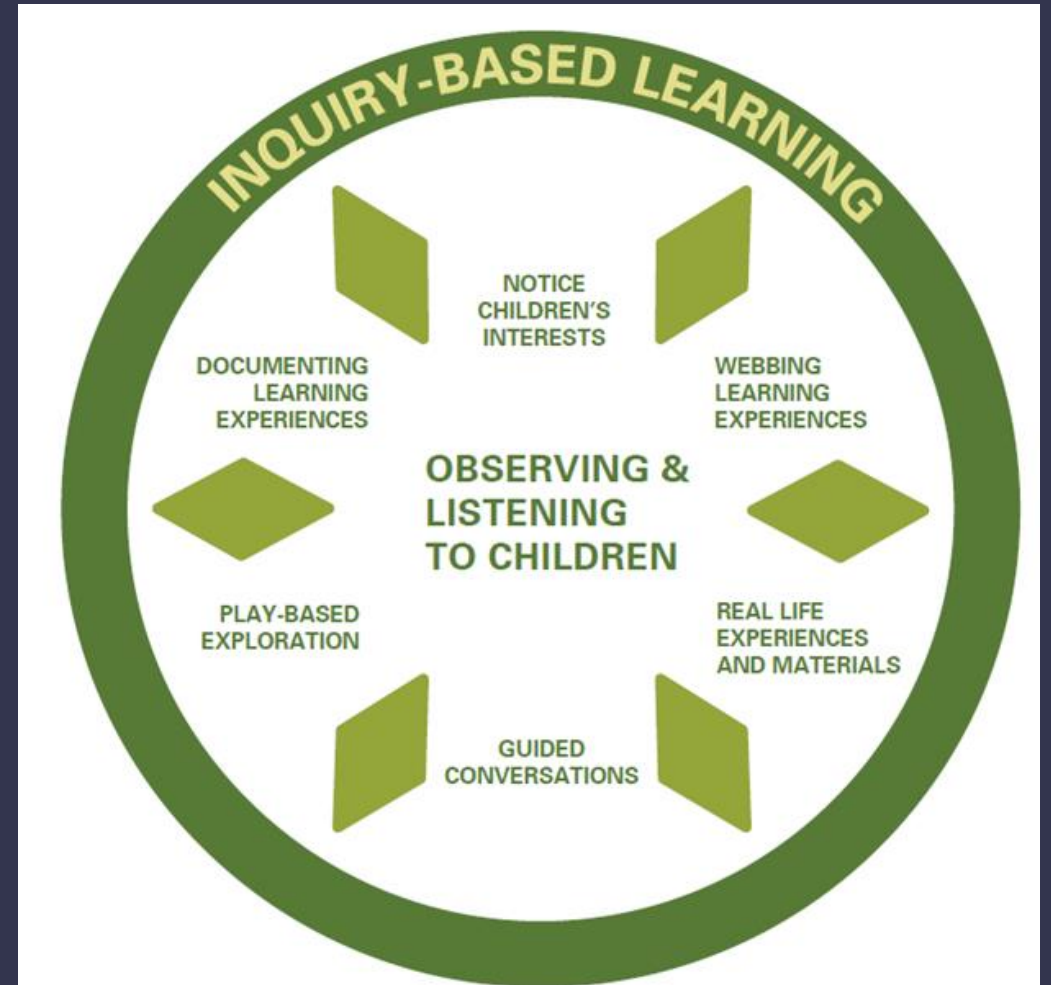
NAU supports

- 
- A decorative graphic consisting of five dark blue, curved, dashed line segments arranged in an arc at the top right of the slide.
- Higher Education Child Care Project (HECCP)
 - Child Care Voucher Program (CCV)
 - Child Care Access Means Parents in Schools (CCAMPIS)
 - Advocate for employer resources!

We exemplify an **inquiry approach** to teaching and learning, improving inclusive early childhood pedagogy through education, research and community engagement



NAEYC accredited
Inquiry-based learning
Lab school programming
Mission driven practices



Questions? Thank you!



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<https://nau.edu/early-learning-development-center/>



Resources and References

Child Care Aware. <https://www.childcareaware.org/>

García, Jorge Luis, James J. Heckman, Duncan Ermini Leaf, and María José Prados. "The Life-cycle Benefits of an Influential Early Childhood Program." (2016): n. pag. Web. www.heckmanequation.org

National Association for the Education of Young Children (NAEYC). www.naeyc.org

Child Care Resource and Referral. www.azccrr.com

