

# SCHOOL-AGE CHILD CARE: A GUIDE FOR PARENTS AND CAREGIVERS



The needs of school-aged children are many and varied. When looking for quality care for your school-aged child, consider staff/provider training, space for physical activities, educational materials, study habits, and transportation availability. Outlined below are some key concepts defining **Cognitive**, **Social**, **Physical**, and **Emotional** growth stages in school-aged children. An understanding of these concepts will aid you in finding appropriate care for your child.

## **Cognitive**

Cognition refers to the process of thinking and reasoning. Children develop an understanding of themselves and the world around them through observation and interaction with others. Children need stimulation and a variety of meaningful activities to help with their cognitive development.

## **Social**

Children should be provided with opportunities to develop social skills through cooperation, non-competitive games, problem solving, and interacting with each other. Teachers should offer guidance and model desired behaviors. Children learn to solve their own conflicts by stating the problem, becoming aware of their own and of others' feelings, figuring out the consequences of his/her actions, and accepting compromises.

## **Physical**

Children should have daily opportunities to exercise. Outdoor activities help children to use their muscles and they get an opportunity to learn about outdoor environments. Children will have different climbing abilities, running skills, balancing skills, coordination, and strength. The play environment should be equipped and arranged to present challenges appropriate to the skills of all children.

## **Emotional**

Children should engage in many one-on-one activities and conversations. Adult caregivers need to be supportive of school-aged children as they acquire skills and provide the necessary support to help the child accomplish the task. Children need to be praised for their accomplishments and made to feel that they are in control of themselves.

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# CHECKLIST FOR SCHOOL-AGE CARE

## **Cognitive**

Is a range of creative activities available? Yes\_\_\_\_\_ No\_\_\_\_\_

Can the child choose among several activities? Yes\_\_\_\_\_ No\_\_\_\_\_

Is the child allowed to initiate activities? Yes\_\_\_\_\_ No\_\_\_\_\_

Does the caregiver offer stimulation and guidance? Yes\_\_\_\_\_ No\_\_\_\_\_

Is there supervised homework assistance? Yes\_\_\_\_\_ No\_\_\_\_\_

## **Social**

Are there opportunities to choose from a group of friends? Yes\_\_\_\_\_ No\_\_\_\_\_

Does the child get individual attention? Yes\_\_\_\_\_ No\_\_\_\_\_

Is the child's social skill development encouraged? Yes\_\_\_\_\_ No\_\_\_\_\_

## **Physical**

Is a large play space available? Yes\_\_\_\_\_ No\_\_\_\_\_

Is the physical activity varied and non-competitive? Yes\_\_\_\_\_ No\_\_\_\_\_

Are nutritious snacks and rest areas provided? Yes\_\_\_\_\_ No\_\_\_\_\_

## **Emotional**

Does the caregiver have enough time for each child? Yes\_\_\_\_\_ No\_\_\_\_\_

Is the caregiver flexible? Yes\_\_\_\_\_ No\_\_\_\_\_

Is the caregiver respectful of children individually? Yes\_\_\_\_\_ No\_\_\_\_\_

Are the children given opportunities to make decisions? Yes\_\_\_\_\_ No\_\_\_\_\_

Do activities increase the child's sense of accomplishment? Yes\_\_\_\_\_ No\_\_\_\_\_

Are limits clear and age-appropriate? Yes\_\_\_\_\_ No\_\_\_\_\_

Are types of affection and discipline compatible with yours? Yes\_\_\_\_\_ No\_\_\_\_\_