

Family Childcare Planning Checklist

Having a family member care for your child can be a wonderful arrangement, but a little planning upfront can help everyone feel supported and avoid misunderstandings later.

Schedule & Availability

1. What days and hours will care be needed?
2. Is the caregiver available consistently during those hours?
3. Are there regular appointments, commitments, or travel plans that may affect availability?
4. What is the plan if care is needed earlier or later than expected?

Daily Care & Routines

1. What time does the child typically wake, eat, and nap?
2. What are the child's feeding preferences and routines?
3. Are there any allergies, dietary restrictions, or special instructions?
4. What activities are encouraged during the day?

Safety Expectations

1. Is the caregiver familiar with current safe sleep recommendations?
2. Is the home child-proofed for the child's age and developmental stage?
3. Does the caregiver know emergency contact information?
4. Has the caregiver received CPR or first aid training?

Parenting Preferences

1. How would you like discipline handled as your child grows?
2. Are there family rules you would like consistently followed?
3. What behaviors require immediate communication with parents?
4. Are there topics where parenting styles may differ and need discussion?

Communication

1. How often would you like updates during the day?
2. What information should be shared daily?
3. How should concerns or disagreements be discussed?
4. Is there a preferred method of communication (text, call, app, etc.)?

Transportation & Outings

1. Will the caregiver transport the child?
2. Is an appropriate car seat available and installed correctly?
3. Are there restrictions on where the child may be taken?
4. Should parents be notified before outings?

Backup Care Plan

1. What happens if the caregiver becomes ill?
2. Is there another trusted family member who can help?
3. Do we have a professional backup childcare option available?
4. Have we identified a trusted in-home care service for unexpected gaps in coverage?

Remember:

The goal isn't perfection. It's creating a childcare arrangement that supports your child, respects your caregiver, and helps preserve the family relationships that matter most.

Need a backup plan?

Even the most dependable family caregivers may occasionally need time off for appointments, travel, illness, or unexpected emergencies. Motherhood Center's trusted in-home childcare professionals can provide temporary support when your family's usual childcare plan is unavailable. Contact us to learn more about our in-home care services.