

Family Education Packet

Keeping Your Children Safe

Information and resources to help ensure your children are safe, healthy, and successful learners.



Missouri's Early Care & Education
Connections

Early Care and Education Resource and Referral services are in-part funded by the Department of Elementary and Secondary Education, Office of Childhood

Contents

How Do I Know My Children Are Safe?.....	2
How Do I Know a Program is Following the Rules?	3
How Do I Share a Concern?	3
Missouri Child Care Compliance Offices	4
What are Safe Sleep Practices?.....	5

How Do I Know My Children Are Safe?

State governments set minimum health and safety requirements for licensed child care programs, as well as license-exempt child care programs operated by a religious organization and nursery schools. Child care programs must meet these requirements to legally operate their business. Those minimum requirements cover things like ongoing training for child care staff on topics such as CPR and safe sleep, emergency planning, sanitation standards, and a criminal background check for child care program staff.

View Missouri licensing rules for family child care homes by scanning the QR code, or visiting: sos.mo.gov/CMSImages/AdRules/csr/current/5csr/5c25-400.pdf



View licensing rules for group child care homes and child care centers by scanning the QR code, or visiting: sos.mo.gov/CMSImages/AdRules/csr/current/5csr/5c25-500.pdf



View rules for license-exempt religious organizations and nursery schools by scanning the QR code or visiting: sos.mo.gov/CMSImages/AdRules/csr/current/5csr/5c25-300.pdf



How Do I Know a Program is Following the Rules?

You can view inspection reports and substantiated complaints for all licensed and license-exempt providers, as well as providers that receive child care subsidy by scanning the QR code or visiting: healthapps.dhss.mo.gov/childcaresearch/



How Do I Share a Concern?

If you want to file a health and safety complaint against a child care program, the State of Missouri will review your complaint and determine if an investigation is needed. If a report is investigated, it is assigned to a Compliance Inspector. Depending on the type of complaint, the child care facility may be referred for possible legal action. The summary of all substantiated complaints is available to the public through the Show Me Child Care Provider Search. To file a health and safety complaint, scan the QR code below, or visit:

<https://dese.mo.gov/childhood/child-care/concerns>



You can also contact your region's licensing compliance office to share concerns or ask questions. Please see the contact information below. You can also scan the QR code or visit:

<https://dese.mo.gov/childhood/child-care/district-offices>





Missouri Child Care Compliance Offices

Raytown Regional Office for Child Care Compliance

Phone: (816) 350-5450

Fax (816) 350-8925

Address: 8800 E 63rd, Suite 600. Raytown, MO 64133

Macon Regional Office for Child Care Compliance

Phone: (660) 385-3125

Fax: (660) 385-6214

Address: 1716 Prospect, Suite C. Macon, MO 63552

Springfield Regional Office for Child Care Compliance

Phone: (417) 895-6541

Fax: (417) 895-6994

Address: Landers State Office Building
149 Park Central Square, Suite 116. Springfield, MO 65806

Columbia Regional Office for Child Care Compliance

Phone: (573) 441-6226

Fax: (573) 884-7607

Address: 900 W. Nifong, Suite 215. Columbia, MO 65203

Jefferson City Regional Office for Child Care Compliance

Phone: (573) 751-2891

Fax: (573) 526-5345

Address: 205 Jefferson Street, 1st Floor. Jefferson City, MO 65101

St. Louis Regional Office for Child Care Compliance

Phone: (314) 877-0210

Fax: (314) 877-0203

Address: 220 South Jefferson Avenue, 2nd Floor. St. Louis, MO 63103

Cape Girardeau Office for Child Care Compliance

Phone: (573) 290-5809

Fax: (573) 290-5854

Address: 471 Siemers Drive, Suite H. Cape Girardeau, MO 63701

What are Safe Sleep Practices?

American Academy of Pediatrics (AAP) Safe Sleep Recommendations help ensure a safe sleep environment for the first year of an infant's life. Their safe sleep recommendations are:

- The infant should lie flat on their back for every sleep.
- Use a firm, flat, non-inclined sleep surface to reduce the risk of suffocation, wedging or entrapment.
- Feeding children human milk is associated with a reduced risk of SIDS.
- It is recommended that infants sleep in the parents' room, close to the parents' bed, but on a separate surface designed for infants.
- Keep soft objects away from the infant's sleep area. This includes pillows, toys, quilts, comforters, and loose bedding, such as blankets and nonfitted sheets.
- Consider offering a pacifier at naptime and bedtime.
- Avoid smoke and nicotine exposure during pregnancy and after birth.
- Avoid alcohol, marijuana, opioids, and illicit drug use during pregnancy and after birth.
- Avoid overheating and head covering in infants.
- AAP recommends pregnant women seek and obtain regular prenatal care.
- Infants should be immunized following AAP and CDC recommendations.
- AAP recommends infants have tummy time while supervised and awake. This supports development and lowers the risk of an infant's soft skull becoming flattened in one area, due to repeated pressure on one part of the head.

For more information, scan the QR code below, or visit: aap.org/en/patient-care/safe-sleep/

