

# Child Care Information

## Returning To Work

Returning to work and leaving your child in the care of someone else is an emotional experience for most parents. Give yourself plenty of time to find the type of child care that you will be comfortable with. There will be a lot of adjustments to make so ensure that you have realistic expectations of yourself. Wherever possible, try to share family responsibilities.

## Choosing Quality Child Care

*“A child’s development is profoundly affected by the quality of their relationships with their parents and other important caregivers. Their needs for health and safety must be met, as well as their needs for social learning and emotional support. Recent research has confirmed that at birth, parts of the brain are largely undeveloped and that children’s early attachments and early experiences have a direct affect on their brain development. As a parent, choosing the right child care provider for your child is one of the most important decisions you will make.”* From *The First Years Last Forever* at [http://www.cich.ca/publications\\_childdevelopment.html#firstyearsiayc](http://www.cich.ca/publications_childdevelopment.html#firstyearsiayc)

**Quality child care has at its core care providers who are knowledgeable and who genuinely enjoy working with children. They should:**

- Be affectionate and responsive to the needs of children.
- Listen to children when they speak and respond with interest and respect.
- Enjoy playing and interacting with children.
- Demonstrate knowledge about child development and have experience and training specific to child care
- Provide positive guidance and discipline methods that build children's self-esteem and self-confidence. (For information on appropriate methods of guidance and discipline please see the online booklet Guiding Children’s Behaviour at <http://www.healthservices.gov.bc.ca/ccf/child/publicat/comm/com015.pdf>)
- Have clear knowledge about health and safety issues affecting children and have training in first aid and CPR
- Be willing to access community resources, supports, and training.
- Demonstrate cultural sensitivity and respect.
- Be open, informative, and communicative with parents and demonstrate the ability to work together with families to develop common goals.

**Some indicators of quality in the child care setting include:**

- A warm and welcoming environment
- Low child-to-staff ratios, group size, and turnover of staff
- A daily schedule that is flexible and allows for the individual needs of the children
- An environment that is safe for children
- Ample space which includes opportunities for both quiet and active play
- A fenced outdoor play area with a variety of safe equipment
- A good supply of developmentally appropriate materials
- Planned activities that add interest and variety to the program
- An environment that is child-centered and provides opportunities for children to make choices and be independent.
- Materials that are easy for children to reach and displays that are located at children’s eye level
- Children that are happy and actively involved
- Cleanliness: toys, equipment, bathrooms, and food preparation areas are kept sanitary. Diapering areas that are located away from food preparation areas
- Policies that have been developed around issues such as health, safety, and guidance and discipline
- An environment where parents are encouraged to visit

## What Are Your Child Care Choices?

In British Columbia, there are many types of child care. Whether or not a child care program needs a licence depends primarily on how many children the program is caring for. By law, if a provider cares for more than two children not related to them they must be licensed. Quality child care programs that provide a safe, healthy and nurturing environment for children can be found in a variety of settings.

### License-Not-Required (LNR) Child Care

In-own-home care is when you arrange for someone to look after your child in your own home. The caregiver may be referred to as a nanny, an au pair or a babysitter. A parent using in-own-home care is considered to be an employer and must contact the Canada Revenue Agency and the BC Workers' Compensation Board to find out workplace requirements and obligations.

Family child care is the provision of child care in a private home (other than the child's own home) for one or two children who are unrelated to the caregiver. Exceptions to the number of children in care can be made for sibling groups.

LNR child care providers are not regulated by licensing regulations or monitored by licensing officers, and parents are solely responsible for monitoring the quality of care. LNR family child care providers who have chosen to become a member of their local Child Care Resource and Referral Services (CCRR) have gone through a screening process (see Criteria and Benefits).

### Licensed Child Care

Licensed child care is monitored by licensing officers and must meet the requirements of provincial child care regulations. Locally, the Child Care Licensing Program is administered under BC's Community Care Facility Licensing legislation through the Fraser Health Authority. Licensed child care providers must comply with regulations regarding staff qualifications, child/staff ratio, health and safety, space and equipment, and guidance and discipline. Anyone 12 or over who is ordinarily present at a licensed child care facility must go through a criminal record check.

To learn more about this please refer to the online Parents' Guide to Selecting Child Care at <http://www.hlth.gov.bc.ca/ccf/child/index.html#publications>.

## Your Child Care Search

Help is available to families searching for child care through the Provincially funded Child Care Resource & Referral (CCRR) Program. CCRR's provide parents with support, resources & referral services for child care providers and parents in all communities in B.C. They offer parents/caregivers:

- Child care referrals
- Information & consultation
- Referrals to community resources
- Assistance with Child Care Subsidy
- Access to training opportunities
- Newsletters, and much more!

To locate the CCRR in your community visit the MCFD website at: <http://www.mcf.gov.bc.ca/childcare/>.

The YMCA CCRR assists families in the New Westminster, Burnaby & Tri-Cities communities. Visit the YMCA CCRR website at <http://www.vanymca.org/childcare/ccrr/> for information on:

- Child care options
- Selecting a child care provider
- Indicators of quality care
- And much more!

Please visit our website, or contact our office for further information.

### **YMCA CCRR**

#### **Burnaby/New Westminster**

#33—250 Willingdon Avenue, Burnaby, BC  
Ph: 604-294-1109 Fax: 604-294-6278  
Email: [bnwccrr@vanymca.org](mailto:bnwccrr@vanymca.org)

#### **Tri-Cities**

1130 C Austin Avenue, Coquitlam, BC  
Ph: 604-931-3400 Fax: 604-931-3440  
Email: [tricrr@vanymca.org](mailto:tricrr@vanymca.org)

### **Child Care Subsidy**

Child care subsidy is available for those who qualify and are in need of child care. For information on the Child Care Subsidy program, please visit the government website at [www.mcf.gov.bc.ca/childcare/subsidy\\_promo.htm](http://www.mcf.gov.bc.ca/childcare/subsidy_promo.htm).

### **Information for Child Care Providers**

Are you interested in:

- Providing family child care in your home?
- Improving the quality of child care you provide?
- Networking with other providers in your community

We offer the following services to our member caregivers:

- Child care referrals
- Workshop and training opportunities
- Toy/information/resource lending library
- Newsletters about child care issues
- Guidance and consultation on all child care related issues
- And much more!

Visit the YMCA CCRR website at [www.vanymca.org/childcare/ccrr](http://www.vanymca.org/childcare/ccrr) for further information.

***Submitted by the YMCA Child Care Resource & Referral***