

Finding Child Care



KEY TAKEAWAY

Be sure you feel comfortable with anyone you leave your baby with – even if it's just going to be for a few minutes.

Babysitters

Before you leave your baby with a new caregiver – whether a friend, family member or babysitter – prepare by:

- watching them hold and play with your baby
- asking how they would deal with crying or fussiness
- watching as they feed and diaper your baby
- explaining your safe sleep routines (see [Sleep](#))
- asking if they've taken a babysitting and first-aid course
- being clear about your Dos and Don'ts:
 - ✓ Always place the baby on his back for sleeping.
 - ✓ Check the baby often while he's sleeping.
 - ✓ Contact you if there are problems.
- ✗ Never hit or shake the baby.
- ✗ Never leave the baby alone on a change table, couch, adult bed or counter.
- ✗ Never heat a baby bottle in the microwave or on the stove. Use a container of warm tap water instead.

When the babysitter arrives, show them where things are kept – including the list of emergency numbers. Tell them where you're going, when you'll return and how you can be reached.



TRY THIS

Make a list of important numbers and keep it close to the phone. Include:

Emergency numbers:

- 9-1-1 (fire, police, poison control, ambulance)

Non-emergency numbers:

- your cell phone
- doctor
- helpful neighbour
- closest relative
- taxi
- HealthLink BC – 8-1-1

At the top of the list, write:

- your full name and your baby's
- your home phone number
- your address
- your baby's BC Services Card number



FAMILY STORY

After Jacob came into our lives my partner and I would pass by each other like zombies. Using a babysitter once in a while let us reconnect as a couple.

Licensed Child Care

Even if you won't need a licensed child care provider for a while, it's a good idea to start looking early. This gives you time to find an option that works for you and your family.

For more information, contact:

- the Child Care Service Centre (toll-free at 1-888-338-6622)
- Child Care Resource and Referral Centres (ccrr.bc.ca)
- Service BC locations (toll-free at 1-800-663-7876)
- Immigrant Settlement Service Agencies (issbc.org)

See Child Care in the [Resources](#) section.



MONEY SENSE

If you're thinking of using a licensed child care provider, you may be able to get some help with child care costs. Look into the Affordable Child Care Benefit (ACCB), which provides up to \$1,250 per month toward the cost of child care. You can estimate your funding amount with the online estimator at myfamilyservices.gov.bc.ca/s/estimator. Visit the ACCB website for information on how to apply.