



## Accessing Child Care Is Easier Than Ever

### PacificCARE Child Care Resource and Referral Program

promotes the availability of quality child care to families in the Central and Upper Vancouver Island region and Powell River. We also provide information, education, training, and support for families, caregivers and communities. PacificCARE assists parents in finding child care for newborn to 12 years of age.



Photo © The Star, Parksville

[www.pacific-care.bc.ca](http://www.pacific-care.bc.ca)

*Computer Internet services available at our downtown Nanaimo office, for child care related use. Please drop by to access this free service at #9—327 Prideaux St.*

- Child care referral form
- Newsletters
- Crafts
- 0-6 Network
- Services for parents
- Workshops
- Grant and subsidy information
- Links to other related sites



- Referral service to registered child care providers, based on specific needs
- Parent information and brochures pertinent to child care issues
- Consultant services offering guidance, information and support to parents making child care choices
- Access to education opportunities and printed information

Email: [mailbox@pacific-care.bc.ca](mailto:mailbox@pacific-care.bc.ca)

Phone: (250) 716-2022 or 1-888-480-CARE (2273)  
Fax: 716-2023

### BC Government now provides on-line listings for licensed child care throughout the Province.

Families looking for Licensed Child care providers have new options available on the Internet. Centres throughout B.C. are now listing their facilities on the Ministry of Children and Family Development web page.

PacificCARE welcomes this opportunity to offer parents and families additional support by helping them access care for their children through electronic means. To view a list of child care providers on-line, please check the Government of B.C. web site at: [www.mcf.gov.bc.ca/childcare](http://www.mcf.gov.bc.ca/childcare): This site also includes... Funding Information, Special Needs Supplement and Parents' Guide to Selecting Child Care.

PacificCARE serves families and caregivers in the following regions:

- Nanaimo/Ladysmith
- Parksville/Qualicum
- Comox Valley
- Campbell River
- Port Alberni/ West Coast
- North Island
- Powell River

### You may be eligible for Child Care Subsidy

The B.C. Government has announced enhanced child care subsidies for low and middle-income parents of children under six years in regulated care. PacificCARE has applications available in their offices or call the Child Care Subsidy office at 1-888-338-6622. For more information go to: [www.mcf.gov.bc.ca/childcare/](http://www.mcf.gov.bc.ca/childcare/)

**Universal Child Care Benefit** –To find out more and how to apply for funding visit: [www.universalchildcare.ca/en/home](http://www.universalchildcare.ca/en/home)

## Providing Professional Care ... quality child care is always in demand

**B**rain development research shows that quality care, educational experiences, and enriched play have a positive impact on children's development. Studies prove that the early introduction of the influences on children will enable them to develop skills that will benefit them in their adult years.

If you enjoy and respect children, then maybe you would like to care, educate and enrich their lives by working in the child care field. You may be interested to know that PacificCARE offers support and resources for you as a caregiver. Your choices for a career in the child care field range from Live Out Nanny, Substitute Caregivers, License-Not-Required (for the care of two children in your home not related to you by blood or marriage) to the Licensed Family Child Care Home, or larger, staffed Group Day Care Centres. We invite you to contact us for more information. 1-888-480-CARE



### MAKING A QUALITY CHILD CARE CHOICE

From Canadian Child Care Federation  
Resource sheet #34 1/7/05

Finding and keeping quality child care can be challenging. How do you start?

#### What is Quality Child Care?

Child care should support a child's emotional, social, intellectual and physical well-being. Quality child care is not baby sitting.

Caregivers are key to quality child care. They should:

- ◆ understand how children grow and learn

**islandfamilyinfo.ca**

#### Announcing... the NEW Vancouver

Island website for families;- developed by the four Child Care Resource and Referral programs that serve Vancouver Island, the Gulf Islands and Powell River -

Special points of interest:

- Handy directory of local services
- Search by community
- Find out about upcoming events
- Discover great links and articles
- "One stop" for all your family needs

[www.islandfamilyinfo.ca](http://www.islandfamilyinfo.ca)

- ◆ be affectionate and responsive, open and informative
  - ◆ provide a stable and stimulating environment
  - ◆ seek out community resources and support
  - ◆ be willing to develop common goals
- Quality child care settings have common characteristics:
- ◆ clean, safe and secure
  - ◆ a caring, learning environment
  - ◆ a small number of children with each adult
  - ◆ space for quiet activity times, indoor and outdoor play
  - ◆ a balance of interesting activities
  - ◆ flexible, yet predictable daily routine
  - ◆ a variety of easily available toys and equipment
  - ◆ nutritional meals and snacks

#### How Do You Find Quality Care?

First, identify your needs and priorities.

- ◆ Consider your child's age.
- ◆ Do you have more than one child requiring care?
- ◆ Are you eligible for government subsidy?
- ◆ What fee can you afford?
- ◆ Do you prefer centre or home based, regulated or unregulated care?
- ◆ What hours?
- ◆ In what location – near your child's school, your home, your work?

Once you have a list of caregivers and day care centres, it is time to start

telephone interviews. Jot down the questions you want to ask. Visiting potential centres and family day care homes is the next step.

- ◆ Look around.
- ◆ Is this a quality child care setting?
- ◆ Listen.
- ◆ Would you feel good about your child spending time here?

The relationship between you and the caregiver is extremely important

- ◆ It should be one of mutual respect, trust and cooperation.
- ◆ The interview is the time to ask plenty of questions.
- ◆ Don't forget to discuss hours, fees, discipline, sickness, vacations, the involvement of parents.

Check references before you make a final decision. And write a contract or letter of agreement – it can save unnecessary misunderstandings in the future.

#### Being An Effective Child Care Parent

A parent's responsibility does not end with finding child care.

- ◆ The three-way relationship between the parent, caregiver and child requires an ongoing commitment
- ◆ Communication is vital
- ◆ Take the time to hear about your child's day
- ◆ Agree on mutual expectations
- ◆ Voice concerns
- ◆ Express appreciation
- ◆ Live up to the agreement

Stay Aware.