

Childcare, Babysitting, and Parent Resources

for the UMBC Community

The Women's Center and the President's Commission for Women

Diversity is an important piece of the UMBC culture, something that the members of the Women's Center and the President's Commission for Women experience in their work each day. Among this diverse group of people are the parents, particularly mothers, who face their own challenges and successes. The Women's Center and the President's Commission for Women have been working together to create this publication of resources for the parents of UMBC. Knowing the challenges that some may have with finding childcare for their children, this collection of resources will hopefully make this task easier.

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#### **The Women's Center**

The Women's Center exists to assist all women in achieving their full potential in education, career and personal life through academic and intellectual growth, professional development and personal empowerment.

[www.umbc.edu/womenscenter](http://www.umbc.edu/womenscenter)

*Located on the ground floor of the Commons, right next to the Yum Shop.*

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The President's Commission for Women

The President's Commission for Women will advance the study and consideration of issues that directly or indirectly concern women students, faculty and staff on the UMBC campus, and those issues that relate to equal access for women to the educational and employment opportunities at UMBC. By enhancing communication across the campus and initiating programs and activities to remove continuing societal barriers to women, we will, in partnership with the President, highlight UMBC's commitment to women.

www.umbc.edu/women

Women's Center

at UMBC 

**PRESIDENT'S
COMMISSION FOR
WOMEN**

Childcare Resources

Regional/National Search Databases:

All parents and families have a variety of needs and interests. One size does not fit all. No matter what your individual circumstances are, as a parent, you want the best for your children. Using the databases below can be a good way to start a search based on the needs of your children and family.

Care.Com is the largest and fastest growing service for finding high-quality caregivers for every facet of care: child care, special needs care, tutoring and lessons, senior care, pet care, housekeeping and more. Detailed profiles, references and background checks are just a few of the unique services we provide to help families and individuals find and select the best care available. <http://www.care.com/>

Baltimore City Child Care Resource Center (BCCCRC) is a program of Maryland Family Network, serves as the hub for issues relating to the care and education of young children in the City of Baltimore. BCCCRC is a private, non-profit organization, a member agency of the Maryland Child Care Resource Network, and serves parents, child care providers, the business community and others who are interested in early care and education.

<http://www.bcccrc.org/>

Child Care Maryland is a database that keeps up-to-date compliance information about private day cares.

<http://www.checkccmd.org/>

Maryland Family Network works with parents, child care providers, advocates, employers, and policymakers to expand and enhance the early childhood education and child care available to Maryland's children.

Many services developed by MFN are now provided by the Maryland Child Care Resource Network, a statewide network of local child care resource centers (CCRCs). Child care services listed throughout the MFN website will refer you to your local CCRC. <http://www.mdchildcare.org/mdcfc/mcc.html>

National Association of Child Care Resource and Referral Agencies (NACCRRA) promotes national policies and partnerships to advance the development and learning of all children and provides vision, leadership, and support to community Child Care Resource & Referral. NACCRRA leads projects that increase the quality and availability of child care professionals, undertakes research, and advocates for child care policies that positively impact the lives of children and families.

<http://www.naccrra.org/>

Sitter City helps you find experienced babysitters and nannies in your area. And with features like detailed profiles, background checks, references and reviews, we make the process safe and easy. <http://www.sittercity.com>

Local Childcares in the UMBC Area:

This is not an exhaustive list. It has been compiled primarily based on the Women's Center's Mothers Group experiences and or recommendations and none are specifically endorsed by the Women's Center or President's Commission for Women. Please visit the individual sites for additional information.

As a reminder, anytime you're searching for a childcare, especially a private/home facility, check out this resource to make sure your potential provider is certified and in compliance: <http://www.checkccmd.org/>

YMCA Child Care Center at UMBC: Serves ages 2 to 5. 410.455.6830

CCBC Catonsville: Serves ages 2 to 5 years www.cbcmd.edu/childcare/cat/index.html

Downtown Maryland Child Care: Serves ages 12 weeks to Kindergarten. www.dbckkids.org

Emanuel's Child Development Center: serves ages 2 to 5, religious-based. www.emanuelmethodistchurch.com/school/

First Start Child Care and Learning Center: Serves ages 6 weeks to school age. www.firststartcenters.com

La Petit: Serves ages 6+ weeks to 12 years, multiple locations in area. www.lapetite.com

Mt. Providence Child Development Center: serves infants to kindergarten.

www.mountprovidencechilddevelopmentcenter.com/

PACT, World of Care: Serves children with special needs, 6 weeks to 5 years. www.pact.kennedykrieger.org/

Wee Prodigies (formerly called Little Ivy League): Serves ages 6 weeks to 3 years old. www.littleivyleague.com/

UMBCWorks Employer Account: Post on this UMBC site to employ UMBC students as babysitters or nannies.

<https://umbc-csm.symplcity.com/employers/>

Looking for some step by step actions to take when interviewing a day care? Click here:

http://www.mdchildcare.org/mdcfc/pdfs/choosing_child_care.pdf

Babysitter Resources

Things to Think About When Hiring A Babysitter

All parents and families have a variety of needs and interests. One size does not fit all. No matter what your individual circumstances are, as a parent, you want the best for your children. Some of these websites can be a good way to help your search based on the needs of your children and family.

What to Think About When Hiring Care: Before going on a search for babysitters, this website helps you think about what is important to you in a babysitter. It goes through how to set priorities by categorizing your needs into three sections: things you absolutely need, things you ideally want and things you can do without.

<http://www.sittercycle.com/blogs/the-sittercycle-blog/6434582-what-to-think-about-when-hiring-care>

10 Questions to Ask At A Babysitter Interview: If you need suggestions on what to ask while interviewing babysitters, this list has a lot of helpful examples of questions to ask.

<http://www.care4hire.com/tips/16-finding-a-babysitter/#10-questions-you-should-ask-at-a-babysitter-interview>

Signs of a Good Babysitter: This section lists the key characteristics which make a strong babysitter. This can help shape your questions, or help you evaluate the quality of the babysitter you hire.

<http://www.care4hire.com/tips/16-finding-a-babysitter/#signs-of-a-good-sitter>

For more detailed tips on hiring a babysitter, check out this website:

<http://www.care4hire.com/tips/16-finding-a-babysitter/>

Important Items to Discuss With Your Babysitter

Here are some questions to discuss when you are using a babysitter, especially for the first few times

- ◇ Have you left an updated list of the important and emergency phone numbers needed? This is including doctors, neighbors, friends, relatives, police, fire, and poison control center and ambulance/rescue squad?
- ◇ Have you left a work phone number where your babysitter can contact you? Have you explained whether it is acceptable to call for questions or only if there is an emergency?
- ◇ Have you explained any rules for the children that need to be followed, such as rules for the TV, computer or electrical appliances like the microwave? What about playing outside? Going to a friend's house? Walking or riding bicycles around the neighborhood?
- ◇ Did you go over the general schedule of the day for your children? This is including times to eat, sleep, do homework, play.
- ◇ Can the babysitter take a small child out in a stroller to a park or for a walk around the neighborhood?
- ◇ Is it acceptable for the babysitter to answer the home phone?
- ◇ Is it necessary for the babysitter to have a key to the house in case they get locked out? Is there a house alarm system to be concerned about?
- ◇ If you have pets, did you explain their care as well?
- ◇ Can the babysitter change the temperature of the house via thermostat or air conditioner?

Did you know the Women's Center has started a Babysitters List?

If you're looking for a babysitter and want to hire a UMBC student, stop by the Women's Center to check out the list and availability.

Parent Resources

The National Association for the Education of Young Children (NAEYC)

NAEYC is the world's largest organization working on behalf of young children with nearly 80,000 members, a national network of more than 300 state and local Affiliates, and a growing global alliance of like-minded organizations.

To access requires a login account.

<http://www.naeyc.org/content/families-today>

National Family Resiliency Center:

The National Family Resiliency Center, Inc. (NFRC) helps children and adults better understand and accept the realities of life-changing experiences in their family and gives them the guidance they need in order to identify and express their feelings in a healthy and healing way. They also provide families and professionals with programs and resources to help them navigate the emotionally challenging process of changes that occur throughout the life cycle.

<http://www.divorceabc.com/default.htm>

KIDPOWER™ :

Kidpower™ is a charitable educational nonprofit organization. Their vision is to work together to create cultures of caring, respect, and safety for all. Their mission is to teach people of all ages and abilities, especially children in need, to use their power to stay safe, act wisely, and believe in themselves.

Dr. Kim Leisey, the Associate Vice President of Student Affairs at UMBC, is the director of their regional site, Chesapeake and Potomac Center. They offer the following workshops:

Parent/Caregiver safety skills workshop

Parent/Caregiver and child everyday safety skills workshop (ages 4-8 and 9-13)

Teen, college student and adult every day safety skills and self defense workshops.

To see their resource library, click here: <http://www.kidpower.org/library/>

For more information about these workshops, click here: <http://www.kidpower.org/what-we-do/chesapeake.html>

or follow them on Facebook: <https://www.facebook.com/KidpowerChesapeakeAndPotomac>

Mother's Group at Women's Center at UMBC

All UMBC mothers are welcome! Share a cup of tea and your stories/struggles, celebrations about one of life's greatest & most challenging experiences! The Mother's meeting takes place at 10am on the second Friday of every month.

An active listserv and myUMBC page are also available to all moms as an additional resource to connect with other parents on campus. For more information or to sign up on our listserv email womens.center@umbc.edu. Join the

myUMBC page at: <http://my.umbc.edu/groups/umbcmoms>

Flexible Spend Account: Did You know?

The FSA allows employees to set aside money on a pre-tax basis for a wide variety of common health care and dependent day care expenses for you and your eligible dependents. Dependent Care Spending account allows for a minimum of \$120 to a maximum of \$5,000 to be withheld to pay out-of-pocket expenses associated with day care costs (day care fees, after care costs for children, etc.) Visit HR's website for additional information:

<http://www.umbc.edu/hr/newemployeeesources/FSA.html>

Newsletters/Blogs/Online Communities:

Daily Parent Newsletter (a resource from Child Care Aware)

<http://childcareaware.org/parents-and-guardians/newsletters/daily-parent-archives>

Baltimore Child

<http://www.baltimoreschild.com/home/index.cfm>

BaltimoreMommies

<http://www.baltimoremommies.com/>

Please Note:

The President's Commission for Women is in the process of contacting several corporate childcares to secure opportunities for UMBC discounts. Stay tuned for more information!

What Parents Should Know:

Types of Child Care:

Family Child Care is child care provided in the caregiver's home. Regulations allow up to eight children at any one time (the specific number of children a provider is allowed to care for will be indicated on the registration certificate). No more than two of these children, including the provider's own, may be under two years old.

Group Child Care Centers are operated in "non-home" settings such as schools, churches, synagogues, and other buildings. Centers tend to be open on a fixed schedule of eight or more hours a day, year round. Children at centers are usually grouped with others of the same age.

School Age Care refers to programs for children before and/or after school hours and during school holidays and vacations. Both family child care and center-based settings can offer this kind of care.

Nursery Schools provide programs with an "educational" focus for children one or two years before they enter kindergarten. Usually, they operate part-day, nine months a year.

Kindergartens, both public and private, offer children the year of schooling before first grade. Usually, they operate part-day, nine months a year.

Summer Programs refer to center or school-based settings for school-age children, licensed by the Office of Child Care. The programs are offered during the summer months.

Camps refer to day, residential, travel or trip camps certified by the Maryland Department of Health and Mental Hygiene and provide primarily outdoor recreation activities.

Inclusion and Special Needs: According to the IDEA, any child care program receiving federal funding are required to include children with special needs.

Regulations in the State of Maryland:

In Maryland, the Department of Education/Office of Child Care (OCC) licenses family child care homes, child care centers, pre-school programs and school-age programs. A family child care home is required to be licensed if the provider is not related to each child and provides care on a regular basis for more than 20 hours per month. Other important regulations include:

- ◆ Criminal records check for family child care providers and all adult residents of their homes age 18 and older. Centers are required to have a criminal records check on all employees and volunteers age 18 and over.
- ◆ For every 20 children in the child care center there must be one staff member trained in First Aid and CPR. Family child care providers are required to have First Aid, CPR and SIDS training.
- ◆ Family child care providers and center staff are required to complete a specific amount of continued training.
- ◆ Family child care homes are licensed for a maximum 8 children. Of these children, only 2 may be under the age of 2. The providers' children under age 6 are considered child care children.
- ◆ The license must be displayed in a location visible to parents. The provider's or program's capacity, as well as any license restrictions are shown on the license.
- ◆ Prior to admission to a child care center or family child care home, children are required to have a written health report including evidence of up-to-date immunizations. Children are excluded from care when they have symptoms of acute illness, or during the period of communicability of a serious infectious disease.
- ◆ Licensed child care providers must have an "open door" policy. Parents may visit and/or observe at any time when the program is operating, without prior arrangement.

Remember, as a parent you have your own standards and requirements and will look for providers that meet them. It is up to you to make sure the provider or program that you choose for your child meets the needs of your child and family.

The Women's Center, in collaboration with the Presidents Commission for Women, seeks to provide important information and resources to support parents on campus. We recognize that access to childcare and resources are essential to our enrollment, retention, graduation, and success of student parents, in the lives of their children, and to recruiting and retaining high quality faculty and staff.

We are committed to providing additional resources and support. Please continue to check the Women's Center and the President's Commission for Women websites for additional resources and updates!