

## II. CHILDCARE

# Childcare Options

Returning to work after the birth of your baby can be a very emotional and difficult time. It can be very difficult to leave your child with a caregiver for the first time. If you are feeling anxious or uncertain, know that you are not alone! Be confident in yourself and the decision you made. Whatever your decision, know that you are making the best choice for you and your family.

Thankfully, childcare options have come a long way. Many regulatory and “watch dog” agencies are now in place to assess childcare environments and provide training and education to anyone working with children. There are also many different choices available to parents to fit your individual needs. Take the time to evaluate your needs honestly. Research your options thoroughly. Doing this will help to ease your mind during the workday, and will ensure a good situation for everyone.

### CHOOSING THE RIGHT CARE

- What kind of environment do we want for our child?
- Do we need a flexible care plan?
- How much can we afford to spend?
- Do we want our baby close to work?
- What size setting do we want?
- How convenient do we need the care to be?
- Do we want someone in our home on a daily basis?

Check out the National Network for Child Care at [www.nncc.org](http://www.nncc.org) for up to date resources about childcare.

### NANNY

#### Advantages

- Child remains in the comfort of your home.
- Avoid hectic drop off and pick-up of your child.
- Not necessary to pack-up your child with supplies each day.
- Your child is not exposed to as many people or children, therefore decreasing the exposure to germs and illnesses.

- If agreed upon, the nanny can help with housekeeping tasks around the house allowing more “quality time” with your child at the end of the day.

#### Keep in Mind

- A good nanny agency will interview YOU, listen to your needs, and match you with potential candidates for you to interview.
- Make sure you give an honest, philosophical perspective on your family life, especially on discipline.
- These candidates affect the balance of your home life; you will want the nanny to meld into your family life harmoniously.
- Ask for a commitment that will suit your needs (six months, 1year).
- You must be selective and follow your instincts. If you feel like the candidates aren't the right match, keep searching. It's very disruptive to the family routine if you have to make a change soon into the job.
- Have a potential nanny come to your house and observe how they interact with the children. Look for politeness and respect for the mom, and joy and excitement with the kids.