Childcare, Babysitting, and Parent Resources
for the UMBC Community

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

Diversity is integral to the UMBC culture and campus community. Among this diverse group of people are the parents, particularly mothers, who face their own challenges and successes. Several semesters ago, the Women's Center and the President's Commission for Women worked together to create this publication of resources for the parents of UMBC. The Women's Center continues to update it each semester and on a as-needed basis. Knowing the challenges that some may have with finding childcare for their children, this collection of resources will hopefully make this task easier.

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.
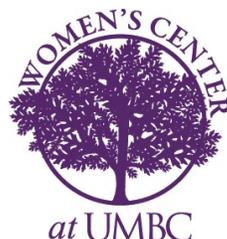womenscenter.umbc.edu
Located on the ground floor of the Commons, right next to the Yum Shop.

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.

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.

Maryland Family Network works with parents, child care providers, advocates, employers, and policy-makers 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. See final page of document for more information. marylandfamilynetwork.org

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

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. bcccrc.org

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. care.com

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. 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. sittercity.com

---

Did You know?
Safety Seat Installation:

A large majority of child safety seats are not installed properly and the UMBC Police can be available to ensure yours isn't one of them.

The UMBC Police provide safety seat installation for members of the UMBC community. Anyone wishing to schedule an appointment with us can call 410-455-5555 or email Officer Rich Stevens at rsteve4@umbc.edu

---

Did You know?
Flexible Spend Account:

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:

https://hr.umbc.edu/flexible-spending-accounts/

Childcare Resources

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:
www.checkccmd.org/

- **Y Preschool at UMBC:** Serves ages 2-5 years old. **Reopens Sept 1. 2015.** hr.umbc.edu/preschool
- **All About Children Learning Center:** 6 weeks to 5 years. Arbutuspreschool.com
- **Catonsville Cooperative School:** Serves ages 2-4 years. catonsvillecoop.org
- **CCBC Catonsville:** Serves ages 2 to 5 years.
  ccbcmd.edu/Resources-for-Students/Childcare-Services/Catonsville-Childcare-Center.aspx
- **Downtown Maryland Child Care:** Serves ages 12 weeks to Kindergarten. dbcckids.org
- **Emanuel's Child Development Center**: serves ages 2 to 5, religious-based. emanuelmethodistchurch.com/school
- **First Start Child Care and Learning Center:** Serves ages 6 weeks to school age. firststartcenters.com/Home.html
- **La Petit:** Serves ages 6+ weeks to 12 years, multiple locations in area. www.lapetite.com
- **Marshalee Drive KinderCare**: serves 6 weeks-6 years & before and after school programs kindercare.com/our-centers/elkridge/md/301533
- **Mt. Providence Child Development Center:** serves infants to kindergarten. mountprovidencechilddevelopmentcenter.com
- **PACT, World of Care**: Serves children with special needs, 6 weeks to 5 years. pact.kennedykrieger.org
- **Kids' Time Out: Drop-in Childcare:** ages 2-10 years old & before and after school programs in Clarksville, MD. kidstimeoutchildcare.com
- **UMBCWorks Employer Account:** Post on this UMBC site to employ UMBC students as babysitters

INOVA Employee Assistance program offers UMBC employees and students access to consultants and online resources for locating: Child care and adoption including emergency back-up care, day care providers, nanny and au pair agencies, summer camps, and more. This service is free of charge to faculty, staff and students. Inova's Work Life consultants will assess your needs, pinpoint appropriate resources, and suggest guidelines for evaluating those resources.
Additional services are available, visit the UMBC INVOA website
(user name: UMBCEAP, password: 360231)
inova.org/inova-employee-assistance/index

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: The reality is that you may not find a sitter who "has it all" but you still want to find the very best and right fit for your children. What are your non-negotiables and what's just a nice extra? Here's some questions to get you started: urbansitter.com/blog/what-should-i-look-for-in-a-babysitter

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. 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. care4hire.com/tips/16-finding-a-babysitter/#signs-of-a-good-sitter

How to have difficult conversations with your babysitter:
https://blog.urbansitter.com/difficult-conversations-with-your-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 is child-friendly?

Have your kiddo on campus with you? Do you have someone looking after your little one while you're in a meeting or class? Children are welcomed in the Women's Center. We have a pack-n-play, coloring books, and a quiet room (that also can serves as the campus lactation room) that can be taken of advantage of while your children are on campus.

For more information on the Women's Center Lactation Room:
my.umbc.edu/groups/umbcmoms/documents/6398

Parent Resources

Mother's Group at Women's Center at UMBC
This is a group will meet from time to time in the Women's Center for social support and/or workshops. An active listserv and myUMBC page are also available to all parents as an additional resource to connect with other parents on campus for crowd-sourcing related to babysitter, childcare, and pediatrician recommendations (and more!)
For more information or to sign up on our listserv email womens.center@umbc.edu.
Join the myUMBC page at: my.umbc.edu/groups/umbcmoms

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. naeyc.org

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://nfrchelp.org/

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

Newsletters/Blogs/Online Communities:

Baltimore Child
Baltimore's free periodical and website that includes information related to childcare issues and summer care options in the Baltimore area.
baltimoreschild.com/home/index.cfm

Urbansitter Blog
urbanfamily.com

BaltimoreMommies
baltimoremommies.com

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 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 , myUMBC Moms and Parents page, and the President's Commission for Women websites for additional resources and updates!

MARYLAND
FAMILY
NETWORK

LOCATE: Child Care
a **FREE** child care referral service for all families in Maryland

Looking for Child Care?

LOCATE: Child Care helps parents find and choose child care to best meet their needs. LOCATE offers **FREE** individualized and confidential telephone counseling to help parents learn about various types of child care programs and guidelines for selecting high-quality care. Parents receive contact information for child care services that meet their needs, with information on hours, location, costs, and other program information.

LOCATE: Child Care maintains a database of all programs that meet the State of Maryland regulations for child care, including:

Registered family child care

Licensed child care centers and school-aged programs

Licensed summer programs and certified summer camps

Nursery schools

Head Start programs

Call toll free
1.877.261.0060
Monday through Friday 8:30 a.m. to 4:00 p.m.

LOCATE: Child Care is a free service provided by Maryland Family Network and funded by the Maryland State Department of Education.

This publication was produced as a work for hire for the benefit of , and with funds from the, Maryland State Department of Education.

How to Enroll

The first step in the enrollment process for Y Preschool at UMBC is setting up a meet & greet with the Regional Preschool Director.

During this introduction, the Director will provide you with the information you need to determine if Y Preschool at UMBC is the right fit for your child. You will learn about the daily routines, the curriculum, and the goals and expectations. The Director will also go over pricing information and waitlist procedures (if applicable).

Learn More Online!

Visit the Y Preschool at UMBC's dedicated website at hr.umbc.edu/preschool to:

✓ Obtain instructions regarding enrollment
✓ Review center schedules
✓ Review program information
✓ Events and campus resources for parents
✓ Get contact information to discuss your questions with a staff member

Contact Us

Department of Human Resources
c/o Y Preschool at UMBC
1000 Hilltop Circle
Baltimore, MD 21250

410-455-6830
preschool@umbc.edu

Visit us on the web:
hr.umbc.edu/preschool