



## WHAT'S IT ALL ABOUT?



This prevention and early intervention focused program is offered by Child Care Services of Edmonton and Area Child and Family Services—Region 6. Respite child care is provided to eligible parents of children 0 to 12 years of age at no cost to the family. Child care is provided in selected high-quality day care centres and family day homes in Edmonton, St. Albert, and the counties of Strathcona, Leduc, Parkland and Sturgeon.

Family situations are assessed to determine eligibility and suitability to receive the service before they are connected to the individual selected quality child care program.

## WHERE TO START

If you need respite child care, or wish to refer a family for respite service, please contact the **Intake Worker** of one of the following offices in your neighbourhood, and indicate your call is for respite child care:

### **Edmonton**

Central Intake Service  
422-2001

### **St. Albert**

Central Intake Service  
422-2001

### **Leduc / Beaumont & Surrounding Areas**

Leduc Neighbourhood Centre for Children, Youth and Families  
986-7869

### **Sherwood Park & Surrounding Areas**

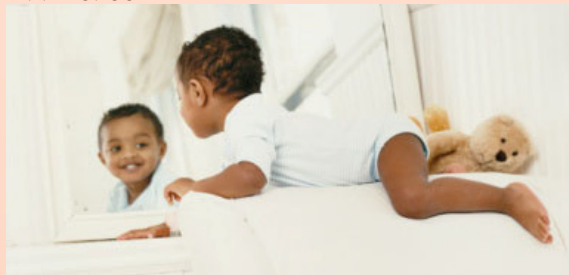
Strathcona Country Neighbourhood Centre for Children, Youth and Families  
467-5195

### **Spruce Grove / Stony Plain & Surrounding Areas**

Spruce Grove Child and Family Services Centre  
962-7635

### **Fort Saskatchewan / Morinville & Surrounding Areas**

Fort Saskatchewan Child and Family Services Centre  
992-6700



## Respite Child Care

*Short-term child care provided at no cost to families*



*GIVING PARENTS A BREAK*

## **KNOW A PARENT THAT NEEDS RESPITE CHILD CARE?**



Respite child care might be the solution to help parents when a parent needs:

- ✿ short-term relief from the care of a child
- ✿ short-term care to get to appointments, take training, or attend other activities
- ✿ support in their care-giving role
- ✿ a break from daily routines
- ✿ short-term relief and support in their care of a high needs or special needs child

## **BENEFITS OF RESPITE CHILD CARE**

Parents get relief when they really need a helping hand. Respite child care can greatly reduce stress levels and provide the support parents need on occasion to “get things done”.

Quality child care gives children positive opportunities to develop new relationships and participate in new activities.



## **CONNECTING WITH RESPITE CHILD CARE**

Anyone can refer a family in need of short-term respite child care to the program. The parents themselves also can call directly to see whether they are eligible.

## **POSITIVE OUTCOMES**

Short-term access to quality child care, in day care centres and family day homes, provides parents with opportunities to observe a variety of care-giving techniques, increase understanding of their child's development, and become more aware of the benefits of positive parent/child relationships.

Parents have the opportunity to become more aware of child care options and connect with other community resources.

Children can grow and experience new opportunities to play and interact with their peers.

