



Military Family Resource Centre Montreal Region

“Family Care Plan”



Canada



The military community's most valuable partner



This family care plan is both for newcomers and established families in the area. It has a variety of objectives:

- For newcomers: To identify the available resources in your new community in order to help you settle in;
- When an unexpected situation arises: To help you find the resources that will enable you to ensure that your household runs smoothly, before something happens;
- When your spouse is away: To help you plan alternative resources;
- When you are using the MFRC's emergency childcare services, or when a third party takes care of your children for a few days: To make sure that you do not forget to pass on any important information about running the household.



We hope that you will find this to be a useful and practical tool! There is information in the annexes about the various types of childcare in Quebec, financial support for childcare, services offered at the MFRC Montreal Region, and useful websites to find a babysitter. As well, there are practical tips and suggestions.

Remember that the MFRC Montreal Region Childhood Services Coordinator is available to help you write your family care plan.

Keep this document in a safe, accessible place. Tell your friends and family about its contents and where it is located. In addition, we recommend using these resources while everything is going well; that will help lessen the impact of an unexpected situation.

"Our family was posted to the Montreal Region from Victoria, B.C., during the summer. I have two children: a seven-year-old son, who has a peanut allergy, and a three-year-old daughter.

My husband was deployed in the fall, and one month after he left, I had to make an emergency trip to Victoria to visit my sick mother for a few days.

I wanted to be able to see my mother without disrupting my children's routine—they had had to adjust to a move, the deployment of their father, and new environments (childcare and school) in just a few months.

As a newcomer to the area, I didn't have immediate family or a network to help me. I used the MFRC's emergency childcare services during that short period. Because I had to leave in a rush, I didn't have the time to communicate all of the specific information about my children and the household, and I had to call the person looking after the household many times in order to pass on essential information.

For that reason, a document containing a wealth of references and information, ready for the person in charge to use, would be enormously helpful."



If you are filling out this document directly on your screen, make sure that the text in each field is readable on screen before you print out the document.

Family composition

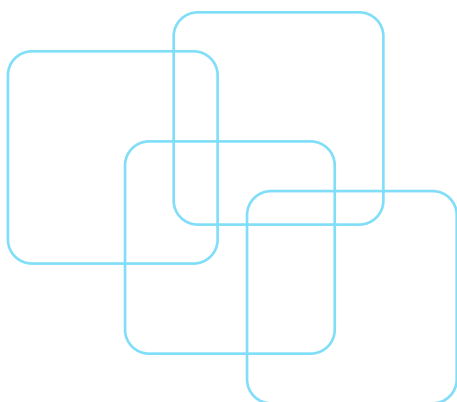
- ★ Nuclear
- ★ Sole custody
- ★ Single-parent
- ★ Joint custody
- ★ Blended
- ★ Foster family

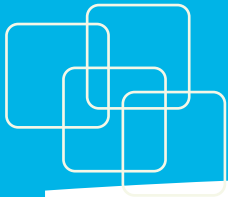


Family identification

☐ Name of military parent : _____

Sex	Male <input type="checkbox"/>	Female <input type="checkbox"/>
Relationship to child		
Rank		
Workplace		
Telephone (work)		
Email address (work)		
Cell number		





family identification

☐ Name of other parent : _____

Sex	Male <input type="checkbox"/>	Female <input type="checkbox"/>
Relationship to child		
Rank		
Workplace		
Telephone (work)		
Email address (work)		
Cell number		

☐ Name of father's spouse : _____

Sex	Male <input type="checkbox"/>	Female <input type="checkbox"/>
Relationship to child		
Rank		
Workplace		
Telephone (work)		
Email address (work)		
Cell number		

☐ Name of mother's spouse : _____

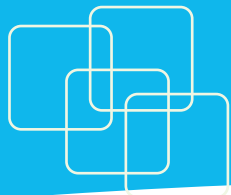
Sex	Male <input type="checkbox"/>	Female <input type="checkbox"/>
Relationship to child		
Rank		
Workplace		
Telephone (work)		
Email address (work)		
Cell number		



Information concerning family situation



Address of child's permanent residence	
Telephone number at home	
Email address at home	
If child is in joint custody Dates and times:	
Place of joint custody:	
Does the other parent have visitation rights?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Person(s) prohibited from contacting the children	
Family religion (cultural community)	
Languages spoken and understood at home	
Recent family change or event	
Child's reaction to new or stressful situations	
Tips or tricks for helping the child with the event	



Information concerning family situation

☐ Other person living with the family, if applicable

Name	
Sex	Male <input type="checkbox"/> Female <input type="checkbox"/>
Age	
Relationship	
Type of cohabitation	
Health insurance card number	
Expiration date	Year : _____ Month : _____
Special medical condition	Yes <input type="checkbox"/> No <input type="checkbox"/> <i>*(See medical information section)</i>
Cell number	
Email address	
Details	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>



Children

***Please copy and complete for each child.

Name	
Sex	Male <input type="checkbox"/> Female <input type="checkbox"/>
Date of birth / Age	
Address of usual residence	
Telephone number (home)	
Special medical condition	Yes <input type="checkbox"/> No <input type="checkbox"/> <i>*(See medical information section)</i>
Child's cell number	
Child's email address	

Habits and routines

☐ Sleep

Wake up time and bedtime	
Nap time	
Object that provides comfort	

☐ Meals

Meal times	
Favourite food	
Foods to avoid	
Food allergies or intolerances <i>*(If yes, see medical information section)</i>	



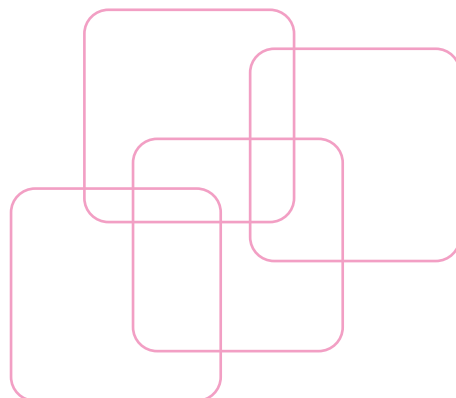
Habits and routines

■ Hygiene

Bathing routine	
Products used	
Storage of diapers and baby products	
Stage of toilet training (if toddler)	
Type of coaching used to help in the toilet training process	
Fears and methods used to overcome them	

■ Games

Favourite activities (indoor and outdoor)	
Favourite toys	
Object that provides comfort	





Habits and routines

■ Television, Internet and video games

Rules of use for television	
Programs allowed	
Programs prohibited	
Rules of use for the Internet	
Sites allowed	
Sites prohibited	
Rules of use for video games	
Games allowed	
Games prohibited	

■ Outdoor games

Games allowed (scooter, skateboard, bike, etc.)	
Places allowed (street, park, etc.)	

■ Pool

Is the child allowed to go swimming at home?	
Is the child allowed to go swimming at friends' homes?	
Does the child know how to swim?	



Habits and routines

■ Extracurricular activities

Name of activity	
Address	
Name of person in charge	
Contact information	
Where to find the activity schedule	
Items to take	
Details	

■ Friends

Is the child allowed to go to friends' homes?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Is the child allowed to have friends over?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Friend's name		
Contact information		
Friend's name		
Contact information		
Friend's name		
Contact information		
Special instructions concerning friends		
If the child is not allowed to go to certain friends' homes, write their names down.		



Habits and routines

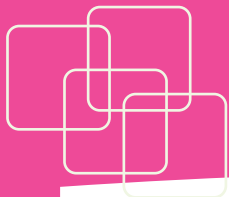
■ Friends (continued)

Authorized outings (movie theatre, youth centre, etc.)	
Prohibited outings	
Weekday curfew	
Weekend curfew	
Description of the child's routine	

Usual childcare services

■ Full-time daycare

Name of establishment	
Address	
Contact information	
Instructor's name	
Name of child's group / classroom	
Arrival and departure times	
Items to take	
Details	



Usual childcare services

☐ Back up childcare services

Name of establishment	
Address	
Contact information	
Name of instructor	
Name of group / classroom	
Arrival and departure times	
Items to take	
Details	

☐ Evening and weekend babysitter

Name	
Address	
Contact information	
Availability	
Rate	
Is the child looked after at the family home or at the babysitter's home?	at the family home <input type="checkbox"/> at the babysitter's home <input type="checkbox"/>
Details	



School



Name of school	
Address	
Contact information	
Name of teacher	
School year / classroom	
School start and end times	
Type of transportation and time to leave for school	
Lunch start and end times	
Does the child eat lunch at school or at home?	School <input type="checkbox"/> Home <input type="checkbox"/>
Transportation to come home for lunch	
Does the child go to school childcare before or after school?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Start and end times	
Contact information – school childcare	
Hours of operation – school childcare	
Does the child go to another childcare?	
Name of person in charge	
Contact information	
Start and end times	
To be put in the child's school bag	



School

It is highly recommended that you obtain information on registration and conditions of use for school daycare, even if you normally do not use it.

Useful resource :

Allô prof

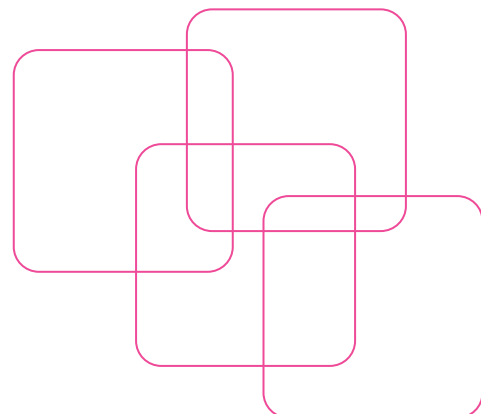
This telephone homework assistance service is offered free of charge by teachers.

Teachers are available from Monday to Thursday, 5:00 to 8:00 pm.

They can be reached at the following numbers :

Montreal : 514-527-3726

Elsewhere in Quebec : 1-888-776-4455





Medical information

***Please copy and complete for each person concerned.

☐ Child

Name	
Age	
Health insurance card number	
Expiration date	Year : _____ Month : _____

☐ Family doctor

Name of family doctor	
Name of clinic	
Contact information	

☐ Dentist

Name of dentist	
Name of clinic	
Contact information	

☐ Other health specialists

Name	
Specialization	
Contact information	

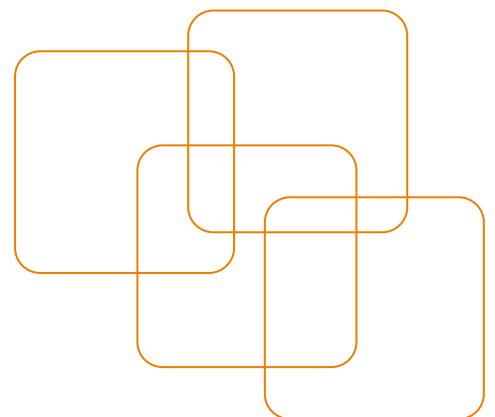


Medical information

☐ Medical condition

The child's vaccinations are up to date	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Specify all physical or mental health issues (complete one sheet per child, if needed) Regarding allergies, please fill out the section below		
Specify the specific treatment or care to be provided		
Specify the medication to be administered in the next section		

Need help finding a doctor? <hr/>	Ask your MFRC for assistance.
--------------------------------------	-------------------------------





Administration of medications authorization form

Storage of medication

** (Ensure that the dosage (pharmacist's instructions) appear on the medication)*

Child's first and last name

Diagnosis	
Medication	
Dosage	
Duration of treatment	
Expiration date	

** Do not hesitate to administer the medication and to call the emergency services immediately before contacting the parents or contact person.*

Treatment authorization

I, the undersigned (father, mother, guardian of), _____
authorize _____ to administer to my child the medication
specified on this form that we provided, with the appropriate medical prescription or its photocopy, in
accordance with the specified dosage.

Parent's signature _____ Date _____



Administration of medications authorization form

☐ Pharmacy

Pharmacist and pharmacy	
Contact information	
Website	
Does the pharmacy allow online orders?	Yes <input type="checkbox"/> No <input type="checkbox"/>
If yes, your user number: your password:	
Does this pharmacy have a delivery service?	Yes <input type="checkbox"/> No <input type="checkbox"/>

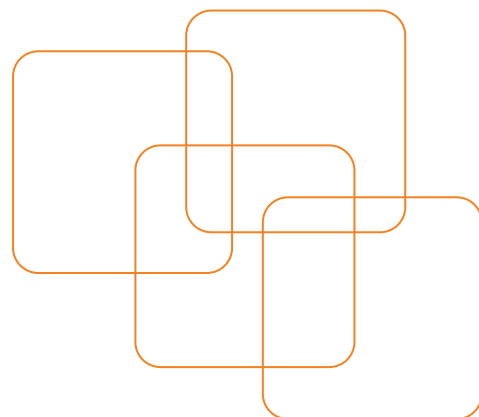
* Be sure to set aside enough money to cover the cost of renewing the essential prescriptions.

The money is located : _____

The amount is : _____

Note : The person who uses this money is responsible for keeping the receipts for verification.

** If you prefer not to leave any money, a purchasing card would be a good alternative.





Information sheet for a child with food restriction(s)

Child's first and last name

Specific conditions

Allergic to	
Intolérant to	
Avoid all traces of the following foods (check)	Possible sources
<div><input type="checkbox"/> Peanuts</div> <div><input type="checkbox"/> Nuts</div> <div><input type="checkbox"/> Milk</div> <div><input type="checkbox"/> Eggs</div> <div><input type="checkbox"/> Soya</div> <div><input type="checkbox"/> Wheat</div> <div><input type="checkbox"/> Sesame</div> <div><input type="checkbox"/> Fish <input type="checkbox"/> Crustaceans</div> <div><input type="checkbox"/> Shellfish</div> <div><input type="checkbox"/> Sulphites</div> <div><input type="checkbox"/> Other (complete the "Other Allergens" section)</div>	
At home <div><input type="checkbox"/> The food does not enter the home</div> <div><input type="checkbox"/> We cook the food, BUT we do not give it to</div>	

* For any food other than the 9 major allergens, complete the following table.

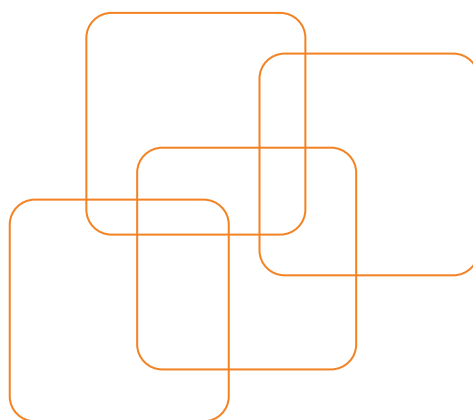


Other allergens	
Other commercial names used for this allergen (<i>check the list of ingredients</i>)	
In what is this food usually found?	
In what might it be hidden?	
What can be substituted for it?	
Notes	

To find out the symptoms of allergic reactions to watch for, consult Annex 1.

* Last updated : _____

Notes : _____





☐ Special needs

Name of person with special needs

Age	
Type of needs	
Specific care	
Items needed for care	
Other items needed	

☐ Medical specialist

Name	
Contact information	
Emergency telephone number	

☐ Support organization

Name	
Contact information	
Emergency telephone number	
Email address	
Type of services	
Applicable fees	



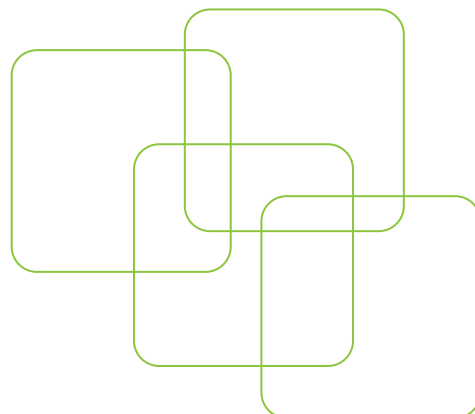
Residence

A house key is hidden in this location :

There is a house key at the neighbour's house, at this address :

☐ Alarm system

The house is protected by an alarm system	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Type of protection		
Company		
Contact information		
Access code		
Password		
Notes		





Vehicule

☐ Transportation by car

Are you authorized to transport the child in your vehicle?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Are you authorized to use our vehicle?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Does the child require a car seat?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Place where the car seat is stored		
Place where the vehicle keys are kept		
Place where the vehicle papers are kept		
Is the vehicle protected by an alarm system?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Is the vehicle protected by an ignition interlock system?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
How to deactivate the ignition interlock system		

☐ Car dealership / mechanic

Name of car dealership / mechanic	
Address	
Telephone number	

☐ Specific vehicule maintenance

Comments : _____ _____



Vehicle

☐ Transportation to a family member's home

The person providing emergency care at your home may, at your request, have to provide for transportation of your child to the home of a family member who lives far away from you. Indicate here the means of transportation recommended by you, and the contact information for the company providing the transportation.

Be sure to set aside enough money to cover your child's transportation costs.

** Note : The person who uses this money is responsible for keeping the receipts for verification.*

Resources for grocery shopping

☐ Resources for grocery shopping / pharmacy orders / online orders, caterers, etc.

Some supermarkets and catering services provide home delivery and take orders online.

Indicate the contact information here (e.g. www.IGA.net)

For support in finding these resources, contact your MFRC's Childhood Services Coordinator.

Be sure to set aside enough money to cover the cost of one week of groceries.

The money is located :

The amount is :

*Note : The person who uses this money is responsible for keeping the receipts for verification.
If you prefer not to leave any money, a purchasing card would be a good alternative.*



Property maintenance

☐ Indoor household maintenance

Indoor household maintenance provided by the parent	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Indoor household maintenance provided by a service supplier	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Supplier's name and person in charge		
Contact information		
Telephone number		
Schedule and rate		
Daily tasks to be done (indoor maintenance)		
Weekly tasks to be done (indoor maintenance)		
Equipment to be provided		
Details		
Garbage collection day(s)		
Recycling collection day(s)		
Compost collection day(s)		
Mailbox – the mailbox key is kept:		



Property maintenance

☐ Outdoor household maintenance

Outdoor maintenance provided by the owners	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Tasks to be done		
Frequency		
Name of supplier (use one copy per supplier)		
Season		
Person in charge		
Contact information		
Telephone number		
Cell number		
Email address		
Schedule and rate		
Equipment to be provided		
Notes		



Property maintenance

☐ Outdoor maintenance (lawn mowing, snow removal, leaf raking, etc.)

The person at your home might not be mandated or be unable to provide maintenance services. Make a list here of the local companies that you authorize to provide this type of service.

Set aside enough money to cover payment for these services, or obtain information on methods of advance payment and write them down here.

For assistance looking for these services, contact your MFRC Childhood Services Coordinator.

☐ Resources for household maintenance services, organizations, companies or community

Name	
Contact information	
Name	
Contact information	

Be sure to set aside enough money to cover the costs of this service.

The money is located : _____

The amount is : _____

Note : The person who uses this money is responsible for keeping the receipts for verification.



Pets

***Please copy and complete for each pet.

Type of pet	
Name and age of pet	
Food	
Amount	
Meal times	
The food, medication and/or products are stored in this location	
Type of care required for the pet daily and weekly	
Place to sleep	
Details	
Temperament	
Details	

☐ Medication to administer to the pet

Name	
Dosage	
Administration times	



Pets

☐ Veterinarian

Name of veterinarian	
Address	
Telephone number	
Email address	
Emergency telephone number	
The veterinarian provides boarding for pets	Yes <input type="checkbox"/> No <input type="checkbox"/>

☐ Usual pet boarding establishment

Name	
Address	
Telephone number	
Email address	
Emergency telephone number	
Method of transporting the pet	

Set aside enough money to cover the cost of buying food, medication or care products for your pet.

The money is located : _____

The amount is : _____

Note : The person who uses this money is responsible for keeping the receipts for verification.r vérification.



Other information

*Specify here any important information not mentioned above.





Emergency numbers

Emergency contacts

■ Person 1

Name	
Contact information	
Relationship	
Home telephone number	
Work telephone number	
Work email address	
Cell number	

■ Person 2

Name	
Contact information	
Relationship	
Home telephone number	
Work telephone number	
Work email address	
Cell number	



Emergency numbers

Police Ambulance	911
CLSC HealthLink	811
Poison Control Centre	1-800-463-5060
MFRC DSG emergency line	1-877-844-5607
Find your CLSC	1-800-707-3380 www.msss.gouv.qc.ca/en/index.php
Saint-Hubert housing agency	450-462-8777 poste 7764 www.cfha-alfc.forces.gc.ca
Hydro-Québec	1-888-361-4568 www.hydroquebec.com/en
Videotron	1-866-380-2967 www.videotron.com/residential#
Gaz Métro	1-800-361-4568 (514) 598-3222 www.gazmet.com/default.aspx?culture=en-ca
Bell Canada	310-2355 www.bell.ca
MFRC Montreal Region	Saint-Jean : 450-358-7099 ext.7955 Saint-Hubert : 450-462-8777 ext. 6810 www.familyforce.ca



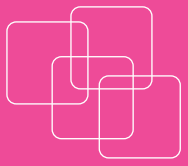
Allergies

■ Allergies – Symptoms to watch for (check)

- ☐ **Skin** – itching, sensation of heat, redness, hives, swelling
- ☐ **Eyes** – itching, redness, tearing, swelling
- ☐ **Nose** – runny nose, sneezing, itching, congestion
- ☐ **Throat** – itching, swelling, tightness, difficulty swallowing, voice change, scratchy voice
- ☐ **Lungs** – coughing, wheezing, shallow/difficult breathing, whistling, breathlessness, pain or tightness in the chest
- ☐ **Heart and circulation** – pale or bluish colour, loss of consciousness, dizziness, vertigo
- ☐ **Digestive system** – nausea, vomiting, pain or cramps, diarrhoea
- ☐ **Other** – headache, anxiety, fear of imminent death, feelings of distress

■ Intervention plan for an allergic reaction

<input type="checkbox"/> Individual plan	<input type="checkbox"/> Risk of anaphylactic shock
	<p>1. Administer adrenalin (EpiPen® or Twinject®) immediately—as soon as the first symptoms appear—when it is known or suspected that there has been contact with an allergen. Administer a second dose after 10–15 minutes or sooner if the symptoms persist or get worse.</p> <p>2. Call 9-1-1. Say that the child has had an allergic reaction and request an ambulance.</p> <p>3. Go to the nearest hospital, even if the symptoms are mild or decreasing.</p> <p>4. Get in touch with an emergency contact person.</p>



Community childcare services: types of childcare services in Quebec

■ Full time childcare services

Childcare services can be divided into three broad categories :

- Those governed by the Educational Childcare Act;
- Those governed by the Education Act;
- Those not governed by a statute covering daycare.



■ Childcare services governed by the Educational Childcare Act

The Ministère de la Famille et des Aînés [ministry of family and seniors] grants subsidies to the following institutions under certain conditions:

- Early childhood centres;
- Daycares with which it has an agreement;
- Home childcare service providers accredited by a coordinating office.

These subsidies make it possible to offer reduced contribution (\$7 per day) and other services.

Organizations or persons who offer childcare services under the Educational Childcare Act must hold a permit issued by the Ministère de la Famille et des Aînés or be recognized home childcare providers accredited by a coordinating office.

Accredited childcare service providers must apply an educational program adapted to the child's age and for the time the child spends at the daycare. The educational program uses games as the basis of its learning process to foster holistic and harmonious child development and to prepare the child for the next phases of development. The child must also be exposed to an environment that encourages healthy eating, lifestyle and behavioural habits.

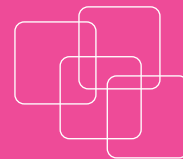
Accredited childcare service providers may use their available spots for children in kindergarten, at least 5 years of age on September 30 of the reference year, or children in primary school who cannot use the daycare services at the school they attend.

Early Childhood Centre (ECC)

An ECC is a non profit organization or a co op, in which at least two thirds of the board of directors is made up of current or future parents who use the childcare services offered by the centre.

The ECC offers reduced-contribution services (\$7 per day) to more than 6 children in one or more facilities, each of which can accommodate up to 80 children. Services may be offered full time or part time.





Community childcare services: types of childcare services in Quebec

■ Childcare services governed by the Educational Childcare Act

Daycare

A daycare is a for profit company held by an individual or legal entity, or an aboriginal band council, that provides childcare services to more than 6 children in a facility that can accommodate up to 80 children. It has a parent advisory committee comprised of 5 parents who use the daycare.

Most daycares have a subsidy agreement with the Ministry and offer reduced-contribution services (\$7 per day). Non subsidized daycares may set the contribution at an amount of their choice. Services may be offered full time or part time.

Accredited home childcare

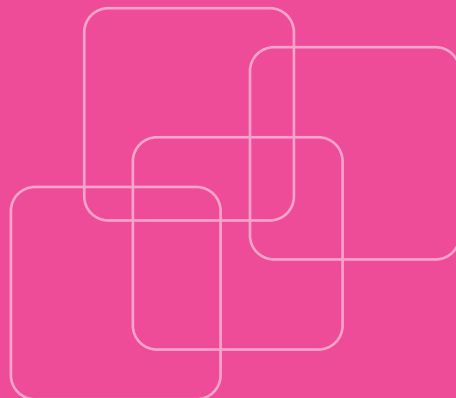
Home childcare is a service offered by an individual in a private residence, for a fee. This service is similar to the child's living environment; the residence and any members of the family providing childcare contribute to this home environment.

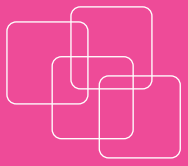
The person in charge of a home childcare service applies an educational program, as stipulated in the Act, and offers his/her services based on certain terms and conditions determined with the client, in particular as concerns schedules and attendance days.

If said person cares for 6 or fewer children, he/she may ask to be accredited as a childcare provider by a home childcare coordinating office. If the person cares for between 7 and 9 children, then accreditation must be obtained from this office.

A person in charge of a daycare accredited by a coordinating office may care for a maximum of 6 children. If the person is assisted by another adult, then up to 9 children can be accepted. For more information on ratios, please consult the following file:

Most home childcare providers accredited by a coordinating office offer reduced-contribution services (\$7 per day).





Community childcare services: types of childcare services in Quebec

■ Childcare services governed by the Education Act

School childcare services are offered at a cost of \$7 per day for children aged 5 to 12 who attend school. These services are managed by the school boards and schools and are generally offered at the actual school:

- In the morning, before the start of class;
- During lunch;
- After school.

Children who do not have access to a school daycare may use an ECC, daycare or home childcare service, and be eligible for reduced contribution.



■ Childcare services not governed by a statute covering daycare

Organizations or persons who offer childcare services not governed by the Educational Childcare Act are not required to hold a permit issued by the Ministry or be recognized as providers of home childcare services by a coordinating office.

Home childcare

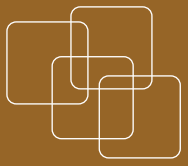
Home childcare is a service offered by an individual in a private residence, for a fee. The person in charge of a home childcare service offers his/her services based on certain terms and conditions determined with the client, in particular as concerns schedules and attendance days. The person can care for up to 6 children without requiring accreditation from a home childcare coordinating office. He/she may not, however, offer reduced-contribution services (\$7 per day).

Childcare in a community organization (community drop in daycare service)

A community organization whose mission includes providing support and assistance to families may offer occasional and temporary childcare services as part of a specific service to parents.

Pre primary school daycare

A pre primary school is an institution that provides educational childcare services in a facility that receives at least 7 children aged 2 to 5 on a regular basis and for periods not exceeding 4 hours per day, in a stable group, to which activities are offered over a set period of time. A person who runs a pre primary school is not required to hold a daycare licence if the pre primary school began operations on or before October 25, 2005.



Financial support for childcare

Families that do not use subsidized childcare services (at \$7 per day) are entitled to a Quebec provincial tax credit. The tax credit may be requested when filing an income tax return or by advance payment.

Receipts for childcare costs may also be used as a childcare cost deduction from the Government of Canada.

The childcare service provider must provide receipts for childcare costs. A private, non subsidized facility must include its institution number on the receipt, and a non-subsidized home childcare provider must include his/her social insurance number.

The terms and conditions are as follows:

■ Revenu Québec

If necessary, the childcare service provider must complete form TP2-1029.8.F.A, which entitles parents to advance refund for childcare costs from Revenu Québec.

Based on the family's income and the cost of the childcare service, the parent is entitled to a refund for part of the childcare costs. These refunds are paid every month by direct deposit.

For example, a family with a combined income of \$70,705, paying \$30 per day, receives a refund of \$12 per day of childcare (information taken from the Revenu Québec website).

The parent is solely responsible for taking the necessary steps with the government and notifying it when changing daycares.

Please visit www.revenu.gouv.qc.ca/en/default.aspx.

■ Canada Revenue Agency

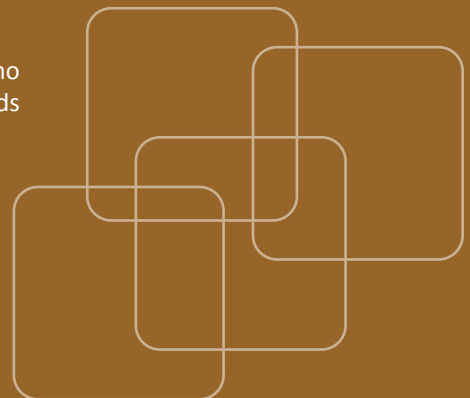
In addition to the allowable deduction for childcare costs, the federal government also offers financial assistance of \$100 per month, called the Universal Child Care Benefit (UCCB) to assist families with children age 6 and under.

These documents can be consulted online at www.cra-arc.gc.ca.

■ Do you know about Family Care Assistance (FCA)?

"Administered by the local level units, the FCA is an allowance designed to help parents who are alone and CF military couples deal with increases in family care costs when service needs require them to be absent from their parent unit for 24 hours or more."

Contact your orderly room for more information.



Annex 4



Expecting a baby?

Visit the following site for information on the steps to take to prepare for your child's arrival.
<http://www4.gouv.qc.ca/EN/Portail/Citoyens/Evenements/DevenirParent/Pages/accueil.aspx>

Annex 5



Services offered at MFRC Montreal Region

■ Occasional, respite or emergency childcare

Drop in daycare

Part-time, occasional, temporary or emergency preschool childcare services offering an activities program that focuses on the child's overall development, based on Quebec's educational program for childcare services.

Since children's health is a major concern for Childhood Services, strict rules are put in place to control allergies and ensure safety and hygiene.



■ HUBERT THE MILLIPEDE

St-Hubert

Age group : 12 months to 5 years

Schedule : Monday to Friday, 8:00 am to 12:00 pm and 1:00 to 4:30 pm.

Lunch supervision from 12:00 to 1:00 pm.

■ BABY MILLIPEDE

St-Hubert

Age group : 2 to 12 months

Schedule : Wednesday, Thursday and Friday from 8:00 am to 12:00 pm

■ JEAN THE MILLIPEDE

St-Jean

Age group : 12 months to 5 years

Schedule : 7:45 am to 12:00 pm and 1:00 to 5:00 pm

Lunch supervision from 12:00 to 1:00 pm

■ BABY MILLIPEDE

St-Jean

Age group : 2 to 12 months

Schedule : Monday to Friday from 8:00 am to 12:00 pm

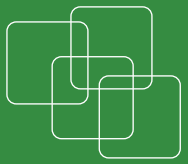
Cost:

\$6 : Half day

\$3 : Supervised lunch

Registration mandatory at the reception desk





Emergency childcare

■ Emergency childcare

If the family care plan fails (see next section), the MFRCs can, under certain circumstances, provide up to 72 hours of continuous childcare:

- When a CF member is sent on mission and the spouse or caregiver is unavailable due to illness;
- When a CF member is sent on mission and the spouse or caregiver is unavailable due to a family emergency;
- When a CF member has to report to work on short notice and the spouse or caregiver is not available;
- When a single parent or both parents are CF members and CF duty requirements are such that the regular caregiver is unavailable;
- When a child is ill and the parent is unable to access their regular childcare arrangement at a time when the CF member's presence at work is critical to the military operation.

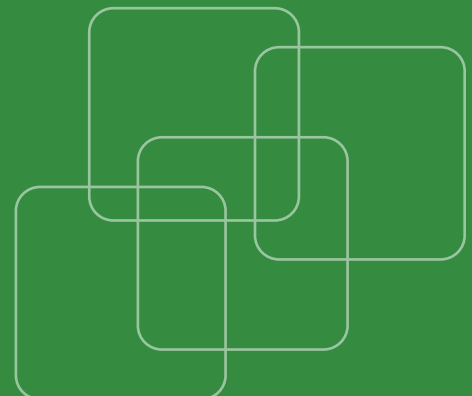
A few private companies offer home childcare services on short notice. Prices vary depending on the company. Here are a few references :

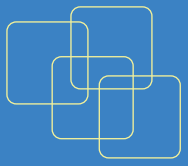
Famille à cœur

130 Saint-Georges
Saint-Jean-sur-Richelieu (QC), J3B 2S8
Telephone: (450) 346-1734
Fax: (450) 346-9680
familleacoeur@familleacoeur.qc.ca

We care

Place Portobello, 7400 boul. Taschereau, bur. 116
Brossard (QC), J4W 1M9
Telephone : 450-465-5995
www.wecare.ca





Search for childcare services / useful websites

Below are some of the most popular websites. For additional resources, contact the Childhood Services Coordinator.

How can you find someone trustworthy?

Talk to the people you know:

- Consult with members of your immediate family
- Reach out to extended family members
- Consult the people in charge of your children's full time daycare. They may be able to recommend other instructors or daycare managers who are willing to provide this type of care.
- Look in your neighbourhood: a neighbour, a close friend, the mother of your children's friends

Use the resources available in your municipality:

- Check with your municipality for a list of childcare providers, if the family's homes offer casual childcare services.
- Check what emergency or family crisis services your CLSC offers families

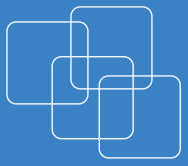


Websites for researching childcare

You can use the computers at the MFRC at any time for your research.

- **www.familyforce.ca/sites/Montreal/EN/ServicesBillboard/Pages/default.aspx**
MFRC Montreal Region: consult our list of full time home childcare services on the Services Billboard section of our website.
- **www.mfa.gouv.qc.ca/fr (French only)**
In the "Service de garde" [childcare] section, you will find a childcare services locator, by criterion and by administrative region.
- **www.enfancefamille.org/_home**
Centralized waiting list registration office for childcare services in Montreal, Mauricie, Centre du Québec and Lanaudière.
- **www.bila.ca (French only)**
Centralized waiting list registration office for childcare services in Montérégie, the Eastern Townships, and other regions of Quebec. The site indicates which childcare services in the region are not registered on the centralized waiting list.
- **www.daycarebear.ca**
Very popular childcare search site, especially for home childcare.
- **www.boiteaservices.com/en**
Advertise or recruit childcare services.
- **www.sossitter.ca**
Advertise or recruit childcare services. Pay service. Discount for participants in the Canadian Forces Appreciation Program.





Search for childcare services / useful websites

■ **Preschool, public and private schools**

Consult the Ministry of Education's website for information on the school boards in your residential neighbourhood and on schools offers preschool services for age 4. Some private schools offer preschool services for children under 4.

www.mels.gouv.qc.ca/index_en.asp

Use "search for an academic institution," and then focus your search.

■ **Private daycares and preschools**

Some daycares and preschool services are not subsidized by the Ministry of the Family and are therefore a bit more expensive. They offer tax receipts so that part of the amounts paid are tax deductible. Some accept children starting at age 2. Use this site to locate them:

www.weblocal.ca

Type "private daycare" or "preschool" and the desired region into the search engine.

■ **Evening and weekend sitters (teenagers)**

Ask for our list of MFRC sitters in the St-Jean-sur-Richelieu and St Hubert areas.

Contact your local city hall; some have lists of babysitters.

Contact your local community organizations. Some offer the babysitting course and have a pool of candidates.

Visit the businesses in your area where job offers are posted and post a job offer.

In your neighbourhood, if there are service offers posted on mailboxes, post a job offer there.

Ask your neighbours, colleagues and people you meet if they can refer you to their sitters.

■ **St Hubert sitter network**

List of sitters, teenagers and a few adults, available per sector, at a cost of \$5

Contact Sylvie Lamarre at 450-676-1044

■ **www.sossitter.ca**

Advertise or recruit childcare services. Pay service. Discount for participants in the Canadian Forces Appreciation Program.

■ **www.boiteaservices.com/en**

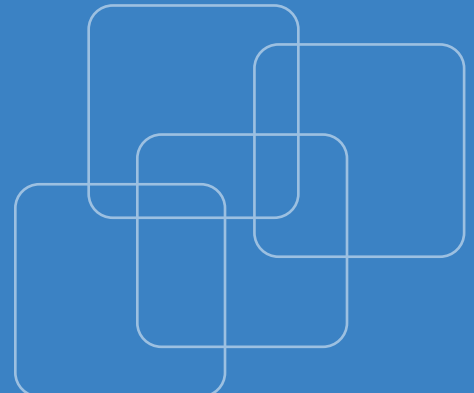
Free of charge.

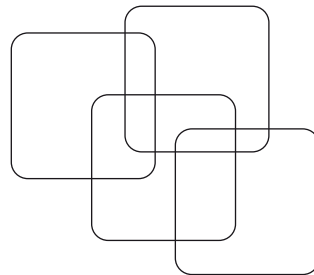
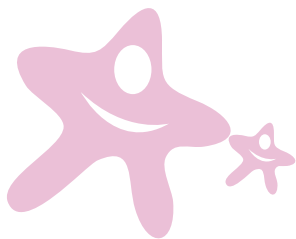
■ **www.daycarebear.ca**

Free search by criteria where you can look up part time services.

■ **Home sitters and nannies (au pairs) in Canada**

Contact the Childhood Services Coordinator for more information about these services.



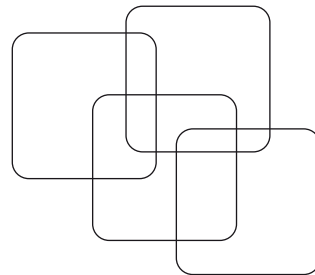
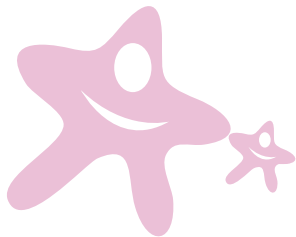


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Notes :

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