

HALIFAX & REGION
MILITARY FAMILY RESOURCE CENTRE

CHILD CARE OPTIONS BOOK

FINDING QUALITY CHILD CARE
IN THE HALIFAX REGION



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WHAT IS THE H&R MFRC?

The Halifax & Region Military Family Resource Centre (H&R MFRC) is an independent, charitable organization, governed by a volunteer Board of Directors made up of a minimum of 51 percent military family members. We are an independent, non-governmental organization that works in partnership with the Canadian Armed Forces (CAF) to deliver a variety of programs to CAF members and their families. The mission of the Halifax & Region MFRC is to strengthen the well-being of all those who share the unique experiences of military life.

We believe that military families are the Strength Behind the Uniform and we are proud to be a part of a strong military family community. We serve military communities within the Halifax region, Shearwater, Central and Northern Nova Scotia, as well as Cape Breton, with service sites in Halifax, Shearwater and Sydney.

We offer a variety of programs and services for children, youth, adults and families. As part of a national network of MFRCs across the country, we offer programs in the areas of Community Integration, Personal Development, Employment and Education Assistance, Francophone Services, Prevention, Support and Intervention, Deployment, Child, Youth and Parenting Services and Volunteer Development.

Child care programs are one area of programming offered by the H&R MFRC that can be a valuable resource to you and your family. Whether you have recently been posted to this area and you are looking for child care, or you would like more information on our child care programs, this book addresses a variety of options.

The H&R MFRC child care services and programs include two licensed child care facilities, weekday and Saturday casual care, special event and program casual care, emergency and respite child care and a child care registry. We strive to provide quality care to all children that attend any of our programs.

OUR CHILD CARE PHILOSOPHY

We believe children learn through active discovery and interactive play. To meet the needs of each developing child we will provide an active, inclusive environment with stimulating activities to enhance all areas of

development. The children will be encouraged to direct their own play experiences through the use of adult arranged activities. These activities are chosen for their potential to engage and challenge, while promoting the child's choice.

INCLUSION STATEMENT

Research indicates the proportion of children with disabilities in child care is 10-15%; this is consistent with occurrences in the general population. Therefore, it is our goal to provide an inclusive child care program with developmentally appropriate group experiences for all children.

We recognize children have unique needs; some reflecting their family's background or culture.

We will work directly with families of children with disabilities to ensure our program will best meet the developmental needs of the child; ensuring full participation in all activities.

Our Centre will work in partnership with other professionals (early interventionists, speech therapists, etc) but we ask that professionals consult with our coordinators/directors prior to setting up visits; this will ensure appointments do not disrupt the child's involvement in the regular program.

Parents are required to disclose any diagnosed disabilities before starting the program. Coordinators/directors will meet with parents prior to starting to discuss possible program modifications and adaption's to ensure the child can actively participate in all aspects of the program. At this time, the Shearwater Children's Centre and Shearwater Casual Care Programs are not able to accommodate children who require the use of a wheelchair.

H&R MFRC LICENSED CHILD CARE CENTRES

The H&R MFRC has two licensed child care centres. One is located in Windsor Park (Halifax) and the other in Shearwater (Dartmouth). Our Centres offer quality, affordable child care programs for Canadian Armed Forces families. Our staff are trained in Early Childhood Education.

Many child care facilities in the area have waitlists and we recommend you put your name on waitlists of other centres in your area. Separate waitlists are maintained for each of our locations; therefore please contact Halifax and Shearwater directly should you wish to be placed on both lists.

HOURS OF OPERATION:

Monday – Friday: 6:30am – 6:00pm (5:30pm July/August)

RATIO:

We believe in providing quality care to all children attending our child care programs. Ensuring appropriate levels of staffing is essential in attaining this goal.

Provincially regulated ratios for licensed child care:

- 1:4 Infants (newborn – 18 months)
- 1:6 Toddlers (18 months – 3 years)
- 1:8 Preschoolers (3 years – 5 years)
- 1:15 School aged children (up to 12 years)

SPACES:

The H&R MFRC Child Care located in Windsor Park, Halifax is licensed for 62 spaces for children ages 3 months to 5 years, including: infant, toddler and full day preschool programs.

The Shearwater Children's Centre is licensed for 161 spaces for children ages 3 months to 12 years, including: infant, toddler, full day preschool, part day preschool and before & afterschool programs for children attending Tallahassee (and feeder schools) or École Bois Jolie.

Fee Structure: Please refer to www.halifaxmfr.ca for fee information.

CONTACT INFORMATION:

H&R MFRC Child Care Centre is located in Windsor Park, Halifax:
902-722-4664

Shearwater Children's Centre located in Shearwater: 902-720-2004

WEEKDAY CASUAL CARE

Both the Halifax and Shearwater Sites offer a casual care program during the week for children ages 3 months to 12 years. Casual care usage is limited to a casual basis (no more than 3 sessions a week). Weekday casual care is available to military families if they have a daytime appointment, errands to complete or simply need a break and require a caregiver for a couple of hours.

REGISTRATION

Children must be pre-registered to attend. Children who arrive without pre-registering will be accepted only if there is adequate space, staffing, and resources. This will be left up to the discretion of the casual care staff.

Pre-registration can happen up to 1 week in advance. If you have specialist appointments we will accommodate registration prior to the 1 week policy. If the casual care program is full on the day you have requested, you can request to be placed on our wait list. If a space becomes available you will be called and offered the space.

Casual care will not run if there are less than 2 children booked into the program. Session cancellations are made the day before the scheduled session by noon and casual care staff will call families to let them know the session has been cancelled.

HOURS OF OPERATION

Monday – Friday: 9:00am – 12:00pm or 1:00pm – 4:00pm

Cost: Please refer to our website www.halifaxmfr.ca for fee information.

CONTACT INFORMATION:

Halifax Site: 902-722-4663

Shearwater Site: 902-720-1038

FIRST Team: 902-427-7788

SATURDAY CASUAL CARE

Similar to weekday casual care, the Halifax and Shearwater Sites both offer a Saturday casual care program. This child care program is offered on select Saturdays of the month for children ages 3 months to 12 years. This program is available to military families when they would like to spend a Saturday shopping, doing some things around the house or if they need a break. Parents are required to provide a peanut free lunch and snacks for children staying over the lunch hour.

Registration: Required the Wednesday prior to the session.

HOURS OF OPERATION

Select Saturdays: 10:00am – 3:00pm

Cost: Please refer to our website www.halifaxmfrcc.ca for fee information.

CONTACT INFORMATION

Halifax Site: 902-427-7788

Shearwater Site: 902-720-1885

PROGRAM/SPECIAL EVENT CASUAL CARE

We realize that one of the greatest barriers for families is finding quality, affordable child care during evenings and weekends so they may attend a program, deployment activity, workshop, training or other special event at the centre. When registering for events don't forget to ask about the availability of casual care. This service is for ages 3 months to 12 years.

SPECIAL ARRANGEMENTS/EXTRA SUPPORT

The H&R MFRC recognizes that families might have unique circumstances which may require casual care support outside the regular guidelines. Special arrangements may include care outside of regular casual care hours (full day care for house hunting trip or moving) or accommodating a child who may require additional supports (due to medical conditions and/or challenging behaviours). Additional fees may be charged to cover these special arrangements. Families wanting to enquire about special arrangements are to contact the Child & Family Coordinator at 902-427-7209 (Halifax) or 720-1040 (Shearwater).

EMERGENCY CHILD CARE

Emergency child care is meant to be accessed in “**emergency**” situations as a last resource - after all other options are exhausted and the Family Care Plan/Emergency Child Care plan has not worked.

The Emergency Child Care (ECC) Policy within the Military Family Services Program (MFSP) provides families with support by facilitating their short-term emergency child care requirements. A military family may be eligible for up to 96 hours of subsidized child care, or in special circumstances, reimbursement for child care expenses. If a military family requires more than 96 hours of child care, the situation will be assessed on an individual case basis and approved accordingly, by the local MFRC.

The ECC policy supports the modern military family in the following circumstances:

- 1.1** When CAF personnel are required to report for duty on short notice or are absent due to a military-related tasking, and neither their primary nor secondary child caregiver as identified in their Family Care Plan (FCP) is available to care for their children;
- 1.2** When CAF personnel are absent due to a military-related tasking (including the pre- and post-deployment phases), and the family requires a period of respite from child care responsibilities for continued health and well-being*; (please note Emergency Respite differs from Preventative Respite in that Emergency Respite is to be used as a last resource when all other options have been exhausted and the health and well-being considerations are significant.
- 1.3** When CAF personnel require short-term temporary child care in order to secure essential necessities (e.g. search for housing and employment, etc.) when newly posted, up to a maximum of 3 months after posting;
- 1.4** When CAF personnel or any of their family (including dependents of single serving members) are seriously ill/injured and participation at medical, mental health or social support service appointments is required, or respite from child care is necessary to aid in their recuperation; or
- 1.5** When CAF personnel or any of their family (including dependents of single serving members) have died and the family needs support through the repatriation, funeral and bereavement process.

1.6 With today's operational tempo and the modern military family, emergency child care assistance may be required in different circumstances than covered above, therefore requests may be approved at the discretion of the MFRC Executive Director. In exceptional cases and to ensure consistent expectations, the family will be advised that their situation is outside of the policy guidelines.

Emergency Child care requests can be made 24 hours, 7 days per week. Please note that care may take several hours to put into place after a request has been made and approved. Please call the 24-hour line at 902-427-7788 or toll free at 1-888-753-8827 to consult with the Parent & Family Program Facilitator who will work with families to assess eligibility and discuss care options. In situations of conflicting opinions between the Parent & Family Program Facilitator and the family, the Executive Director has the final approval authority.

PREVENTATIVE RESPITE CHILD CARE

The H&R MFRC recognizes that sometimes families need a break especially during a deployment. If a situation is not considered an emergency but child care would be considered beneficial to your well-being, a period of preventative respite child care may be available to you. This service is a local enhancement to the MFS Emergency Child care Policy. Families MAY be eligible to access up to 72 hours of casual child care, at no cost to the family. Families must be experiencing a deployment longer than 30 days and child care supporting employment is not eligible. In situations where casual child care does not work for the family, the family may contact the Parent & Family Program Facilitator to discuss the possibility of an alternative option.

** Please note families experiencing Imposed Restriction are not eligible for preventative respite, but may be eligible for emergency child care and emergency respite. Exceptions may be made in unique circumstances, please consult the Parent & Family Program Facilitator.*

CONTACT INFORMATION:

For more information on emergency and respite child care, please contact Family Information Referral Services Team (FIRST) at 902-427-7788.

FAMILY CARE PLAN

The Family Care Plan (FCP) is designed to ensure that you have a plan in place to care for your family in the event of an emergency callout, planned deployment or unforeseen situation.

The FCP is not a legally binding contract, but rather an exchange of information between your family and the Commanding Officer. To establish your FCP, you **MUST** complete the FCP form as per DOAD 5044-1A. We encourage your family to work together to create your individual FCP and update it regularly.

Please Note: The MFRC is not meant to be an option on the Family Care Plan or Emergency Child Care Plan, the MFRC is a last resource.

CHILD CARE REGISTRY

We offer a child care resource and registry for military families who may be new to the area or are looking for child care providers. The Halifax & Region MFRC collects names of interested child care providers that provide child care in their homes. These people live in different areas throughout the Halifax Regional Municipality. We do not screen or endorse any of the child care providers on this list as we believe only a parent is capable of finding the right fit for their family. Parents or guardians are responsible to interview and screen all potential child care providers and check their references.

ALTERNATE CHILD CARE OPTIONS IN THE HALIFAX REGION

(Taken from: www.ednet.ns.ca/earlyyears/families/findchild_care.shtml)

In Nova Scotia, as in other provinces in Canada, there are a number of child care options available to you. You can have your child cared for in a licensed child care centre, or a home that is approved by a licensed family home day care agency. You may also choose unlicensed care where your child receives care by someone in their home or in yours. Each setting has some advantages.

LISTING OF LICENSED CHILD CARE CENTRES IN THE HALIFAX REGION

The Government of Nova Scotia licenses child care facilities throughout the province. This directory lets you search for facilities by name and/or location. Enter county, city/town, facility, program type or age category information, as needed. Select the search button to view child care facility information. Visit www.ednet.ns.ca/earlyyears/ for more information.

DECIDING WHICH TYPE OF CHILD CARE SUITS YOUR NEEDS

LICENSED CARE CENTRES

Child care centres can be licensed to care for children from birth to age 12. To be licensed, child care centres must comply with the NS Day Care Act and Regulations, and are inspected annually and monitored regularly.

Some advantages:

- Children have opportunities to play with other children, which is important for healthy development and well-being.
- Professional staff; trained in Early Childhood Education.
- Activities and the play environment are inclusive of all children and designed to support optimal child development.
- Centres are required to meet provincial regulations and standards for care.
- Policies and procedures must be documented including, but not limited, to health and safety, nutrition, illness, behavior guidance, parent fees, holidays, and program requirements.
- Specific teacher-to-child ratios and group sizes must be maintained.
- Meals and snacks will meet provincial food and nutrition standards.
- Child care subsidy to assist with parent fees is available to families who qualify, through the Department of Education and Early Childhood Development Services.
- Annual tax receipts are provided so that families can claim child care costs on annual tax returns.

APPROVED FAMILY HOME DAY CARE (FHDC)

Family home day care is child care offered in someone's home under the supervision of a licensed family home day care agency. Agencies are licensed to approve, manage and monitor the care provided by care providers in their own homes.

Some advantages:

- Family atmosphere meals and snacks are healthy and meet provincial food and nutrition standards.
- Family home day care agencies provide assistance, support and monitoring to the care provider.
- Care providers must meet standards of care and have clear policies and procedures.
- Group sizes are small.
- Flexibility in schedules and hours may be available.
- Child care subsidy to assist with parent fees is available to families who qualify, through the Department of Education and Early Childhood Development Services.
- Receipts are provided so that families can claim a portion of child care costs on annual tax returns.
- Children of multiple ages (infants to 12 years) can be cared for by one provider.

UNLICENSED CARE

In Nova Scotia, individuals can look after up to six children of any age, or eight school-aged children without a license. Unlicensed child care arrangements are made privately between the parents and the provider.

Some examples include:

- A friend or relative who cares for your child in your own home or in their own home.
- A babysitter who cares for your child in your own home or in their own home.
- A nanny who lives with your family.

While you may find there are some advantages to unlicensed arrangements, it is important to evaluate the environment where your child will be cared for.

Questions to consider include:

- Is the environment safe, stimulating and developmentally appropriate?
- Is the person providing the care capable and trustworthy?
- Does the person have any credentials or special qualifications and experience to care for children?
- Are you confident that the person has basic skills such as first aid training?

- Has the person provided proof that she or he has not been found guilty of a criminal offence that would make her or him unsuitable to care for children?
- Is this person in the Child Abuse Registry?

EARLY YEARS CENTRES

The Early Years Branch at the Department of Education and Early Childhood Development partners with school boards, community and families to create Early Years Centres across the province. Early Years Centres are located in or near schools and are designed to fit the needs of the community they are in. For more information please visit:

www.ednet.ns.ca/earlyyears/earlyyears_centres.shtml

BEFORE AND AFTERSCHOOL CARE OPTIONS:

(Taken from: www.hrsb.ca/about-our-schools/parents/excel-program)

1. Licensed Child care centres
2. Unlicensed child care centres
3. Private care
4. Excel programs- The EXCEL program is a recreational program offered by the Halifax Regional School Board as an option to parents for their children in the times before school and/or following afternoon dismissal. Currently operating from within 62 elementary schools EXCEL provides our participants with active play opportunities that promote physical literacy and positive social interactions with others from within a safe and fun environment.

SUMMER CAMP AND MARCH BREAK CAMP OPTIONS;

1. Licensed Child care centres
2. Unlicensed child care centres
3. University camps (Dalhousie, St. Mary's, NSCAD)
4. HRM Recreation Camps
5. Library and Museum Programs
6. Cole Harbor Place, Canada Games Centre, Dartmouth Sportsplex, Sackville Sportsplex
7. Boys and Girls Club, Community centres and Family resource centres.
8. Discovery centre, Clay Café, etc.

OPTIONS FOR ACCESSING SERVICES FOR CHILDREN WITH SPECIAL NEEDS:

For more information please contact our Inclusion Coordinator at 902-720-4092 or Navigator website.

1. Licensed and unlicensed child care centres
2. Autism Nova Scotia Respite Database Services:
www.autismnovascotia.ca/respite-database
3. Private child care centre
4. HRM Rec Programs

Questions to ask Programs related to Special needs and inclusion:

1. Do you offer an inclusive program for children who require extra supports?
2. Are there any limitations to your inclusive programming?
3. What accommodations and modifications can be done to ensure my child can fully participate?

NON CHILD CARE RELATED INFORMATION:

1. Early Intervention Centres/Programs: (www.progresscentre.com and/or ueyhalifax.com/sbeip)
2. IWK Hospital: (www.iwk.nshealth.ca/)
3. Private support/services (speech and language, therapist, etc.)
4. Family doctors
5. Nova Scotia Hearing and Speech: (www.nshsc.nshealth.ca/)
6. Atlantic Provinces Special Education Authority: (www.apsea.ca/)
7. Navigator Website: (www.familynavigator.ca)

WHEN LOOKING FOR CHILD CARE HERE ARE SOME OPTIONS:

- H&R MFRC Child Care Centres
- Other child care centres in your area:
 - findingqualitychildcare.ca
- H&R MFRC Casual Care Programs
- H&R MFRC Child Care registry
- Place an ad on Kijiji
- Place an ad on local community bulletin boards (churches, social clubs, schools, grocery stores)
- Place an ad on community mail boxes
- Ask friends, neighbours, school, members of social clubs (guides, dance, hockey)
- Ask Members in CAF unit
- Look on local community Facebook groups

QUESTIONS TO ASK WHEN MAKING CHILD CARE INQUIRIES

Taken from: www.ednet.ns.ca/earlyyears/documents/Telephone%20Interview%20Questions.pdf

GENERAL QUESTIONS

- What ages do you care for?
- Are there any openings for my child's age group?
- Is there a waiting list? How long is it?
- What are your hours of operation? What days are you closed?
- How much do you charge per day/week?
- What is your withdrawal (refund) policy?
- Is there a registration fee? How much is it? Is it an annual fee?
- Are there any other fees (late fees, etc.)?
- Do you know of any other centres or care providers with vacancies?

QUESTIONS FOR CHILDREN OF ANY AGE

- Are you licensed under the NS Day Care Act & Regulations; Department of Education and Early Childhood Development?
 - If you are licensed, can I see a copy of your most recent inspection report?
- Are you insured (for accidents, etc.)?
- How many children do you care for?
- What ages are the children in your care? How many children are there in my child's age group?
- What child care experience/training do you (or any other care providers) have?
 - How many staff members do you have? What is the ratio of caregivers to children?
 - What is your staff turnover rate?
- What happens if a caregiver is out on a given day?
- Do you accept children who require extra support?
 - Why/why not?
- What is your overall child care philosophy?
- How do you deal with behavior issues?
- Does your program have any special activities or features?
- What are your security policies? Are there cameras in your facility? Is the front door locked at all times?
- What types of activities do you do with the children over a typical day/week? Can I see a daily schedule of activities?
- Do children play outside each day?

- Who supplies diapers/blankets/meals/snacks – parent or provider?
- What arrangements are made when care providers are ill, on holiday, or in case of emergency?
- What is your policy for giving children medication?
- What is your policy regarding children who are ill?
 - Do I have to pay for days when my child is absent due to illness or vacation?
- Do you encourage parent involvement? Can I visit whenever I wish?
- Who can pick up my child if I can't make it? Is there a policy for this?
- What happens in cases of emergency? Who is called first?
- Can you give me at least two references, preferably of parents whose children attend your child care setting?
- When can I come visit your centre? Can I bring my child?

QUESTIONS FOR INFANT PROGRAMS

- How many educators work in the infant program? How are lunch and breaks handled?
- Are you a breast feeding – friendly centre?
- How often are diapers changed?
- How are the feeding/eating schedules set?
- How do you keep track of diaper changes and feeding?
- Are there activities planned for infants?

QUESTIONS FOR TODDLER PROGRAMS AND PROGRAMS FOR OLDER CHILDREN

- Do you assist in toilet training? How is this decided?
- How do you handle biting?
- How do you deal with behavior issues?
- Do you go on outings and/or field trips?
- Do you pick up children from school or the bus stop?

PRIVATE (UNLICENSED) CARE: THINGS TO CONSIDER

Unlicensed care providers may or may not have had formal child care training or previous child care experience. Care providers set their own hours of operation, fee schedules and operating policies.

Parents are solely responsible for assessing and monitoring the quality of care provided in any unlicensed child care arrangements.

If you're interested in care provided in your home, or privately in a provider's home, your questions will be a little different. It's important that you take time to learn about the provider's background, experience with children, and approach to child care.

It's a good idea to ask the caregiver for references and documentation such as a Criminal Record Check, Vulnerable Sector Check and Child Abuse Registry Check. It's also smart to put together a written agreement, detailing the days and hours of work, the caregiver's specific terms, and your responsibilities.

SOME QUESTIONS FOR PRIVATE PROVIDERS

- Who else lives in the home, how old are they, and what is their relationship to you?
- Is your child/children part of the child care setting?
- How do your family members feel about you providing child care in the home?
- Will you be present and in charge during all the hours child care is provided?
- Who will replace you when you are ill or on vacation?
- Do you have first aid training?
- Have Criminal Record, Vulnerable Sector Check and Child Abuse Registry Checks been completed on yourself and anyone else living in your home who are over the age of 12.

CHILD CARE CENTRE VISIT CHECKLIST

(Taken from: www.ednet.ns.ca/earlyyears/documents/Child%20Care%20Centre%20Visit%20Checklist.pdf)

This checklist will help you look for important indicators of quality child care. Space is provided for you to note your observations when deciding which child care centre is right for your family.

PROVIDER/CHILD RELATIONSHIPS

Do you observe that the Educators/Caregivers:

- Interact and facilitate children's play?
- Listen to children when they speak and respond with interest & respect?
- Accept and value the children's ideas and suggestions?

- Set reasonable limits for behavior and respond to inappropriate behavior in a fair and consistent manner?
- Respond with care and understanding to a child who may be fearful, shy, upset, hurt, or angry?
- Encourage children to cooperate with each other, share and take turns?
- Display a sense of humor?
- Show flexibility in how they meet the varied needs of all children?
- Initiate conversations with the children other than instructions, commands and announcements?
- Encourage problem-solving?
- Encourage independence?
- Offer choices to the children?
- Redirect children when there is conflict?
- Bend down or kneel to speak to children at their own height?
- Engage in conversation with each child?
- Address children by name, including my child?
- Speak to each other, child, and you, calmly and respectfully?
- Supervise the space at all times?

DAILY CHILD CARE PROGRAMS

Does the Centre / Facility:

- Include structured activities as well as opportunities for free play where children make their own choices?
- Allow for both individual and group play?
- Offer choice of activities?
- Provide opportunities to explore the environment in different ways such as through music and movement dress up /pretend play, games, art, construction toys, and outdoor play?
- Encourage children to cooperate with each other, share and take turns?
- Have a consistent, yet flexible, schedule?
- Follow routines for rest, mealtimes in a relaxed manner?
- Limit use television and video entertainment?
- Actively monitor children when they are using computers?
- Offer a variety of materials including blocks, dress-up, art and books?
- Include children and families from a variety of cultures and backgrounds?
- Provide drinks and snacks that are healthy and nutritious?
- Support children to learn self-help skills such as washing, dressing?

• **Infant program (if applicable):**

- Set sleeping and eating schedules that reflect the individual needs of children?
- Provide a sleeping area that is separate from the play area?
- Provide a safe and nurturing environment where infants can explore their surroundings and interact with each other?
- Include time for one-on-one interaction

THE PHYSICAL ENVIRONMENT

Is the child care setting:

- Safe (harmful materials such as cleaning supplies, sharp objects are out of reach, stairs are gated, etc.)? Are the materials and equipment clean, safe and in good repair?
- Warm, inviting and appealing? Are there a variety of toys, activities and materials available?
- Well lit, comfortable in temperature with child-sized furniture & equipment?
- Organized and well-maintained?

In the child care environment, I observe:

- Natural light.
- Enough space for a variety of different activities to be going on at the same time without interference.
- Children's artwork displayed at their eye level.
- Areas for both active and quiet play.
- Developmentally appropriate toys, material and equipment, available for indoor and outdoor play.
- A safe and accessible outdoor space for different activities.
- A variety of safety precautions; fire extinguishers, stairway gates, smoke detectors, and electrical outlet covers.

ADDITIONAL RESOURCES

Below is a list of other helpful resources that you may find useful when looking for child care:

Department of Education and Early Childhood Development Services:

www.ednet.ns.ca/earlyyears/earlychildhood_ds.shtml

Finding Quality Child Care:

findingqualitychildcare.ca

Halifax Regional Municipality School Board:

www.hrsb.ns.ca/

Conseil Scolaire Acadien Provincial:

www.csap.ednet.ns.ca

Zero to Three Child Care Tips:

www.zerotothree.org/early-care-education/child-care/ (Click Tips & Tools)

H&R MFRC Website:

www.halifaxmfr.ca

Family Navigator Website:

www.familynavigator.ca