

Why is finding quality care for your child important?

1. Most of a person's brain development happens between 0 and 5 years old. During this time, children need a supportive, stimulating environment!

2. You will have less stress in your life if you know your child is being well cared for while you are at work.

3. Children who receive good care as babies and toddlers enter their school years better prepared for learning.

4. Quality child care allows parents to provide for their families while maintaining a safe and supportive environment for their children.

Where to start



Whether you plan to find childcare by yourself or with someone's help, an excellent place to start is **The Kamloops Childcare Resource Referral Program**. Their job is to help parents like you find the childcare that best suits your needs.

address 1420 Hugh Allen Drive, in the YWCA Building. Website:

<http://www.childcarechoices.ca/main/Interior/Kamloops/>

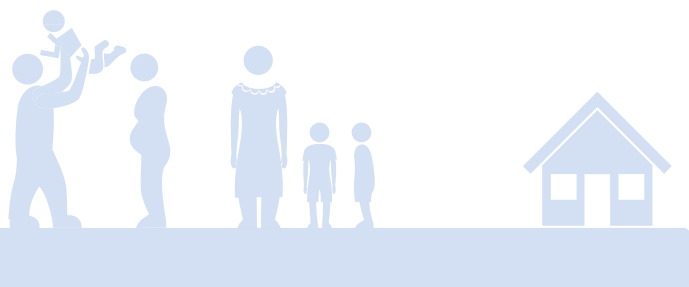
The British Columbia Ministry of Children and Families also provides useful information.

For general info:

<http://www.mcf.gov.bc.ca/childcare/>

For an interactive map of childcare services in **Kamloops:**

http://www.mcf.gov.bc.ca/childcare/programs_map.htm



Child Care

Many parents struggle to find childcare because

- It can be very expensive
- Trusting caregivers you don't know can be scary
- Parents who work can find it difficult to manage pick-up and drop-off on a busy day
- Many services exist, but they can be hard to find, have complicated applications, and aren't always fair about who gets to use them
- If you are feeling overwhelmed, you are not alone. There are people and services that can help you try to find what you need.

