



Hemophilia Childcare Selection Tips



Childcare Guide for: _____

Date: _____



Childcare Selection Tips

Finding the right childcare will be important for your child's safety and happiness – and for your peace of mind. This checklist can help you with finding childcare that is the right fit for you and your child with hemophilia.

- **Begin your search early.** Finding the right childcare might take a few months, and centres often have waiting lists.
- **Do your research:**
 - Check with the Canadian Hemophilia Society to see if they can offer advice or resources for finding childcare.
 - Ask other parents about which childcare services they use.
 - Check with community colleges in your area that offer early childhood education programs.
 - Community centres and organizations, supermarket or library bulletin boards, the yellow pages, and the Internet can also be starting places for your search.
- Identify **what kind of childcare** arrangement you want:
 - in your home
 - in the caregiver's home
 - at a centre
 - licensed
 - unlicensed
- Set some **priorities** for your child's unique needs:
 - Is the caregiver comfortable learning basic information about hemophilia and caring for your child?
 - Is the caregiver able to follow instructions for possible bleeds or emergencies?
 - Does the caregiver have first aid training, such as the St. John Ambulance First Aid certificate?
 - Can the caregiver offer a safe environment for a child with hemophilia?
 - Can they devote the level of supervision needed for a child with hemophilia?

○ Interview the candidates.

- Do the interviews in the childcare centre or setting.
- Bring your child along to meet the caregiver once you have narrowed your choices down to two or three.
- Ask many questions and record the answers, as well as your observations and impressions.
- Take note of:
 - the physical environment
 - the meal plan
 - the amount of supervision offered
 - planned activities
 - play equipment and appropriate protective gear
 - the mutual comfort level between you, the caregiver, and your child

○ Check at least **three references**. Ask about their impressions and concerns, why the relationship ended, and any specific concerns you have.

○ Trust your feelings and **intuition**. They can be just as important as your research.



Upon selection/hire of your childcare:

- State all your expectations, clearly, and consistently, starting on day one. Include any practical details, including instructions, the Factor First Card, and contact information in case of a bleed.
- Provide basic information about hemophilia care for your child. You might use the **Hemophilia Babysitter Checklist**, which is also available at www.EmbraceLife.ca. If your child is at a daycare, your nurse coordinator at your HTC might be able to provide hemophilia information to the daycare staff.
- Check in on the caregiver or centre from time to time to monitor your child's unique care.
- Talk with the caregiver and your child every day about his care while away from you.



For more information, visit:

- The Canadian Hemophilia Society at www.hemophilia.ca or call 1-800-668-2686

Developed with the assistance of members of the Canadian Association of Nurses in Hemophilia Care (CANHC).

Provided as a service by Pfizer Canada Inc.

© 2011
Pfizer Canada Inc.
Kirkland, Quebec
H9J 2M5
www.pfizer.ca

TM Pfizer Inc., used under license



EmbraceLife.ca



Working together for a healthier world™

Knowing how to take care of yourself takes more than medication. For helpful health and wellness information and tools visit morethanmedication.ca