

1.4 Do you need some help finding recreation and respite options for your young child?

What different childcare options are available to me?

Centre Based Childcare:

Children (babies to six years) are cared for in childcare centres by trained staff providing care and education programs to meet children's developmental needs.

Occasional Care:

Occasional Care provides childcare in a range of settings; many operate out of local community centres and offer a flexible service.

Respite Care:

Respite offers parents a break from their caring role. Respite can occur in the home or it could be an activity outside of the home.

Family Day Care

Your child is cared for in someone else's home. The Family Day Care program is run through your local Council.

The **Inclusion Support Subsidy (ISS)** is available to help Childcare Centres/Providers prepare for a child with special needs. To find out more about the Inclusion Support Subsidy contact the Department of Families, Housing, Community Services and Indigenous Affairs (FaHCSIA) on 1300 653 227.

How can I have a break?

The **Commonwealth Respite and Carelink Centre** will be able to provide information on respite options in your local area. Call 1800 059 059 and you will be connected to your nearest Centre.

Are there any recreational options for children under 5?

There is a range of options for children with additional needs under the age of 5. Those available are mostly inclusive programs where all children of all needs are welcome.

For information on things such as kinder gym, playgroups and other recreation options your best starting point would be your local council. The local council can also tell you about local neighbourhood houses that may run programs that are not highly advertised. Refer to information sheet 4.7 of this kit 'How do I contact my local council?'

What's the cost of childcare?

Childcare fees vary depending on the option you choose and may be charged according to family income. Some childcare fees are subsidised. Call Centrelink on 131021 or visit www.centrelink.gov.au to find out more or call the **Child Care Access Hotline** on 1800 670 305.

Who can help me to choose?

Playgroup Victoria - have a **Supported Playgroup Coordinator** who will be able to assist you in finding an inclusive play group. You can call them on 1800 171 882.

If you have chosen your childcare option and want to make sure that it will meet all your child's needs ask the Childcare Centre Coordinator to speak with an **Inclusion Support Facilitator**. They will assist in obtaining necessary special resources for your child.

Similarly, a **Pre-School Field Officer (PSFO)** provides support for children with additional needs who have a funded 4-year-old pre-school (Kindergarten) placement. The Pre-School Field Officer will ensure that your pre-school is inclusive for your child and are attached to each local Council.

If you are looking for a group with a similar cultural background to your own contact the Migrant Resource Centre in your area. For contact details refer to information Sheet 4.1 of this kit. 'Do you speak a language other than English'.

You can also contact your local neighbourhood or community house or Maternal and Child Health Centre for information about playgroups and childcare.

Is there anybody who can help me look at recreation and respite options? If you live in the Northern Suburbs call the **Northern Parent Support Program** Coordinator on 9385 3235 or if you live in the Western suburbs contact **the Parent to Parent West** Coordinator on 9680 8444. They will be able to help you with any queries you may have regarding recreation or respite.