



# Resources to Support your Family in Returning to Work

## Return to Work Resources

[Returning to Work After Baby Booklet](#) from Best Start offers helpful tips and information to help make the transition back to working outside the home as smooth as possible.

[How to Return to Work After Taking Parental Leave](#) is an article from the Harvard Business Review to share some pointers for how to navigate those first few weeks back at work.

The Government of Ontario shares tips with [How to Prepare your Child for Child Care](#) [Carizonforthecommunity.ca](#) offers a three part video series of Returning to Work during the conditions of a pandemic. The first video shares the [Effects of the Pandemic](#), the second, potential challenges in [Transitioning Back to Work After Covid-19](#) and the third video presents [10 Tips for Creating Balance after Covid-19](#) and creating the work-life balance we all want.

The Government of Canada offers resources and tips to set up your workspace and maintain wellness while working from home during [Coronavirus disease \(COVID-19\): Working Remotely](#).

The Canadian Psychological Association has created a fact sheet to help people understand the basics of working from home, as well as some ideas for managing home environments, especially ones with children called [“Psychology Works” Fact Sheet: Working from Home During COVID, With and Without Children](#).

For mothers returning to work, the Region of Waterloo offers information regarding [Breastfeeding Friendly Workspaces](#).

[Breastfeeding Buddies](#) are here to help support in the transition back to work and help support breastfeeding goals. They will match and connect the parent with a Buddy who has successfully made the transition back to work while maintaining their breastfeeding relationship. They also host a regularly scheduled [Return to Work while Breastfeeding](#) workshop.



# Resources to Support your Family in Finding Child Care

## Finding the Right Child Care for your Family

Learn about the [Types of Child Care](#) in Ontario through the Government of Ontario website.

It's important to ask the right questions before you choose a child care provider. Use these questions when you visit a centre or home to find quality care that suits you and your child's needs. The Government of Ontario suggests some [Questions to Ask a Child Care Provider](#). (Updated with COVID-19 questions)

The Region of Waterloo offers supports in a variety of ways:

[Finding Quality Child Care and Early Learning](#)

[Questions to Ask a Child Care Provider](#)

The Government of Ontario offers information for unlicensed Home-Based Child Care Providers that parents should be aware of.

[“The New Child Care and Early Years Act: What Providers and Parents Need to Know”](#)

[Home child care and unlicensed child care: how many children are allowed?](#)

[Caring for Kids](#), information for parents from Canada's paediatricians, offers information around [Child Care – Making the Best Choice for your Family](#).

## Registering for Licensed Child Care in Waterloo Region

[OneList](#) Waterloo Region provides opportunity for families to register for licensed child care. This website includes child care centres (also called child care, day care, preschool and nursery school), home child care, and before and after school programs. OneList is where all applications for licensed care in Waterloo Region are submitted. There is also information about how to apply for financial help to pay for child care, as well as information about special needs supports that are available for your child.

Resources to support with OneList also include:

[New OneList Parent Resource Booklet](#)

[OneList User Guide](#)

[OneList Commonly asked Questions](#)

[The Region of Waterloo Home Child Care](#) is licensed by the Ministry of Education to run a home child care program for children from birth to age 12.

Important Note: For families to learn about specific child care policies (cleaning procedures, allergies, parent access to child care, communication, etc...), families will need to connect with the direct centre or person.



# Resources to Support your Family in Finding Child Care

## Child Care Support

[The Region of Waterloo's Child Care Subsidy Program](#) provides financial assistance for qualifying families to support access to high-quality Child Care programs within Waterloo Region.

To learn about government subsidies and grants to help you pay for child care or to support children with special needs visit the Government of Ontario - [Financial Support for Child Care](#)

Some children are born with special needs or a special need is identified later as the child grows. The Region of Waterloo offers services, assistance and support to families with children with special needs. Please visit the Region of Waterloo's webpage, [Children with Special Needs](#) to learn about a variety of services and programs supported by the region and community partners.

[Region of Waterloo Public Health and Emergency Services](#) provides resources and supports on a wide variety of topics including: children with special needs, dental health, child safety, parenting support, positive parenting, and more.

## COVID-19 Resources: Important Tools for Parents regarding Child Care and School

[COVID-19: Reopening Schools](#)

[COVID-19 school and child care screening tool](#)

[COVID-19 school and child care screening tool in other languages](#)

[COVID-19 school and child care screening tool \(printable\)](#)

[Child Care Reopening Guidance Document](#)

[COVID Alert mobile app](#)

[COVID-19 Parent and Caregiver Information](#)

[How To Care For A Child Who Needs To Self-Isolate](#)

[Know When to Self-monitor, Self-isolate or Send your Child to School](#)

[Operational Guidance Document for Child Care during COVID-19 Outbreak](#)

[Safe Voluntary Isolation Site](#)