

# TIP SHEET: COVID-19 & CHILDCARE

Many people whose occupations have been deemed as essential services during the novel coronavirus COVID-19 outbreak are still expected to report to work. With the temporary closure of schools, childcare centers and home-based providers, however, coordinating childcare can be extremely difficult. Below are suggested ways to navigate childcare during this time.

## IN YOUR NETWORK

- Reach out to family members, stay-at-home parents or friends who may be available to assist you.
- Working an opposite shift of the secondary parent (if applicable) can help cover needed supervision while both remain productive.
- Coordinate with co-workers, if possible, to watch each other's child(ren).
- Ask your supervisor if they can assist in coordinating creative care solutions. If you're a supervisor, help to be as flexible as possible to accommodate coordination being attempted by employees in accordance with your business practices.

## COMMUNITY RESOURCES

- Check for resources from your school and/or childcare center about temporary care providers, such as school staff and childcare workers. These caregivers will be CPR and First Aid certified, a particularly good option for children with special needs to be accommodated.
- Post to social media or online parenting groups to find additional childcare options.
- Post to Nextdoor (<https://nextdoor.com/>) to see if anyone in your surrounding neighborhood could care for your child(ren).
- Search for local grassroots childcare co-ops and matching services that are quickly coming online to help address needs during this time.
- Contact your local United Way about local child care resources (<https://www.unitedway.org/find-your-united-way>).

## IN-HOME CARE PROVIDER WEBSITES

The websites listed below are online posting boards that allow parents to place an advertisement for a caregiver or browse the resumes of nannies and babysitters who are looking for a childcare position. Please note that there may be fees associated with these services and that parents are responsible for checking references. Some sites partner with background check agencies whose services are available for an additional fee.

- <http://www.gonannies.com>
- <http://www.care.com>
- <https://www.seekingsitters.com>
- <https://www.care4hire.com>
- <https://www.nannylane.com>
- <http://www.sittercity.com>
- <https://www.urbansitter.com/>