

Child Care 101 & family-friendly resources at UM



**University
of Manitoba**

Traditional Territories Acknowledgement

The University of Manitoba campuses are located on original lands of Anishinaabeg, Ininiwak, Anisininewuk, Dakota Oyate and Dene, and on the National Homeland of the Red River Métis.

We respect the Treaties that were made on these territories, we acknowledge the harms and mistakes of the past, and we dedicate ourselves to move forward in partnership with Indigenous communities in a spirit of Reconciliation and collaboration.



Introduction

Family Resources

- Francene Perehinec, Family Resource Coordinator
- Report to the Vice-Provost (Academic Affairs)
- Assist faculty members, staff, and some student groups on family care related matters
- Collaborate with other units such as Human Resources and Student Engagement and Success to ensure that we are doing our best to provide wrap-around supports for the UM community



Examples of support



Childcare

Assist with childcare search and daycare program waitlists; information on how to navigate the childcare system in Manitoba;

Developed the UM Babysitter Directory; Event Childminding Program



Newcomer

Provide settlement resources (in collaboration with HR) and referrals to community-based programs to help ease the transition;

Meetings with new faculty members as requested



Older adults

Develop resources for older adults and caregivers working at the UM;

Developed the Adult Companionship Services Directory and Retirement Readiness offerings

Childcare in Manitoba



Childcare in plays a vital role in supporting families and nurturing the next generation.

Manitoba has a variety of early learning and childcare programs designed to promote healthy development, education, and socialization for young children.

Types of childcare programs

- Full-time or part-time or drop-in care
- Non-profit and private programs
- Centres, home daycares, Montessori schools, nursery schools, and Head Start Programs
- Different programs provide care to children ranging between the ages of 3 months to 12 years of age
- There are also other types of care available for children with special needs (respite care, day programs)



Childcare grouped by age

- Infant care is from 3 months to 2 years
- Toddler care is from 2 to 3 years of age
- Preschool care is 3 to 6 years of age
- Kindergarten care can start on the year the child turns 5 years old by Dec. 31 (which is when they are eligible to attend kindergarten in schools)
- School-age care are for children between the ages of 6 to 12 years
- There are programs around the city for those who are 13 years and older. These are no longer considered childcare and are referred to as teen or youth programs.



- Kindergarten classes in schools are considered optional. Children have the right to attend school the year they turn 6 years old (Gr. 1).
- Some schools offer kindergarten per period (morning or afternoon) every day or all-day on alternating days (M/W/F or Tu/Th)
- Before & after school childcare programs offer care before school starts and after school ends; most provide care during in-service days and school breaks
 - In-service Days are when schools closed so that educators can attend Professional Development opportunities
 - School breaks occur in December (winter), March/April (spring), and July/August (summer)

Staff supervision

- Licensed programs are inspected by the Government of Manitoba
- There are regulations that programs must meet to maintain their operating license
- There are two different staff classifications for those who are trained in the childcare field: Early Childhood Educators (ECEs) and Child Care Assistants (CCAs)
- For licensed centres and home daycares, there are minimum staff to child ratios set in place (according to age groups)

Childcare costs

- Licensed programs charge a fee of \$10 per day
- Some programs may charge additional fees for providing snacks or lunches
- For-profit programs and home daycares charge more than \$10 a day and the fees can vary
- All families that pay for childcare receive a government tax credit during income tax filing season

Childcare subsidy

- The \$10-a-day parent fees pertain to families who are enrolled in licensed, non-profit centres and home daycares that receive provincial operating grant funding.
- There is no application process.
- Child care subsidy is available to families to meet the eligibility requirements. Some eligibility factors taken into consideration include: household income, number of children, age of children, days requiring care, and reason for care. (To apply, visit the www.gov.mb.ca/education/childcare/families/childcare_subsidies)



Childcare on campus

- The Campus Children's Centre is a non-profit childcare organization located at the Fort Garry campus. They will soon be expanding to a second location at the Bannatyne campus with a target opening date of early 2026. They prioritize children of students, staff, and faculty of the UM community. www.campuschildrenscentre.com/
- Both the Family Resource Coordinator as well as the Family Centre Coordinator can assist with the childcare search process. We are not able to guarantee a space, but we can certainly help you navigate through the process.



Childcare wait times

- While there are many centres and programs around the city, there is a waiting period to get into your preferred program
- The average wait times vary
- Most programs have a waitlist
- The private, for-profit programs or home daycares usually have shorter waitlists



Resources, programs, and services at the University of Manitoba

Family Resources

- We offer an array of supports ranging from parenting resources, services for faculties, settlement support for new faculty members and other academics, to older adult/caregiver employees.
- Services include: Childcare Program Search and Waitlist Assistance, navigation of settlement resources for newcomers, workshops/support groups for parents, Event Childminding Programs, and UM Babysitter Directory

Family Resources

Contact information

- 319-66 Chancellors Circle
- Administration Building, Fort Garry campus
- Phone: (204) 474-7676
- Email: familyresource@umanitoba.ca
- Website: <https://umanitoba.ca/family-resources>





FAMILY CENTRE

A Place of Support and Inclusion for All - Together, We Thrive



UM | Rady Faculty of
Health Sciences



About us:

The Rady Faculty of Health Sciences Family Centre is a resource supporting learners, faculty, and staff who have family responsibilities while also studying or working within the Rady Faculty. We aim to assist as you navigate major life changes and the challenges of caregiving.

Our goals are to determine and address the current family-related barriers affecting our diverse community to provide a more family-friendly campus.



Rady Faculty of Health Science Family Centre

Our Space

Location: 280 Brodie Centre

In-person Hours:

Monday – Friday

8:30am to 4:30pm

- Office space available to meet for those with small children
- Public computers available





Location: 290A Brodie Centre

The Child Feeding Room

This space is available to all staff, faculty and learners who would like to pump or chestfeed. To gain access to this space, email FamilyCentre@umanitoba.ca with your name, department and employee or student number.

Rady Faculty of Health Science Family Centre

Current Services:

- Assistance finding childcare
- Lunch & Learn Series: The Basics of Estate Planning, Power of Attorney, Family Planning, Filing Taxes & Fraud Protection, Finals & Wellness, Renting in Manitoba, Dementia in the Family etc.
- Regular series: Lets Talk Menopause, Casual Conversations Group, Yoga, Wellness/Mindfulness, Drum Circle, Student writing groups and more
- Faculty, Staff and Learners use computers
- Help locating suitable nursing space on campus and childcare
- Tips for managing maternity/parental leaves
- Free Library for kids
- Emergency supply of diapers, wipes, and feminine hygiene products
- Rady Kids' Club and Rady Holiday Hamper program for learners
- Office space available to have a meeting where a child can be present and much more



Rady Faculty of Health Science Family Centre

Current Services continued:

- **Access to past Family Centre session and workshops on our YouTube Channel**
- **Some Past Sessions we've hosted:**
 - Let's talk Menopause Series (3-4 times a year)
 - Simple Steps to Mindfulness (monthly)
 - Positive Discipline Book Club (6-part series)
 - Nutritional Session (3 session series)
 - The Basics of Estate Planning
 - Dementia in the Family
 - Employee Mat/Parental/Adoption information session
 - Quick Family Meals
 - The Basics of Estate Planning: Wills, Powers of Attorney, and Health Care Directives



Rady Monthly Conversation Group

- Join Family Centre's monthly conversation group, where the Rady community comes together to share global cultures, experiences, and connections. Meet new people, ask questions, and practice your conversation skills in a welcoming space
- Bring your lunch and your stories! Open to all Rady staff, faculty, and students
- Registration required - secure your spot for this in-person event!

Family Centre
First Wednesday of every month
12:00 pm - 1:00 pm





Rady Student Parent Study Program

- **Rady Kids' Club**, a safe and nurturing environment for children of students studying on the Bannatyne campus
- This **FREE** service gives you time to concentrate on your studies while your kids have a blast in the Joe Doupe Gym
- **Rady Kids' Club** takes place once a month on Saturdays 10am-12:30pm for 4-12 years of age
- Registration is required for this in-person event



**University
of Manitoba**

The RFHS Holiday Basket Program

- **Family Centre holiday basket program is available to support students with small children experiencing financial hardship during the holiday season. The holiday baskets include items such as formula, diapers/pull-ups, wipes along with an age-appropriate toy for each child**
- **This service is available to all students in the Rady Faculty of Health Sciences**
- **Last year, 45 student families received a customized holiday basket**



The UofM – RFHS parents buy/sell/exchange

- The RFHS Parents Exchange is for the Rady Faculty of Health Sciences staff, learners and faculty to buy, sell, or donate used children's clothes and toys
- The Family Centre can be used as a safe exchange zone
- If this is something you are interested in, please add yourself to the Facebook group:

[The UofM - RFHS parents buy/sell/exchange](#)



Rady Family Centre's Diaper/Formula Drive

The Rady Faculty of Health Sciences Family Centre is asking for your help to gather donations for students in our faculty struggling to provide their children with essentials like diapers and formula. Your gifts will directly benefit student families experiencing hardship – please give generously.

Needed items:

- Diapers any size (high demand for size 4+5)
- Powdered formula
- Monetary donations

If you are able to make a donation,
there is a link on our webpage
or you can scan the QR code below.

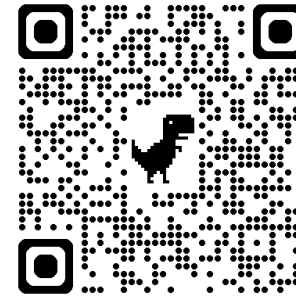


We want to hear from you!

Please send any feedback or questions to FamilyCentre@umanitoba.ca.

Join our Monthly Newsletter

Want to keep up to date with all our offerings and events, sign up for our monthly newsletter



@FAMILYCENTRE_RFHS

Follow us on Instagram:

@familycentre_rfhs