



## What To Do When There Isn't Enough Child Care

- Tell your story to your city, state and national legislators so they will be aware of what families are struggling with today. They can design legislation, which can help alleviate the problem. A personal letter or phone call is very effective.
- Join our Virginia's Action & Information Center
- Tell all your friends and relatives that you are looking for childcare. They may have resources you are not aware of.
- Consider a shared care arrangement by sharing one in-home caregiver for two families. Offer to pay the caregiver double the going rate. Or if your schedule permits, offer to share care with a coworker on a different shift so you can take turns caring for each other's children.
- Consider changing your work hours so care is more available. If you have a spouse consider working different shifts so someone is always there with the children.
- Improve the quality of care by making caregivers aware of training and program accreditation grants.
- Participate in community planning groups and community surveys so that the community knows of unmet childcare needs.
- Share your child care problems with your employer. There is a full range of child care benefits which employers can and do provide.
- Tell your story to the media to help educate community members who don't have children about why the problem also affects them. (e.g. loss of work productivity costs money etc.)
- Encourage employers to adopt family friendly policies such as using sick leave for sick children.
- Encourage your local school to offer before and after school care as well as care during the summer and on holidays.
- Advocate for quality, affordable, available childcare for all children whenever you can. Explain to people that the recent research on the brain underscores how important quality early childhood experiences are.

