



QUALITY, OVERNIGHT CHILDCARE
FOR YOUNG PARENTS

FREE SERVICE PROVIDED BY





WHAT IS THE YPNFA RESPITE CARE PROGRAM?

Parenting is a challenging and sometimes stressful responsibility. This is especially true for young people who may lack family support and child care options. The Respite Care Program is designed to provide temporary overnight breaks for young parents as they care for their infants and toddlers.

The average respite placement is 3 to 5 days. However, placements can be arranged for longer when needed. Young parents can utilize this service every three months.

We would like social service agencies to view the Respite Care Program as a trusted and professional supportive childcare service for the community. We have screened and trained volunteers who provide exceptional around-the-clock care to the children placed in their homes. The Respite Care Program is great for any parent under age 25 who needs a little extra support.



**THIS IS A
FREE SERVICE.
We cover all the
costs of placement.**

YPNFA Respite Care Program

205 Parliament Street, Toronto, ON M5A 2Z4 | t. 416. 365.1888 | f. 416.365.1944
www.jessiescentre.org

GOOD PARENTS PLAN FOR BREAKS!

For young parents, the Respite Care Program acts like an extended family, creating a reliable and safe support network within the community. Respite Care Providers often become a surrogate Grandparent or Auntie to the children they care for.

Respite Care is not just about providing emergency care; it is about preventing emergency care. We can be used in times of crisis, and to support families involved with child welfare services, but we are also here to stabilize homes and prevent crises.

Every parent deserves a break from time to time.

The placement period offers parents the opportunity to:

- Arrange for Medical Care for Themselves
- Look for Housing or Move to a New Home
- Study for Exams or Catch Up on Homework
- Catch up on Sleep
- Have Personal Time with a Partner or Friends
- Do Laundry / Clean the House
- Take Time to Rejuvenate
- Celebrate a Birthday
- Take a Stress Break





This program is great for families who are inadequately or marginally housed. Living in temporary housing, including a shelter, can be chaotic and intrusive. Allowing parents to have a childcare break provides stress relief and gives them time to search for suitable and affordable housing. Parent and child benefit.

We work closely with Child Protection Workers to support families involved with one of the Children's Aid Societies. We can provide extra supports before, during and after the Respite period that can make the difference between a family staying intact or a child being apprehended.

This is also a great program for families who are not in crisis or involved with Child Welfare Agencies but who just need a temporary respite. These parents may benefit just from the childcare break alone, or they might look into other services at Jessie's Centre that can help them during or after their respite care experience.

More than half of the families who use our services return to use us again!

HOW DOES RESPITE CARE WORK?

ANY PARENT, UNDER 25, IS ELIGIBLE FOR RESPITE CARE.

IT'S THAT SIMPLE.

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RESPITE CARE PROVIDERS

All of our providers for this program are volunteers and are awarded a nominal fee for respite placements. The cultural diversity of our providers reflects the cultural diversity of the families we serve.

Each provider and her family members are rigorously screened. Our screening process has been adapted from the screening process outlined in the Day Nurseries Act. It includes:

- Checking references, including police, CAS, and two personal references.
- Fulfilling Public Health immunization requirements mandated for day care staff – for each family member.
- Obtaining liability of \$1 million for home and auto insurance for each provider.
- A home inspection conducted by the Respite Care Coordinator.
- Respite Care orientation for all family members.

Training for Respite Providers includes CPR and Infant CPR training. Each provider is trained on the Public Health Requirements for working with infants. Jessie's Centre staff educate providers on basic Attachment Theory, especially on issues such as the effect of separation and reunification on young children.

Whenever possible, children are placed with providers they know from previous placements. This consistency of care builds relationships between providers, parents and children, while enriching the experience of placement for the children.



THE REFERRAL PROCESS

Although Jessie's Centre coordinates the Respite Care Program, the service is not just for our clients. We rely on workers in YPNFA member agencies, and all other agencies across Toronto, to help us identify families who would benefit from Respite Care services. In fact, 54% of referrals to the Respite Care Program are referrals from outside of Jessie's Centre.

Once a worker has identified a family she/he believes would benefit from Respite Care, the worker can call Jessie's Centre at (416) 365-1888 and ask to speak to the Respite Care staff; who will then go step-by-step through the referral process.

Of course it's always easiest for us to arrange for a home the more notice we are given. It's also great for the parents to learn they can plan for a break and not just ask for help in a crisis.

However, call immediately in the case of an emergency. All possible steps will be taken to accommodate an emergency request. Once you make a referral to us, we'll call the parent and take it from there.

What young parents are saying about Respite Care:

"I have no family in Ontario or friends that I would leave my kids with... Jessie's is the only break I have."

Mother, age 21

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THE RESPITE PERIOD

Prior to placement, Respite Care staff will work with parents to ensure:

- The child is seen by a physician or nurse practitioner 48 hours prior to placement to complete a medical check-up and provide us with a medical clearance form.
- 24 hours prior to the drop-off time the parent will confirm the placement.

At the time of the placement, the parent(s) and child(ren) meet with the Respite Care Coordinator or one of our Counsellors and they travel together to the provider's home. Once there, the parent and child have an opportunity to spend time with the provider and her family members. This is also the time to explain any childcare issues and explore any parental concerns.

During the placement, parents are encouraged to call the provider to be updated on how their child is doing; although this is not mandatory. If parents change their mind, and realize they have arranged for a longer stay than they feel is necessary, they can call us and arrange an earlier pick-up time.

When the respite visit is over, the parents and the Respite Care Coordinator/ Counsellor meet at the provider's home for pick-up. At this time, the provider describes in detail the child's experience of placement. We take care in ensuring the reunion goes well for everyone

PEACE OF MIND

Our parents thank us for giving them a safe place for their children while they have the break they need.



WHO WE ARE, JESSIE'S CENTRE AND YPNFA


The Respite Care Program is a joint project of Jessie's Centre for Teenagers and YPNFA.

Jessie's Centre for Teenagers was established in 1982 as a comprehensive resource centre for pregnant teenagers, teenage parents and their children. Our services are designed to help pregnant and parenting teens finish school and get the practical assistance, health care, housing, counselling and support they need to thrive. We have programs for teen parents that support them through the crucial early years of their child's life.

Young Parents No Fixed Address (YPNFA) is a network of local agencies that work with street youth and youth without safe housing. The group first met in December of 1997 to discuss the growing number of pregnancies among young, homeless women in Toronto. Since that time, the network has met regularly to share information and to coordinate services to all young people dealing with inadequate housing and other life challenges.

For more information about the Jessie's Centre / YPNFA Respite Care Program please contact

Respite Care Program
205 Parliament Street
Toronto ON M5A 2Z4
phone: 416.365.1888
fax: 416.365.1944

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YONGE ST.	JARVIS ST.	SHERBOURNE ST.	PARLIAMENT ST.	
			QUEEN ST. E	