

**Are there Emergency Child Care services while I am posted to the US?**

Yes, there are services to assist families with emergency child care needs. A military family may be eligible for up to 96 hours of subsidized child care, or in special circumstances, full reimbursement for child care expenses. If a military family requires more than 96 hours of child care, the situation will be assessed on an individual basis and approved accordingly by the MFSUS Senior Manager. Ask your Military Family Service Coordinator (MFSC) for specific details.

**If I am struggling through some personal issues and need to attend doctor appointments or support groups, are there services to assist me with my child(ren)?**

Yes, you could be eligible for Respite Child Care. Respite care may be available when CAF personnel or any of their family (including dependents of single serving members) are seriously ill/injured and participation at medical, mental health services or social support appointments are required, or respite from child care is necessary to aid in their recuperation.

**Policy Info:**

1. Families must sign and submit an MFS Emergency/Respite Child Care Request Form to the MFSC which includes the Respite Care Agreement.
2. Families may be eligible for up to 96 hours of Respite Child Care
3. Respite Child Care funding eligibility;
  - 5 hours maximum per week up to 96 hours
  - Reimbursement will be up to \$10 per hour

**When my spouse is away for extended periods of time because of work, are there services to assist me?**

Yes! Having a spouse away for any amount of time can sometimes feel overwhelming, especially if you aren't used to it.

MFSUS has developed a plan to assist families with children coping with deployment or work related absences longer than 14 days. MFSUS is also in the process of developing a Deployment Program that will focus on support for all family members dealing with this challenge regardless of age, if you have children, or you are a seasoned family member!

**Policy Info:**

1. Deployment and Work Related Absence Child Care Provisions
  - Commanding Officer confirms deployment/absence; and
  - The member is absent from home for more than 14 days; and
  - Families have at least one child not yet in high school (*Note: Each State has age requirements for leaving children alone for extended periods of time. Please confirm with your local state.*); and
  - There are no available/accessible services on the local US Military base.
2. Deployment and Work Related Absence Child Care funding eligibility:
  - 6 hours maximum per two week period up to 96 hours per deployment
  - Reimbursement will be up to \$10 per hour
  - Families may be eligible to use 6 hours for pre-deployment activities and 6 of the hours for post deployment activities (out of the 96 hours).

**How does MFS assist my family in an emergency with my child(ren)?**

In order for MFS to assist your family in the most effective way and with the least amount of stress on your family we have asked that all families fill out the [MFS Emergency Family Care Plan](#) (MFS EFCP). This is different than the military Family Care Plan, as it is more detailed and asks questions like - What school does your child attend? Where is the bus stop? What is their favorite food? - These are all to minimize the worry of the parent dealing with the emergency and to put the child(ren) at ease while in another person's care.

Once we have the MFS EFCP and we have been notified of an emergency either through the family or the Chain of Command (COC) we can assist the child care providers listed in your plan and/or find care if those providers are not available.

**What if my family does not have an MFS Emergency Family Care Plan on file with MFS - Can my family still get assistance?**

Yes! However, it may not be guaranteed because MFS does not have all the necessary information. We cannot emphasize enough the importance of having the EFCP on file; without an EFCP assisting a family becomes very difficult, if not impossible with all the potential scenarios. It is best to get this on file as soon as you arrive at post to avoid delays.

**Who do I contact when needing child care assistance either for an emergency, respite care, or during my spouse's absence due to work obligations?**

In these cases you can call the MFS Coordinator (MFSC) directly; however, the CAF member must notify their COC in cases of emergencies. If you are not aware of who your designated MFSC is, please check out our website at [CAFconnections/locations](#).

**Other Resources**

[MFS Emergency Family Care Plan](#)

[MFS Family Guide](#) for further information that may assist you and your family on supports for your child(ren)

[Parent and Caregiver](#) page to see other supports

**To locate your MFSC see**  
[CAFconnections/locations](#)

This Information Sheet is offered to you to help direct you and your family to the correct locations to find the benefits and services available during your OUTCAN posting.

**Please be vigilant in doing the research appropriate for your situation, as each is different.**

**CDLS(W) website is full of great information to support you during your OUTCAN posting.**

**Are there additional supports for military families through someone else other than MFS?**

Yes, the Department of National Defence has a few other options depending on the needs of a family. Examples of these are **Family Care Assistance (Policy 209.335)** for single or dual-service members; **Daycare Assistance** (Military Foreign Service Instruction ([MFSI](#))) which helps families whose child care cost exceed Ottawa's cost and both parents work.

**Am I eligible for child care during my move? If so, how do I access it?**

Yes, through your relocation funding with Brookfield and possibly through the MFS Child Care Policy. Your Brookfield (IRP) representative and local MFSC will be a great resource for you. They will be able to explain the current policy for child care. You will want to check in with both individuals before booking any child care.

[Brookfield Guide Policy - 3.4.02 Dependant care reimbursements](#)

**Is there a list of Babysitters in my area?**

Contact your MFSC for a list of babysitters in your area. The list is usually comprised of names of sitters used by fellow Canadians or your MFSC during workshops. Having this list will allow you to conduct your own interview over the phone or in person to secure a sitter during the times of need. Most MFS locations do not have a centre of their own; therefore, there is not always a child care centre. The US Family Centers on base may also be another great resource. Go and visit and learn how they operate and how you might be able to obtain care if necessary. It is best to do this BEFORE you need it! If there is a list you may be able to use it to secure a sitting on your HHT, if you bring your children. This is a great way to establish a sitter in your new city and can also be used during your unload/unpack! *MFS does not endorse any particular sitters or services and it is the responsibility of the parents to secure their own care*

**Can I access US military base child care services?**

We wish we could say this is an easy answer of 'yes', but the answer is 'sometimes'. Each base and their staff understand their requirements to provide Canadian families services differently; especially, if they have not had to deal with a question of a foreign military family needing service. So the best advice we can give you is to go to your local military base and ask them what the requirements are to use their services. Present them your military ID and see if there are any restrictions. If you get turned away completely, please notify your Commanding Officer and/or MFSC, as this should not be the case.

Check the [Installations](#) of your new posting, then click under programs to find child care options.

**Other Resources**

[Brookfield Guide Policy - 3.4.02 Dependant care reimbursements](#)

[Family Care Assistance \(Policy 209.335\)](#)

[Daycare Assistance \(Military Foreign Service Instruction \(\[MFSI\]\(#\)\)\)](#)

[MFS Emergency Family Care Plan](#)

[To locate your MFSC see CAFconnections/locations](#)

**Where is the best place to look for daycare for my infant child?**

Finding child care can be a struggle, and is usually the number one issue for families other than finding employment. However, there can be great options out there if you are willing to think outside the box, like using the internet. The online nanny/child care services are the new thing and offer great screening options with a click of a button. Some of these sites are Care.com, Nanny.com or Sittercity.com. With a lifestyle that is always on the go this may be the easiest option. *MFS does not endorse any particular sitters or services and it is the responsibility of the parents to secure their own care*

Another option is teaming up with other families to have a nanny come to your homes – like a nanny co-op. Sharing the cost for a nanny to come to your home to care for the children; just make sure to set some ground rules that work for all families involved. Good article on [Nanny Sharing](#)

Each state will have their established daycare requirements and doing your own due diligence in researching these should always be your first step. Check out a great website that can direct you to additional information based on your state- [Child Care in America: 2016 State Fact Sheets](#) .

What's the going rate, check out this link [Child care - How much should I pay?](#)

You will want to start this as soon as you receive your posting message, if you plan to work as soon as you can in the US. Remember, you will need your Employment Authorization Document (EAD) if you plan to work in the US. [See the Employment Authorization Document \(EAD\) FAQ!](#)

This Information Sheet is offered to you to help direct you and your family to the correct locations to find the benefits and services available during your OUTCAN posting.

**Please be vigilant in doing the research appropriate for your situation, as each is different.**

***CDLS(W) website is full of great information to support you during your OUTCAN posting.***

**MFS US  
FAQ**