

Plan on Sick Days...They Will Happen!

It is inevitable that working parents with a young child will sooner or later have to cope with their child being ill. Parents need to develop a plan that allows them to manage the difficult problem of caring for their sick child in a way that:

- Decreases stress for the child
- Eases tension and guilt for the parent
- Makes business run smoothly for the employer

How Sick is Too Sick for Child Care?

Children suspected of having a communicable disease such as chicken pox, measles or strep throat may not be placed in child care. Furthermore, children exhibiting symptoms of illness such as undiagnosed rashes, sore throat, vomiting or diarrhea also should not be in care. These guidelines apply to both children's centers and family child care homes. When enrolling your child in care, discuss the caregiver's sick child care policies.

Be Prepared:

Before your child gets sick, consider what your choices will be. After thinking about your commitments, you will know what problems you face in caring for your child when he or she is sick.

Caring for the Sick Child Yourself:

This is likely the very best choice for your child. What are the policies regarding use of sick leave at your workplace? Can you rearrange your schedule at work or school or bring work home? If two parents care for the child and have flexible schedules, you may want to share equally in caring for the child during an illness.

Finding an Alternate Care Situation:

Most working parents will need to call on an alternate caregiver to provide care for their sick child. Search for a dependable adult whom the child knows and likes. Likely prospects are relative, friends, neighbors, retirees, and college students.

Get acquainted with several alternate caregivers before you need them. The better acquainted you are with each other, the easier it will be for your child when sickness occurs. Check in advance about transportation arrangements and fees.

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For more information please call Child Care Resource and Referral at 772-595-6363.

