

Childcare in Cambridge: Advice for all ages

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Day Nurseries



<https://www.daynurseries.co.uk/>

www.ofsted.gov.uk



- Ask colleagues and friends for recommendations

- Plan visits early; turn around of staff, children happy, space to nap and run!
- Make several applications, call regularly!
- Choose a nursery that offers a playscheme which covers most holiday periods
- Use salary exchange to get childcare vouchers- up to £243/month

Childminders and Nannies



Childminders

<https://www.cambridgeshire.gov.uk/residents/children-and-families/childcare-and-early-learning/>

Nanny/Nannyshare

<https://www.tinies.com/parents/>

www.nannyshare.co.uk/



- Interview childminder/nanny first, then ask them to spend time with your child one-on-one
- Be clear about your expectations

Maternity leave activities

Sure Start children centres

<https://www.cambridgeshire.net/groups/>



**Sure Start
Children's
Centres**

Activities

Singing, signing, baby and parent yoga, swimming lessons, messy play, church groups (including crèche and activities for parents)

**QUICK
TIPS**

- Build a network of mums and dads:
 - advice about nurseries, schools, playschemes
 - potential babysitters?



Pre-school - 3 years +

Day Nursery Schools/Pre-school

<https://www.daynurseries.co.uk/>

www.ofsted.gov.uk

15- 30 free hours of childcare for 38 weeks (3-4 year olds)



QUICK TIPS

- Choose a nursery that offers a playscheme which covers most holiday periods
- During holidays, care for your child and their friend during holidays- other parent reciprocates
- Share a childminder/nursery worker between 2 or 3 children

School years

Breakfast club and late stay facilities at schools

Can be booked at short notice and late stay often includes tea/dinner

Holiday playschemes:



Sports & activities including tennis and swimming, 4 - 17 years
(The Perse)



Sports & activities including art and drama, 4.5 - 14 years
(St. Faiths)

The logo for Stage Coach is a yellow and orange ribbon-like shape. Inside the ribbon, the words 'STAGE' and 'COACH' are written in white, bold, sans-serif capital letters, one above the other.

STAGE
COACH

Singing, dancing, acting, life skills, 4 - 18 years
(Coleridge Campus)

School years, continued



- Ask friends of your child to join them at holiday playschemes- organise car pooling

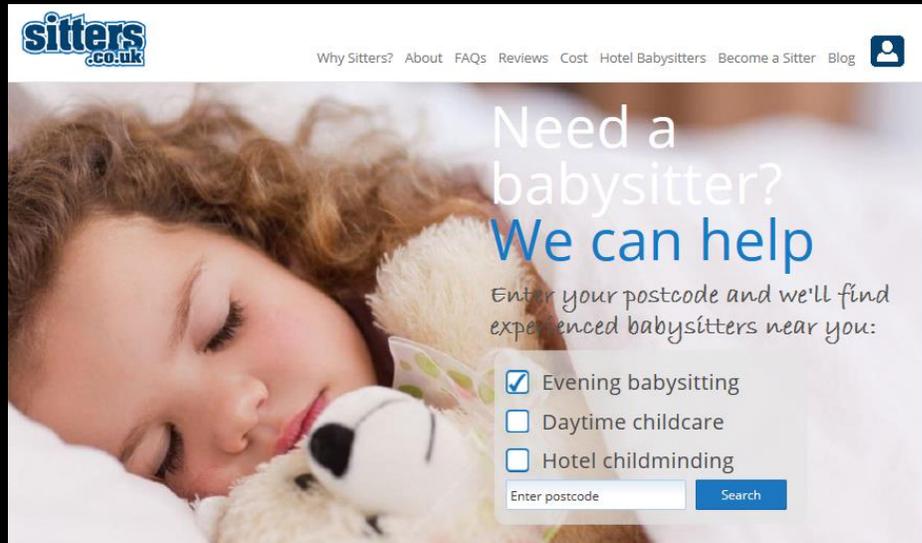


- Share a childminder between 2 or 3 children
- Ask grandparents to come over for an extended visit and assist with childcare!

Babysitters

Agency babysitters

<https://www.sitters.co.uk>



Parent network

Babysit for a group of friends



<https://mysittercircle.co.uk/>

Students at work

Masters and PhD students

Support from Department and University

Working part-time and flexible working hours

- after school pick-up; administration, emailing, data entry
- bring child to meetings and ask a colleague to babysit
- if invited to give a talk, ask if your family can join you

Returning Carers Fund

- seed funding/pilot data
- conference attendance-able to go overseas with my son and a carer
- technician to assist with research

<http://www.equality.admin.cam.ac.uk/initiatives/returning-carers-fund>

External support

Scientists requiring flexible working patterns

<https://royalsociety.org/grants-schemes-awards/grants/dorothy-hodgkin-fellowship/>

Career re-entry (after at least two years out of research)

<https://wellcome.ac.uk/funding/research-career-re-entry-fellowships>

Scientists and engineers returning to research following a career break

<http://www.daphnejackson.org/>



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