

Planning for Your Children's Needs in a COVID-19 Context

During this time of uncertainty, it is important that families consider how their children or others that they provide care for will be taken care of in the event you become ill with COVID-19. While these are difficult conversations and things to think about, families should be having conversations with their support networks to identify these alternative care plans to ensure the ongoing safety and well-being of all family members.

To make a workable and safe plan, it will be important to identify people who themselves are not at an increased risk for contracting COVID-19.

It is also important to ensure the people you have selected are aware that they have been identified as an alternate caregiver and that they agree that they are able to provide care if needed.

Things to think about when making a plan:

- If you are the primary caregiver for children, or other vulnerable family members, who would take care of your child(ren) or family members if you are ill and unable to care for them yourself?
- Even if you have a partner, do they have to work – will they need additional support?
- Who are the people in your life and in your children's lives that you would feel most confident having care of your children?
- Can you make an agreement with another family in the chance one of you needs support in looking after your children?
- If you are hospitalized, who else can you think of to keep your family well?
- Who needs to keep in contact or reach out to your family to help them feel supported?
- Who should you be telling about your plan
- Where can you write down your plan so others have access to it

See the Child and Alternative Caregivers Information & Checklist document for support with your planning.