

Childcare Assessment Checklist

Childcare availability, accessibility and affordability are major barriers facing LSES mothers' participation in physical activities and sport.

1. Is childcare **AVAILABLE** to LSES mothers?

- Is childcare available for new babies less than 1 month of age? YES NO
- Is childcare available for babies less than 3 months of age? YES NO
- Is childcare available for more than 1 hour in duration? YES NO
- Is childcare available before 8:00 am? YES NO
- Is childcare available during weekdays? YES NO
- Is childcare available in the evenings? YES NO
- Is childcare available during the day on weekends? YES NO

2. Is childcare **ACCESSIBLE** to LSES mothers?

- What is the total number of childcare spaces on site? None _____
- How many childcare spaces are reserved for LSES mothers? None _____

3. Is childcare **AFFORDABLE** to LSES mothers?

- Is there a reduced rate for LSES mothers? YES NO
- Is there free childcare for low-income mothers? YES NO
- Can LSES mothers share responsibilities for childcare in return for free services? YES NO

SOLUTIONS to make your programs LSES mother-friendly:

1. **AVAILABILITY** of *CHILDCARE*

- Organize childcare services for a minimum of 1 hour for all mothers, including those with new babies and toddlers.
- Organize childcare in the evenings for working mothers and on the weekends for family programs.

2. **ACCESSIBILITY** of *CHILDCARE*

- Plan to have childcare spaces reserved for children of LSES mothers.

3. **AFFORDABILITY** of *CHILDCARE*

- Implement a “pay-what-you-can” approach to remove stigma associated with accessing childcare as a LSES mother.
- Budget for free childcare by organizing childcare with program participants sharing the childcare responsibilities.