

CHILDCARE OPTIONS

WHERE TO START?



LAPLACE 0-5

FOR SUBSIDIZED DAYCARES

La Place 0-5 is the website where you can register your child for one of the waitlists for one of Montreal's subsidized daycares. Registration on this site is necessary to be considered for a place in McGill's daycare or CPE.

Are you an international student?

If so, you are not eligible for public subsidized daycares (unless you have a bursary from the Quebec government). You must instead seek out daycare spaces that are unsubsidized and private. You can use some of the tools on the right to help you find daycares that are unsubsidized.

Which Childcare Option is for me?

In Quebec there are four main options for childcare, namely: childcare centres (CPEs), subsidized day care centres, non-subsidized day care centre, and private babysitters/nannies. You can receive tax credit for childcare costs (even for babysitter and nannies).

OTHER DAYCARE LOCATOR TOOLS

Magarderie.com

Godaycare.com

[Montreal Families List](#)

[Government of Quebec Locator](#)

Childcare Tax Refund

Curious about tax refunds for childcare or other daycare questions? Read up more on the McGill Family Care website [here](#), or navigate directly to Revenu Quebec's [page](#) to learn about tax credit for childcare and your eligibility.

Other Resources

- [Ministère de la famille et des aînés](#): This organization can help provide useful information about daycares and childcare fees.
- [SSMU Babysitting Club](#) will be initiated in Fall 2017

PERINATAL CARE

In order to be followed by an obstetrician for pregnancy, it is normally required to obtain a referral from a family doctor. This can be accomplished by using McGill's Student Health Clinic located in the Brown Building if you are a student, or by accessing [an off campus clinic](#) if you are not a student.

Consult the website of [the Association of Obstetricians and Gynecologists of Quebec](#) in order to find an obstetrician affiliated with your preferred hospital or birthing center

Midwives can be found at [Le Regroupement Les Sages-femmes du Québec](#)
Doulas, or trained labor companions, can be found at [doulamatch.net](#)

WHICH BIRTH OPTION FOR ME?

TYPES, ACCESSIBILITY, INSURANCE

When you or your partner is pregnant, there are a lot of overwhelming choices to make. One of the most important is deciding which childbirth option best fits your family. One can choose between hospitals, birthing centers, or home births and can be assisted by various types of medical professionals like midwives and obstetricians.

McGill offers a private healthcare plan for international students through Blue Cross and as of last year, it now covers midwifery and obstetricians.

All Canadian, full time McGill students are eligible to receive additional health coverage through [ihaveaplan.ca](#).

TAXES, LEGAL, AND FINANCES

Childcare benefits from Quebec and Canadian governments available to select families! See first section for links to Revenu Quebec site.

[AFE Student Loans for Quebec residents](#) deem student parents with children under 6 years of age as full time with as little as 6 credits per semester.

[Scholarship and Student Aid](#) office workshops for filing taxes, being a frugal scholar, etc can help student parents navigate the sometimes complicated income tax process and learn skills to better budget for their families

FORMULA, BREASTFEEDING, PUMPING, DONOR MILK, COMBINATION (SUPPLEMENTATION), OTHER?

McGill has two designated breastfeeding rooms (PGSS and UGE) but students are allowed to breastfeed wherever, whenever on campus.

Consider how best to feed your baby by learning as much as you can about infant nutrition. You can get a free copy of the book, [Tiny Tot to Toddler](#) at participating CLSCs and hospitals.

If your baby is born prematurely, you may consider using donor breastmilk even if you do not wish to breastfeed.

[Hema Quebec](#) offers pasteurized human milk for eligible families

HELPFUL WEBSITES AND RESOURCES

- [Santé Montréal](#) website provides useful links supported by government organizations
- [La Leche League International](#) can help troubleshoot breastfeeding problems and also give breastfeeding families support
- [Nourri Source](#) of Montreal provides free telephone consultations
- [CLSCs](#) can help answer perinatal and breastfeeding questions

MEDICAL CARE FOR THE FAMILY

Family Doctors, Clinics, Recommendations

- List of [off campus clinics](#) that accept varying insurance policies for students
- Families can register through CLSC for a waiting list for a family doctor
- McGill is affiliated with many hospitals in Montreal namely the McGill University Health Centre, Montreal General Hospital, Royal Victoria Hospital, Jewish General Hospital, St. Mary's Hospital Center, and others.

PEDIATRIC HEALTH

- There are two Children's Hospitals in Montreal: The [Montreal Children's Hospital](#) located at 1001 Decarie Blvd, Montreal, QC H4A 3J1 and Centre hospitalier universitaire [Sainte-Justine](#) located at 3175 Ch de la Côte-Sainte-Catherine, Montreal, QC H3T 1C5
- One can register with their [district's CLSC](#) in order to be placed on a waiting list for a Family Doctor
- Various Urgent Care centers that specialize in pediatrics such as [Queen Elizabeth Urgent Care Clinic](#)
- One can call 811 [Info Santé](#) from a Montreal cell phone in order to speak with a registered nurse 24/7
- [Shriner's Hospital for Children](#) specializes in orthopedic, muscular, and neuromuscular concerns

HELPFUL WEBSITES AND RESOURCES

[Santé Montréal](#) website provides useful links supported by government organizations
[Ville de Montreal Health and Public Safety](#)