

# CHOOSING CHILDCARE

This fact sheet has been written by parent carers for parent carers.



## Childcare for children with SEN and disabilities

Childcare for disabled children often means more than the traditional nursery, childminder or after school club. If your child has more severe disabilities you might need respite care for an evening or weekend so you can take a break. Or perhaps you'll want a personal assistant or carer who can come to your home regularly to help out. Whatever type of care you are thinking about you will need to make sure the person or setting is right for your child. This fact sheet gives you tips on choosing childcare and details of schemes and services that can help.

## How to choose a childcare provider

- **Think about what sort of care you need.** Would your child prefer to be in their own home? Would they like to be cared for individually or with other children? Would they enjoy building a relationship with one carer or do you feel more comfortable knowing they could call on the support from lots of staff?
- **If possible, get your child to think about what's important to them too.** Often things that seem insignificant to adults make a big difference to a child.
- **Contact your local Family Information Service** (see 'Ask about' section later). They hold details of all the registered childcarers and childcare settings in your area and can offer advice on getting help with childcare costs. They can also offer additional support and advice on choosing childcare to parents of children with additional needs/disabilities.
- **Ask for leaflets and brochures but don't rely on them.** Make sure you visit settings so you can gauge whether they can meet your child's needs.
- **Make lots of visits and take your child.** Visit at different times of the day and when other children are about. Short visits give everyone a chance to get to know each other without feeling overwhelmed and you get the chance to observe what's going on.
- **Speak to the SENCO.** Every nursery or child care setting must have an SEN Policy and Inclusion Statement and a member of staff in charge of ensuring that children with additional needs get the support they need to thrive.

## What to look for when visiting childcare providers

- Is the setting homely, bright and cheery? Are the toys and equipment clean and well maintained? Is it accessible? Is it secure if your child is a 'runner'? Do carers eat with the children? Is there a relaxed and happy atmosphere? Are children included in conversations?
- What does your child have in common with the other children? Do they have similar needs or interests? Is your child likely to feel isolated or different in the setting?
- Have they looked after a child with similar needs to yours before?
- What happens if a child is distressed or upset?
- Ask other children and young people what they like about the place and what they don't like. Compare their answers with what the carers tell you.
- Can your child expect to see the same staff each time?
- How much information does the setting gather about your child's likes and dislikes, routines, communication, and medical needs? How is this recorded and shared?



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### What to look for with overnight care

If your child is having overnight care, you will want to ask whether children have their own bedroom space. Can they bring their own things and put up posters? When children share a room, are they matched sensitively? What safeguards are in place should your child wake or need help in the night?

Ask to see a sample care plan. Check that it tells you:

- In what ways children are supported to do as much as they can for themselves but not be left to struggle when they can't manage?
- How children are encouraged to make choices about how they spend their time, what they wear and eat?
- How physiotherapy, toileting or behaviour programmes are put in place, monitored and reviewed.
- What happens if a child is upset or distressed and how the setting adapts their response to match each child's needs.
- How well activities are planned. What's in place to support a child if things don't go as expected?

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### What to consider for when looking for a carer

- Is their age or gender important?
- Does your child need someone to make decisions for them, to support them to make their own choices, or just a friend?
- Have carers been given enough training? If not, who will organise this?
- Are carers allowed to lift? Or give medication? Are they insured?
- Do carers have experience? Until you've struggled with a wheelchair or the time it takes to communicate a simple message, it's hard to appreciate what you are taking on.

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### Making it work long term

Always be prepared to keep checking that everything is going OK. Listen to what your child tells you or shows you through their behavior and be alert to a potential problem if your child becomes unusually tearful, withdrawn or angry and seems reluctant to be left.

Have at least the same expectations of the setting or child carer as you have of yourself. You can challenge any practice that's less favourable to your child in the childcare setting than at home and you can influence why and how things are done. Make sure you know who to talk to if you have any concerns.

Accept there will be hiccups from time to time. Even when everything is going well and you think you've got it all sorted, childcare arrangements can still break down. Try to have a back up plan for emergencies.

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### Ask about

- **Childcare Inclusion Funding** – may be provided by the local authority to help disabled children access mainstream childcare. It can be used to fund training for a worker or special equipment. Your childcare provider can apply or you can go to: [www.westsussex.gov.uk](http://www.westsussex.gov.uk) for more information.
- **Childminders, nannies and babysitters** – for a list of OFSTED registered child-minders go to: [www.childcare.co.uk](http://www.childcare.co.uk), or alternatively go to the Family Information Service (see contact details below).
- Children and Family Centres – the following children and family centres have an Early Years' hub: Bognor Regis; Burgess Hill; Boundstone; Chichester; Crawley Durrington; East Preston; Horsham; and Lancing, all of which offer 'Play and Learn Plus' sessions run specifically for children with additional



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needs and disabilities. For more go to: [www.familyinfoservice.westsussex.gov.uk](http://www.familyinfoservice.westsussex.gov.uk).

- **Direct payments** – if you do qualify for short breaks services, you can get direct payments to pay for and arrange those services yourself. If you do get Direct Payments, Independent Lives can support you. It has a directory of personal assistants (PAs) looking for work, as well as a page for employers seeking PAs. Visit: [www.independentlives.org](http://www.independentlives.org) or call their helpline on: **0845 601 2399** or **01903 219482**.
- **Family Information Service (FIS)** – for information on childcare in West Sussex go to: [www.familyinfoservice.westsussex.gov.uk](http://www.familyinfoservice.westsussex.gov.uk), call: **01243 777807**, or email: [family.info.service@westsussex.gov.uk](mailto:family.info.service@westsussex.gov.uk).
- **Free childcare for 2 year olds** – children who get Disability Living Allowance or have an EHC Plan or Statement of SEN are entitled to 15 hours free childcare per week from the term after their 2nd birthday. Go to: [www.familyinfoservice.westsussex.gov.uk](http://www.familyinfoservice.westsussex.gov.uk), call: **01243 777807**, or email: [family.info.service@westsussex.gov.uk](mailto:family.info.service@westsussex.gov.uk).
- **Holiday clubs** – Chanctonbury Community Playscheme (CCPS) runs over the summer holidays for children aged 5 to 19 years in West Sussex who have a Statement or an EHC Plan. Go to: [www.ccps-sussex.org.uk](http://www.ccps-sussex.org.uk), or email: [ccpsorganiser@gmail.com](mailto:ccpsorganiser@gmail.com) for more information.
- **Independent Lives** – has a directory of personal assistants (PAs) looking for work. Visit: [www.independentlives.org](http://www.independentlives.org) or call their helpline on: **0845 601 2399** or **01903 219482**.
- **Short breaks** – available for children and young people aged 0-18 years who live in West Sussex and have a disability and/or additional need. Children who receive middle or high care component of Disability Living Allowance (DLA) automatically qualify. For more information (and to also find out more about respite options) go to: [www.westsussex.gov.uk/media/7940/short\\_breaks\\_directory\\_2016.pdf](http://www.westsussex.gov.uk/media/7940/short_breaks_directory_2016.pdf), email: [short.break.team@westsussex.gov.uk](mailto:short.break.team@westsussex.gov.uk) or call: **0330 222 2562**.
- **Specialist provision** – Chailey Heritage School works with children from the age of three who have complex physical disabilities, communication difficulties and high health needs. To find out more, call: **01825 724444**, or go to: [www.chf.org.uk/becoming-a-pupil.html](http://www.chf.org.uk/becoming-a-pupil.html). Ingfield Manor School works with children aged from 3 years who have a neurological motor impairment such as cerebral palsy. For more information go to: [www.scope.org.uk/support/services/education/ingfield-manor-school](http://www.scope.org.uk/support/services/education/ingfield-manor-school), call: **01403 782294**, or email: [ingfield.manor@scope.org.uk](mailto:ingfield.manor@scope.org.uk).

### Further reading and useful links

- **Making Sense of it All** – our handy parent carer guide contains information and advice on benefits, support for your child at school, getting help from social services and accessing social & leisure activities – [www.reachingfamilies.org.uk](http://www.reachingfamilies.org.uk).
- **Fact Sheets** – for information on Short Breaks and Direct Payments, see our Amaze/Reaching Families fact sheets at: [www.reachingfamilies.org.uk/factsheets.htm](http://www.reachingfamilies.org.uk/factsheets.htm).
- **Office for Standards in Education, Children's Services and Skills (OFSTED)** – regulates and inspects childcare and educational services. Provides online reports on childcare providers and schools. For further information visit: [www.ofsted.gov.uk](http://www.ofsted.gov.uk).
- **SNAP Childcare** – a specialist recruitment agency for nannies, buddies and carers to work with babies and children with additional needs. Go to: [www.snapchildcare.co.uk](http://www.snapchildcare.co.uk). Call: **020 7729 2200**, or email: [info@snapchildcare.co.uk](mailto:info@snapchildcare.co.uk) for more information.
- **West Sussex Local Offer** – go to <https://westsussex.local-offer.org>.
- **Working Families** – online resource for working parents including section specifically for parents and carers of disabled children. Go to: [www.workingfamilies.org.uk/article-categories/caring-for-adults-and-disabled-children](http://www.workingfamilies.org.uk/article-categories/caring-for-adults-and-disabled-children) or call: **0300 012 0312**.

