

Helpful Hints and Suggestions:

Urgent and emergent issues come up in every family. Life happens outside of residency and family issues have to be taken care of. While we can't always know when these things will happen, preparation can make it go smoother. Here are some helpful suggestions to aid you in preparing for these circumstances.



- Make a list of family and friend contacts that you have discussed with as potential babysitters in the case that your child gets sick or needs to be watched. This list should include at least several different people you could rely on. It can sometimes be helpful to discuss your plans with your advisor to see if there are any other resources you can utilize.
- Discuss with your fellow residents if they would be able to make a switch with you on a rotation in order to accommodate your acute need.
- Call the "Parents in a Pinch" program to help with the acute childcare needs. This program will be discussed further on the adjacent page.
- A last resort is to use the emergency backup and can be discussed with your chief resident if this may need to be utilized.

If your child is sick and you must bring him/her to work with you, you need to abide by the following rules:

- Consider using your sick/personal time to permit you to provide better care for your child.
- A resident must get approval from either the medical or education director for outpatient rotations and the rotation director for inpatient rotations.
- If a child is to be left alone in your office or a call room, they should be (i) age appropriate; (ii) not too sick to be left unattended; (iii) not a burden to you providing care or to the staff.

Parents In A Pinch Program

This is a program that allows you to become a member and request childcare or elder care for part of a day, or even long term nanny. The childcare can be set up well in advance if you know of conflicting schedules or you can utilize the program when an unexpected scheduling conflict arises such as a child being sick or school being cancelled due to weather. Visit the website below for more details.
<http://www.parentsinapinch.com/ParentsInAPinch.aspx>

Parenting Elective

Elective rotation for one month that has more flexibility in the schedule for parents. Residents will choose a topic of choice to research related to parenting and present that information in the form of a handout or lecture. Inquire about details with program coordinator.

Local Daycares:



- Lincoln Child Care Center: 116 Country Club Blvd, Worcester, MA. (508) 854-0814
- Memorial Child Care Center: 38 Oak Ave, Worcester, MA. (508) 854-0814
- Next Generation Children's Center: Multiple locations around the Worcester area. www.ngccenters.com/
- Guild of St. Agnes: 133 Granite Street, Worcester, MA. (508) 755-2238. www.guildofstagnes.org/
- Ask your fellow residents and faculty where their children are in daycare.

Finding a Nanny/childcare

- Parents In A Pinch
- www.sittercity.com and other online nanny/childcare agencies.
- Advertise at local colleges (such as Holy Cross, Worcester Polytech Institute, Clark, etc) by calling their student employment office.
- Ask your fellow residents and faculty where they found their nanny or childcare services.

\$ Financial Assistance \$

- Available through UMass Employee Assistance Program (EAP): (800)-322-5327. EAP also offers services to help with mental health issues, information on childcare, domestic violence and addictions.

Local Programs for Children:

Worcester Public Library:

(508) 799-1655.

3 Salem Square

Worcester, MA.

www.worcpublib.org/kids/kids.html The public library has various free events throughout the week including baby time with songs and rhymes, live music, arts and crafts and puppet shows. Check out the website for upcoming events.

YMCA:

766 Main Street, Worcester (508) 755-6101.

75 Shore drive, Worcester (508) 852-6694.

Free childcare for short periods of time.

There are lots of children's programs, sports and activities. There are graduated fees based on income.

Local bookstores:

Many of the local bookstores have free scheduled kids book readings. Call to see upcoming events.

Worcester cultural coalition

website where there are tons of daily activities listed by ages:

www.worcestermass.org/culture/coalition/

Local youth sports teams:

Worcester Youth Soccer ages 5-18

www.wysl.org

Worcester Pop Warner Football

www.cmpwfl.com/football.php

Worcester Little League Baseball

www.eteamz.com/massll/

and many more opportunities



YWCA: (508) 791-3181

1006 Grafton Street

Worcester, MA.

www.ywca.org

Childcare and youth programs available.

Places to Visit With Family

Ecotarium: (508) 929-2700

222 Harrington Way

Worcester, MA.

www.ecotarium.org

Unique museum of science and nature with an indoor-outdoor experience including live animals, planetarium, and train rides.



Higgins Armory Museum:

(508) 853-6015

100 Barber Ave #11

Worcester, MA.

www.higgins.org

This museum is the largest collection of arms and armor in the Western hemisphere with all types of armor including armor for dog. There are occasional kids events as well.

Davis' Farmland: (978) 422-6666

145 Redstone Hill Road,

Sterling, MA.

www.davisfarmland.com

A farm that has petting zoo, hayrides, mega corn maze and more.

Southwick Zoo: (800) 258- 9182.

2 Southwick Street

Mendon, MA.

www.southwickzoo.com

New England's largest zoo with petting farm and live shows.



Tougas Family Farm: (508) 393-6406

234 Ball Street.

Northboro, MA.

www.tougasfarm.com

Seasonal fruit picking. There are also many other local farms that have pick your own fruit but Tougas' Farm has a small petting zoo and kid's area to play.



Resident Family Resource Guide

Welcome to UMassMemorial Family Medicine!

This guide is intended to aid residents who have families in planning for childcare issues, care for adults at home and provide some activities to make the transition to residency hopefully a little bit easier. Please feel free to contact me if you have any further questions that I can either help you with or direct you to where you might find the answer.

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