

AFFORDABLE CHILDCARE OPTIONS FOR REFUGEE FAMILIES



One significant challenge that refugee families encounter when attending English as a Second Language (ESL) classes is securing affordable childcare. Many ESL classes in the area do not offer childcare on-site, prompting families to explore creative solutions to this dilemma.

Some strategies families might consider include:

- Asking an Afghan neighbor woman to babysit the children, with the women taking turns
- Coordinating class schedules so that one parent can remain at home
- Seeking low-cost childcare options
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Affordable Childcare Resources

Child Action, Inc. is a nonprofit organization that offers childcare assistance services to eligible families, including childcare referrals and subsidies. Families are encouraged to speak with their DHA caseworker about childcare options, which will connect them to Child Action, Inc.

The Head Start program provided by SETA offers free childcare assistance for eligible families. Early Head Start serves newborns through children aged three, while Preschool Head Start caters to children aged three to five. Families receiving CalWORKS or SSI benefits qualify for these services.

Beanstalk focuses on childcare that prepares children for school, including:

- Infant/Toddler Care: Care for newborns to 36 months is available in licensed homes through the Family Child Care Homes Education Network, along with a tuition assistance program for eligible families.
- Preschool Care: Children aged three to five can participate in free, part-day preschool programs at Twin Rivers USD, Natomas USD, or licensed family childcare homes.