

## Respite Care

- ◆ How can I relieve some of the stress in my life?
- ◆ How can I strengthen my relationship with my children?
- ◆ How can I make a difference in the lives of my children?

The answer: Contact Child  
Care Resource & Referral



### *Children Learn What They Live*

*If children live with criticism, they learn to condemn.*

*If children live with hostility, they learn to fight.*

*If children live with fear, they learn to be apprehensive.*

*If children live with pity, they learn to feel sorry for themselves.*

*If children live with ridicule, they learn to be shy.*

*If children live with jealousy, they learn to feel envy.*

*If children live with shame, they learn to feel guilty.*

*If children live with encouragement, they learn confidence.*

*If children live with tolerance, they learn to be patient.*

*If children live with praise, they learn to appreciate.*

*If children live with acceptance, they learn to love.*

*If children live with approval, they learn to like themselves.*

*If children live with recognition, they learn it is good to have a goal.*

*If children live with sharing, they learn generosity.*

*If children live with honesty, they learn truthfulness.*

*If children live with fairness, they learn justice.*

*If children live with kindness and consideration, they learn respect.*

*If children live with security, they learn to have faith in themselves and others.*

*If children live with friendliness, they learn the world is a nice place in which to live.*

Dorothy Law Nolte

For more information, contact:

Child Care Resource & Referral

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Child Care  
Resource &  
Referral



Respite Care  
Program

*Helping Parents,  
Helping Children*

## *Child Care Resource & Referral Respite Care Program*

Healthy parenting requires healthy parents. In order to nurture a child, parents must also take time to nurture themselves. Parents who do not take time to nurture themselves can become overly tired, rundown, or stressed.

Respite care provides parents with temporary relief from care-giving responsibilities, while offering the child additional support from a nurturing adult. Parents are free to use this time to run errands, go to appointments, do volunteer work, or enjoy some time to relax. The Respite Program may not be used for work or school time.

Respite Care helps to strengthen families by offering child care services to parents in times of need as well as the opportunity to participate in parenting classes.

The intent of Respite Care is to provide an “out” before the stresses of parenting build up and overwhelm a family. These services often help reduce feelings of tension, anxiety, depression, anger, hostility, and stress levels.



### **Frequently Asked Questions:**

#### **What is the Respite Care Program?**

Respite Care is a program that supports parents by giving them a break from the stress of parenting. Family members that may be available to help out are often working or live too far away.

#### **Who is eligible for the program?**

Respite Care is available to all parents in the Dubuque area.

#### **Why was the program developed?**

No matter how much we love our children, all parents need time for themselves. Respite Care was designed for those parents that do not have an opportunity for “time out” away from their children.

#### **Who cares for the children in the Respite Program?**

We select registered daycare homes and licensed centers to participate in the respite program. All providers have completed First Aid, CPR, a Mandatory Child Abuse Reporting class, and have completed an in-home/center evaluation and safety check. After completing paperwork, families will be matched with the providers that best fit their needs.

#### **When can Respite Care be used?**

After a referral is made and a provider is selected, respite may be used for a set number of hours each week. Parents may use the hours as needed to have a break to take care of themselves. Arrangements with the provider must be made in advance.

#### **Is there a charge for this program?**

There is no charge to parents and no income guidelines. However, families with the greatest need for respite are our top priority.

#### **How does a family get involved with the Respite Program?**

Typically, our referrals come from a social service or health agency. Parents may contact their social service or health care worker for a referral.

#### ***Do you need a break?***

Know when you need a break from parenting. Help yourself and your children by using this resource. Give yourself a “time-out” instead of your child. You’ll return to your child more relaxed and with a more positive attitude!



*This program has been made possible through a grant from Prevent Child Abuse Iowa and was awarded to the Dubuque Area Council for Prevention of Child Abuse (DACPCA) in collaboration with funding through Dubuque County Empowerment.*

*The mission of this council is to prevent child abuse through promotional and programming efforts. Their goal is to increase community awareness about the issues of child neglect and abuse and develop programs that address those issues.*

If you are interested in participating, please call Child Care Resource & Referral at (563) 557-1628 or (866) 296-5331 and ask for Kacey Wiest Respite Program Coordinator.