

# UNIVERSITY OF MINNESOTA

INTERNATIONAL  
STUDENT AND  
SCHOLAR SERVICES

*Office of International Programs*



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## FAMILY RESOURCE GUIDE

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## Motorcycle insurance coverage and license

Insurance coverage is mandatory for all motorcycles, and special licenses are required for driving them.

# DAYCARE OPTIONS

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There are several types of day care options you can choose from:

Home Care- There are two types of home care options:

- Someone comes to your home ( i.e. hire a nanny)
- You bring your child to someone else's home (day care in private homes)

## DAY CARE CENTERS

If you have children and are looking for a day care, you might consider the following options:

### 1. The Goddard Schools

These schools offer year round programs for preschool children. Private kindergartens are also available. You may find information at [www.goddardschool.com/Default.gsp](http://www.goddardschool.com/Default.gsp) or call 1-800-GODDARD

### 2. Kinder Care Learning Centers

Kinder Care is a licensed child care provider with learning centers across the country and different high quality programs. To learn more visit [www.kindercare.com](http://www.kindercare.com)

### 3. Greater Minneapolis Day Care Association

GMDCA is a child care resource and referral agency. It helps families to find the best child care. The information is presented in English, Spanish and Hmong. [www.gmdca.org/index.asp?Type=B\\_BASIC&SEC={607B373E-DBCB-456C-A51B-0FB7F890F329}](http://www.gmdca.org/index.asp?Type=B_BASIC&SEC={607B373E-DBCB-456C-A51B-0FB7F890F329})

### 4. Care Quest

Care Quest (651-222-4664) is referral service for the metro area. Parents who are working or studying at the University of Minnesota can use this service for free. Care Quest will mail you a list of licensed providers to you based on your child's age, your preferred location, and other factors.

### 5. What Happens Now

You can get advice and ask questions when choosing a Day care provider at [www.whathappensnow.com](http://www.whathappensnow.com)

### 6. University of Minnesota Child Care Center

A Child Care Center is available at the University (612-627-4014) but generally has a waiting list of more than two years.

7. CLAS – Career/Life Alliance Services, Inc  
Family Care, Parenting, Education, Financial and Daily Living. CLAS provides an online Child Care Resource and Referral System. If you are asked for a password it is:

Login: University

Password: Minnesota

8. Unlicensed child care is also available but the government agency does not require these to adhere to its standards of size (# of children per adult), cleanliness, or meal programs.

## **NANNIES**

The following resources may help you to find the right nanny for your child. Nannies are usually hired for a long term and they come to your house to take care of your children while you are working or studying.

- eNanny Source [www.enannysource.com](http://www.enannysource.com)
- Nanny Locators [www.nannylocators.com/minnesota.htm](http://www.nannylocators.com/minnesota.htm)
- Craigslist <http://minneapolis.craigslist.org/kid/index100.html>
- Nanny Professionals [www.nannyprofessionals.com/](http://www.nannyprofessionals.com/)
- Nannies for Hire [www.nannies4hire.com/index.asp](http://www.nannies4hire.com/index.asp)

## **BABY SITTERS**

Going out for an evening? Need a baby sitter?

Baby sitters charge hourly fees and usually are hired on a daily or evening basis. Ask for references when you hire someone. There are different ways to find baby-sitters for short-term child care:

- classified ads in newspapers: Minnesota Daily, Pioneer Press, Star Tribune
- ask your neighbors
- friends
- bulletin boards on campus
- websites can give useful information about US nannies
- Call for Sitters [www.callforsitters.com](http://www.callforsitters.com)

# **MEDICAL INFORMATION**

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## **HEALTH CARE**

The United States does not have a national health care system. The cost of medical care is each person's responsibility. The University of Minnesota therefore offers Student Health Benefit Plans for international students