## Contents

- **Education** .............................................................. 2
  - K-12 Education .................................................. 2
  - Early Childhood Family Education (ECFE) .......... 3
  - ESL - English as a Second Language .................. 3
  - Minnesota Extension Agency .............................. 5
- **Safety and Transportation** .......................................... 6
  - Car Seat Information ......................................... 6
  - Child Safety ..................................................... 7
  - Transportation .................................................. 10
- **Daycare Options** ...................................................... 14
- **Medical Information** .................................................. 16
  - Health Care ..................................................... 16
  - Basic Immunization Information for Children .... 16
- **Shopping** .............................................................. 18
  - General Shopping ............................................ 18
  - International Markets ....................................... 22
  - Children’s Clothing Sizes ................................. 22
- **How to get involved** .................................................. 24
  - Family Activities ............................................ 24
  - Volunteer Activities ........................................ 32
- **Living in the US** ....................................................... 34
  - Holidays and Customs ....................................... 34
  - Weather ........................................................... 35
  - Weights and Measurement ................................... 39
**DAYCARE OPTIONS**

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.gspx](http://www.goddardschool.com/Default.gspx) 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}]

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
- Nanny Locators www.nannylocators.com/minnesota.htm
- Craigslist http://minneapolis.craigslist.org/kid/index100.html
- Nanny Professionals www.nannyprofessionals.com/
- Nannies for Hire 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