



Respite Child Care

Respite Child Care:
A gift of time to . . .

Relax, find peace of mind

Enjoy life, new activities

Stabilize the family during
times of crisis

Preserve the family unit

Involve oneself in
community, in worthwhile
activities

Take time off, spend time
alone

Enrich the growth and
development of the family
and its individual members

What is respite child care?

Respite child care is an “interval of rest,” a time away from the responsibilities of caring for one’s children, especially children with special needs. Respite child care allows parents to take a break. It is by nature part-time and is not to be confused with regular child care for reasons of employment or parent education.

Who should apply for respite child care?

Any family in the Upper Valley that needs a break because of caring for a child who has a special physical or mental health need, because of the special need of a parent, or because of elevated stress in the home due to challenges or changes in family circumstance (such as separation and/or divorce, loss of a loved one, loss of employment, homelessness, domestic abuse, etc.)

Upper Valley families with children ages birth to 21 are eligible for help through the Respite Child Care Program.

How does one contact the Respite Child Care Program?

Parents interested in receiving some help with respite care may:

Call the program directly at 603-448-1268

Call the Special Needs Support Center’s
toll free number, 1-800-698-5465

E-mail the program at respitecare@valley.net

A paper application will be mailed, and when that has been received back, the respite care coordinator, Pam Blair, will contact the parent to discuss setting up service. A printable version of the application is also available on the website.

What kind of support does the Respite Child Care Program offer?

The program has some limited funding available to help families pay for respite child care. The coordinator can help parents decide on good respite care arrangements that will meet their own and their children’s needs. The coordinator can help parents identify good providers in their own communities, and in some cases can connect parents to screened, capable providers.

The Respite Care Program has been or is currently funded by:
United Way of the Upper Valley, Grafton County Incentive Fund, Kettering Family Foundation, SNSC Annual Giving Campaign, The Flutie Foundation, Upper Valley Community Fund, The New Hampshire Endowment for Health