

# Choosing Childcare

**An easy read guide to help you  
find the right childcare for you,  
your child and your family in  
Wales.**



**cwllwm**



Arlennir gan  
Lywodraeth Cymru  
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# Choosing Childcare

A simple booklet to help you find the right childcare for you and your family in Wales.

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# Introduction

Are you looking for someone to care for your children when you are busy, studying or at work? In this booklet we will help you find the right childcare service. We will also explain who can apply for help with childcare costs.

## Why Choose Childcare?



### **For your child:**

Good childcare helps your child learn and grow. They get to play and make friends.

### **For you:**

Childcare lets you work or study. It can help you balance work and family life.

### **For both of you:**

It's important to know about registered and unregistered childcare. Registered childcare means that there are rules to make sure the care is of a high quality and safe.

Whilst unregistered childcare may be more affordable, choosing registered childcare ensures safety and quality for you and your children.

You may also be able to get help with childcare fees in registered childcare.

# Types of Childcare

Here are the main types of childcare you can find:



## Childminders

Childminders take care of children in their homes. They offer flexible hours and care for small groups of children. They can take care of children of all ages, from babies to children up to 12 years and sometimes older.

## Day Nurseries

Day nurseries can care for children up to 10 hours a day. They provide meals and lots of play activities. Babies and young children are usually cared for in different rooms. Some day nurseries also offer Out of School childcare for school aged children, such as Breakfast, After school and Holiday clubs.





# Types of Childcare



## **Cylchoedd Meithrin**

A Cylch Meithrin is childcare for children aged 2 years to school age, where Welsh is spoken. Your family does not have to speak Welsh to send your child to a Cylch Meithrin. Children learn Welsh naturally here, through play.

## **Playgroup or Preschool**

These are for children aged 2 years to school age, offering short daily sessions or half-days. They usually run in community centres or schools.

## **Out of School Childcare**

This care is for before school, after school, and during school holidays. It is for children aged 3-11 years, and sometimes older. It provides many play experiences for children.

# Types of Childcare

## Nannies

Nannies look after children in your own home. They can be flexible with hours. They can take care of children of all ages, from babies up to older children.

## Crèches

Crèches offer temporary childcare for events like classes or meetings.

## Open Access Playwork Settings

These are supervised play areas where children can come and go as they please. They can be in parks or community centres. These settings are usually for children under 12 years, but they often include a wider age range, including teenagers.





# Choosing a Childcare Service



Here are some tips for choosing the right childcare:

- 1. Start Early:** Research and visit different types and providers of childcare.
- 2. Ask Around:** Talk to other parents for recommendations.
- 3. Visit the Childcare Setting:** Check the cleanliness, safety, and friendliness of the place.
- 4. Ask Questions:** No question is silly. Ask if the setting is registered with Care Inspectorate Wales (CIW). This ensures the childcare is safe and high quality, and they might help with childcare fees. Also, ask about daily routines, languages spoken, and safety measures. Also ask about daily routines, languages spoken, and safety measures.
- 5. Consider Needs:** Think about what suits your child and your schedule.

# Help with Childcare Costs

Childcare can be expensive, but there are ways to get help:

- **Universal Credit** - A benefit that helps with living and childcare costs.

To find out more go to this website:

[www.gov.uk/help-with-childcare-costs/universal-credit](https://www.gov.uk/help-with-childcare-costs/universal-credit)

- **Tax-Free Childcare** - The government adds money to your childcare account.

To find out more go to this website:

[www.gov.uk/get-tax-free-childcare](https://www.gov.uk/get-tax-free-childcare)

- **Childcare Offer for Wales** – Free childcare is available for parents in paid work or education who have a child or children aged 3-4.

To find out more go to this website:

[www.gov.wales/childcare-offer-for-wales-campaign](https://www.gov.wales/childcare-offer-for-wales-campaign)





# Help with Childcare Costs



- **Flying Start** – Families living in some areas can get free childcare for children aged 2.

To find out more go to this website:

[www.gov.wales/get-help-flying-start](http://www.gov.wales/get-help-flying-start)

- **Student Support** - Grants for students who are parents.

To find out more go to this website:

[www.studentfinancewales.co.uk/undergraduate-finance/full-time/tuition-fee-and-living-cost-students/what-s-available/childcare-grant/](http://www.studentfinancewales.co.uk/undergraduate-finance/full-time/tuition-fee-and-living-cost-students/what-s-available/childcare-grant/).

- **Local Schemes** - Local help for families with additional needs.

To find out more go to this website:

[www.childcareinformation.wales/home](http://www.childcareinformation.wales/home)



## Useful Links

- **Family Information Services (FIS)** - Free advice on childcare and family support.

To find out more go to this website:

[www.childcareinformation.wales/home](http://www.childcareinformation.wales/home)

- **Teulu Cymru** - Teulu Cymru offers support for families in Wales.

To find out more go to this website:

[www.gov.wales/teulu-cymru](http://www.gov.wales/teulu-cymru)

- **Cwlwm** - Cwlwm supports affordable, quality childcare in Wales. Cwlwm is made up of five organisations. Visit their separate websites for more information.





To find out more go to these websites:



**Clybiau Plant Cymru Kids' Club**

- [www.clybiauplantcymru.org/](http://www.clybiauplantcymru.org/)



**Mudiad Meithrin**

- [meithrin.cymru/?lang=en](http://meithrin.cymru/?lang=en)



**NDNA Cymru**

- [ndna.org.uk/](http://ndna.org.uk/)



**PACEY Cymru**

- [www.pacey.org.uk/](http://www.pacey.org.uk/)



**Cwlwm**

- [cwlwm.org.uk/](http://cwlwm.org.uk/)



**Early Years Wales**

- [www.earlyyears.wales/en](http://www.earlyyears.wales/en)

We hope this booklet helps you find the best childcare for your family!

Please see the full version of the '[Choosing Childcare](#)' guidance for more detailed information.

