



One Family's Care Journey

Sandra lives in North Carolina and is raising two daughters with the help and support of family and friends.

The child care arrangements she relied on when her children were young highlights the range of arrangements that families use as their needs and circumstances change.



Sandra moves out on her own, but her parents are no longer nearby to help. She applies for and receives a **child care subsidy**.

When her first daughter is born, Sandra is living with her family. Her daughter's **grandmother** helps care for her daughter for free.



With the help of the subsidy, Sandra's daughter attends a **child care center** until she is ready for school.



VOUCHER

A **family friend** watches Sandra's daughter after school for a small fee.



Sandra receives unpaid **FMLA leave**, which protects her job when she is caring for her daughter, but money is tight.



When Sandra's second daughter is born, **Sandra** takes 6-8 weeks of leave. Over the next few years, she takes additional leave to care for her daughter during her frequent hospital stays due to a congenital health condition.



The **family friend** watches Sandra's younger daughter full time while Sandra works, so her daughter does not have to be exposed to germs in a group child care setting.



When her younger daughter's health stabilizes, she starts preschool through North Carolina's free **pre-K** program.

