

Interested in attending the PSA/ISOP conference and wondering about childcare resources and options? We (the PSA/ISOP local organizing committee) are aware that parents of infants and young children face additional challenges when it comes to attending a conference and, with this in mind, we have compiled some local resources for parents. If you have questions or would like more information, please feel free to contact Bridgette Clarkston ([bridgette.clarkston@botany.ubc.ca](mailto:bridgette.clarkston@botany.ubc.ca); PSA member and mom to an 18 month-old)

**NOTE:** PSA/ISOP assume no responsibility or liability for the use of these resources.

### **CHILDCARE DURING THE CONFERENCE**

The UBC campus has a number of options that are available to PSA/ISOP participants (including non-Canadian citizens). ***Proof of medical insurance coverage in Canada is required to use any childcare resources in Canada (travel medical insurance should be fine, but please confirm this with the childcare provider).***

**NOTE:** These childcare options presented here are UBC-affiliated entities, however, PSA/ISOP accepts no responsibility nor liability for the use of these resources and **parents are responsible for arranging and paying for childcare.**

- **Under 18 months old:** There is no occasional daycare available at UBC for children under 18 months, unfortunately. However, UBC has a very large network of daycares and it is not uncommon for events or groups of parents to arrange temporary daycare for infants and hire licensed UBC daycare staff. ***If you anticipate that you'll need childcare for children under 18 months, please indicate this by emailing Bridgette Clarkston ([bridgette.clarkston@botany.ubc.ca](mailto:bridgette.clarkston@botany.ubc.ca)).*** Bridgette will contact interested parents to further discuss options for this type of childcare.
- **18mo – 6 yrs (grade 1):** Osprey Occasional Daycare is a permanent daycare (i.e., not something set up for this conference) and the cost is \$20/hour, up to \$100/day for a full 8-hour day. Osprey is located in the same building (UBC Nest) as the conference talks and posters. Visitors are more than welcome to register and use this daycare. More information and the registration process are provided here [Osprey Childcare Conference Info Link](#). **Parents contact Osprey directly (Tracy Rutzer [tracy.rutzer@ubc.ca](mailto:tracy.rutzer@ubc.ca)) to begin the registration process. Tell Tracy you are attending the PSA/ISOP meeting. Registration must be completed by July 3<sup>rd</sup>.**
- **6 yrs and older:** Several summer camps are happening on campus (a short walk from the conference venue and accommodations) that run the week of July 30–Aug 3<sup>rd</sup>. You can pick and choose what morning and afternoon camp you like and add a “lunch” session to make it a full day for your child. You must register for the entire week, but are welcome to start a day late and/or end a day early if needed. Visitors to Canada and those not directly affiliated with UBC are welcome to register for these camps. [http://camps.ubc.ca/search/?fwp\\_dates=july-30-aug-3](http://camps.ubc.ca/search/?fwp_dates=july-30-aug-3)
- If you are planning to travel with your own childcare provider (e.g. other parent, grandparent, nanny) the care provider can attend all social events (but not scientific sessions) by registering as a guest. If only access to the conference site is needed (for example to bring baby to breastfeed) contact Bridgette Clarkston.

## **BREASTFEEDING / BREASTMILK PUMPING / BABYWEARING**

- A private room at the conference centre (UBC Nest) can be made available for sole use of breastfeeding and/or breastmilk pumping during the main conference events each day. ***If you anticipate that you'll need or want this private space, please indicate this by emailing Bridgette Clarkston ([bridgette.clarkston@botany.ubc.ca](mailto:bridgette.clarkston@botany.ubc.ca)).***
- Babywearing throughout the meeting (including in the conference halls, seminar rooms, poster session, banquet and social events) is welcome at the PSA/ISOP conference.

## **FAMILY-FRIENDLY ATTRACTIONS / RESTAURANTS / BASIC NEEDS**

- **Attractions:** The PSA/ISOP conference [website](#) lists a number of great Vancouver attractions. All of these are family-friendly. Tourism Vancouver also has an additional list with descriptions specific to family-friendly attractions [here](#).
- **Restaurants:** UBC campus has a number of tasty dining options in addition to those located directly inside the conference centre ([UBC Nest](#)). The building next to the Nest has [Nori](#), [JamJar](#), [Tacomio](#), [Rain or Shine Ice Cream](#). The nearby neighbourhood of Wesbrook Village is a ~20-25 minute walk (flat and pedestrian friendly) has [Biercraft](#), [Dough Girls Bakeshop](#), [Neptune Chinese Kitchen](#), [Virtuous Pie](#) (vegan). If you decide to leave campus (requires [bus](#), taxi or car), there are a number of family-friendly restaurants listed [here](#).
- **Grocery stores:** There is a small grocery store located inside the UBC Nest and a full grocery store ([Save On Foods](#)) in Wesbrook Village (5945 Berton Ave). Save On Foods is a 25 minute walk from the Nest or a short bus ride.
- **Post Office:** There is a full-service post office located inside the [University Pharmacy](#) (5754 University Boulevard), in University Village, a collection of shops located a 10 minute walk from the Nest.
- **Pharmacy / drug store:** The closest pharmacy/general drug store is Shoppers Drug Mart, located a 2-minute walk from the Nest on [University Boulevard](#) (there is another in [Wesbrook Village](#)). The [University Pharmacy](#) (5754 University Boulevard) is in University Village, a collection of shops located a 10 minute walk from the Nest.
- **Medical Clinic:** There are two nearby [drop-in medical clinics](#), one in University Village (228 - 2155 Allison Road, 5 minute walk from the Nest), the other in Wesbrook Village (5933 Birney Avenue, a 25 minute walk from Nest). For non-residents of Canada, you should contact your travel insurance provider for details about cost coverage and reimbursement. For emergencies, please call 911. The closest urgent care centre is [UBC Hospital](#) (2211 Wesbrook Mall; 604-822-7662; 8am–10pm).
- **B.C. Poison Control Centre:** 604-682-5050.