

Solutions to Your Problem Getting to Appointment to Refill Prescription Due to Childcare Problems

You might consider some of the following ways to work on the problem you identified of getting babysitting for your children.

Trade off babysitting with someone

Ask a friend or family member who also has children if you can take turns caring for each other's children.

Swap services with someone

Perhaps you have a service you can offer a friend or babysitter in exchange for watching your children. For example, cooking, cleaning or something you do as part of your job that could be helpful to others in their daily life.

Bring other children along

Perhaps you can bring your other children with you to get the prescription or go to the doctor's appointment.

Ask family member

Perhaps a family member would help you out by watching your other children.

Ask friend

Perhaps a friend would help you out by watching your other children.

Leave other children at school/daycare

You might be able to schedule the doctor's appointment or pick up the prescription while your other children are at school or daycare.