

To help you for your child care decision, we gathered some information about the available child care options in NYC, Upper East Side area. Each child care option has advantages and disadvantages. Please consider all your child care options carefully and make your choice based on your needs, preferences and own judgement.

## **Types of Child Care**

For children newborn through 5 years old age, there are three main types of child care services available; (i) child care centers, (ii) family child care, and (iii) in-home care.

### **1. Child Care Centers (day care center, child care center, early childhood program)**

Child care centers usually group children by age and have a classroom-like environment. Although, center-based programs usually provide a full day of care, part-day or part-week programs might also be offered by some centers. Staff to child ratio regulations depend on the age of child. The average cost for full time care in Upper East Side ranges from \$1,800-\$3,000/month. The cost is usually more for younger children since they require more care and staff. Whereas some centers follow a school calendar (September to June), some are open year-round. Please be advised that child care centers in NYC area have long waitlists up to a yearlong.

Below is a small listing of some child care centers in Upper East Side area.

#### **Mount Sinai Kids (Imagine Early Learning Center)**

Mount Sinai Kids is a private center serving children ages 2 months to 5 years of Mount Sinai employees as well as families from the surrounding communities.

60 East 97th Street, New York, NY 10029

Phone: 212-410-2077

[www.imagineelc.com/our-centers/mt-sinai](http://www.imagineelc.com/our-centers/mt-sinai)

#### **Sunshine Learning Center**

1595 Lexington Avenue, New York, NY 10029

Phone: 212-444-2026

<https://www.sunshinenewyork.com>

#### **Preschool of America**

Location1:

1190 Park Avenue, New York, NY 10028

Phone: 212-410-1100

Location2:

1501 Lexington Avenue, New York, NY 10128

Phone: 212-987-3700

<http://www.preschoolofamerica.us/index.html>

**Goddard School**

1725 York Ave, New York, NY 10128

Phone: 212-860-5306

[www.goddardschool.com](http://www.goddardschool.com)

**Manhattan Schoolhouse**

1624 First Avenue, New York, NY 10028

212-772-2066

<http://manhattanschoolhouse.com>

**The House of Little People**

Location1:

122 E 91st St, New York, NY 10128

Phone: 212-369-2740

Location2:

129 East 90th St, New York, NY 10128

Phone: 212-860-8116

<http://www.thehouseoflittlepeople.org>

**Bright Horizons**

245 E 92nd St, New York, NY 10128

Phone: 212-369-9626

<https://schools.brighthouse.com/ny/newyork/east92nd>

**Lexington Children's Center**

115 E 98th St, New York, NY 10029

Phone: 212-423-9727

<http://lexingtonchildrenscenter.com>

## 2. Family Child Care

In family child care, a caregiver provides care for small groups of children in the caregiver's own home. In NYC, family child care services are licensed and regulated by the NYS Office of Children and Families. This type of care is given to children aged 8 weeks to 12 years. Staff to child ratio depends on age and provider's own children under age of 12 also taken into

consideration. In some family child cares (group family child care), caregiver might have assistants. The average cost ranges from \$250-\$450/week.

Below is a small listing of family child care services and links for online searching.

**Jelly Bean Group Family Day Care**

516 E 84th Street #1E, New York, NY 10028

Phone: 917-409-0496

<https://jellybeanfamilydaycare.com>

**Jody's Shining Stars Inc.**

1660 Madison Avenue, New York, NY 10029

Phone: 212-369-8333

**My Three Angels Group Daycare Corp.**

219 East 97th Street, Apt. 14G, New York, NY 10029

Phone: 212-722-8987

You can search through following links based on school district or zip code:

<https://apps.netforge.ny.gov/dcfs/>

[https://ocfs.ny.gov/main/childcare/ccfs\\_template.asp](https://ocfs.ny.gov/main/childcare/ccfs_template.asp)

<https://a816-healthpsi.nyc.gov/ChildCare/SearchAction2.do>

[www.care.com](http://www.care.com)

### 3. In-Home Care

In-home care is provided by a caregiver (nanny or babysitter) in your home. Caregivers may either "live-in" in your home or "live out". Full-time nanny costs \$500-\$1,000/week on average, and part time nanny cost \$15-\$20/hour. When hiring a full-time caregiver you should also keep in mind the expenses of taxes and health insurance.

You can find a nanny through an agency, by searching online, through your friends or colleagues, or looking for flyers in the neighborhood.

Following links are some sources to search a nanny or babysitter online:

[www.care.com](http://www.care.com)

[www.urbansitter.com](http://www.urbansitter.com)

Nanny sharing is another popular way for childcare in New York city. It is cheaper than having a full-time nanny and still has advantages of in-home care. You should first find a family who would be interested in nanny sharing.

Below are some links related to nanny-sharing:

<http://www.parkslopeparents.com/Nanny-101/the-ppsp-step-by-step-guide-to-a-successful-nanny-share.html>

<https://mommybites.com/newyork/find-a-nanny-share/>

<http://shareournanny.blogspot.com>

<http://mysharednanny.com>

### **Afterschool Programs, Holiday camps**

Although child care centers are cheaper than having a nanny, they don't cover school holidays. Also, if your child is attending a school/preschool you may need an afterschool program.

You may check following links to discover some options:

<https://nykidsclub.com>

<https://www.theartfarms.com>

<https://www.asphaltgreen.org/ues>

<https://www.92y.org/program-areas/kids-family.aspx>

<https://www.chelseapiers.com/programs/>

<https://www.projectplaydate.org>

<https://chessat3.com/nyc-chess-club/>

### **Summer camps**

Some child care centers are open year-round but some follow school calendar and are closed during the summer months.

Following are some available summer camp options in Upper East area:

<http://www.oasischildren.com/our-camps/central-park/>

<https://www.asphaltgreen.org/ues>

<https://steveandkatescamp.com/locations/manhattan-upper-east-side/>

<https://www.92y.org/program-areas/kids-family.aspx>

<http://www.nory.co/summer/>

<https://nykidsclub.com>

<https://www.theartfarms.com>

<https://www.chelseapiers.com/programs/>

<http://www.carousellanguages.com>

<https://bonjourny.com> (West side)

### **Backup care**

When your regular daycare is unavailable (if your sitter calls out sick or if the day care is closed), you may need a back-up care!

You may call a babysitter through following options:

<https://www.hellositter.com>

<https://smartsitting.com>

<https://www.brooklynmannyandnanny.com>

<http://www.nypinchsitters.com>

There are also some drop-in options:

<https://www.brighthorizons.com/programs/back-up-care>

### **Parent networking**

Following are some facebook groups to connect other parents in the area:

Mount Sinai Parent  
Moms of the Upper East Side (MUES)  
NYC Moms – Upper East Side

Mommy Poppins provides an extensive event listing, as well as information about camps, classes, destinations to go with kids:

<https://mommypoppins.com>

### **Lactation Rooms**

Lactation rooms are available at The Mount Sinai Hospital, Annenberg Building. There are two rooms, room #234 with three private pumping area and #241 with two private pumping are, on the MC level, and another room located on the main floor to the left of the elevator bank designated for floor 1-10. Each room is equipped with breast pumps, you need to provide your own breast pump accessories (caps, membranes, and tubes) in order to use the available pumps.

To reserve, and more information call: 212-241-6691