UNDERGRADUATE STUDENTS

• Arrange to meet with an advisor/counsellor in your Registrar’s office as early as possible to discuss your pregnancy, your expected due date and your plans for continuing your studies.

• Talk to your professors so that they are aware of your pregnancy and issues that may arise as a result.

GRADUATE STUDENTS

• The School of Graduate Studies (SGS) has a policy that acknowledges the demands of being a primary caregiver for a child and your possible need to extend your time to complete your graduate studies.

• Pregnancy/parental leave is available for either parent at the time of pregnancy, birth or adoption, for up to one year. The leave form can be downloaded from the School of Graduate Studies website.

• To discuss your leave, speak with your Thesis Supervisor or Graduate Coordinator.

CHILD CARE OPTIONS AND ASSISTANCE

• Start researching your childcare options early as there are waitlists for childcare spaces. We can also provide you with a list of childcare providers in your area. Attend our ‘Choosing Childcare That Works For Your Family’ workshop.

• You may be eligible for a municipal childcare subsidy through the City of Toronto or your local municipality, but again there are waitlists, so apply early!

• U of T has arranged for backup child-care for students through Kids and Company.

• The Family Care Office has information on other emergency care resources as well.

HEALTH COVERAGE

• The Health & Wellness Centre can provide support for students who are pregnant by doing an initial assessment and discussing options for follow up. They also provide referrals and information on care by an obstetrician or a midwife.

• OHIP: In Ontario, you have the choice of using either a midwife or a doctor for the delivery of your baby. Midwife services are regulated and covered by the Ontario Health Insurance Plan (OHIP).

• UHIP: If you are an international student covered by the University Health Insurance Plan (UHIP), there can be restrictions on your choice of hospital. Midwifery services are also covered under UHIP.

• For further information, check with the UHIP office at the Centre for International Experience.

• To receive coverage for a newborn baby through your U of T supplementary health insurance, you must apply as soon as possible following registration to add family members or the birth of your child (within 30 days of being born).

○ Full-time Undergraduate students, contact the University of Toronto Students Union (UTSU).

○ Part-time undergraduate students, contact the Association of Part-Time Undergraduate Students (APUS).
For more information, or to meet with a staff member concerning pregnancy, childcare options, financial assistance, and parenting resources, please contact the Family Care Office at 416.978.0951 or visit www.familycare.utoronto.ca

Last revised: October 2018