

# BECOMING A PARENT WHILE A STUDENT

## 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.
- Consider talking 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.
- The [SGS Parental Grant](#) is available for either parent at the time of pregnancy, birth or adoption, for up to 8 months for non-birth parents and 12 months for birth parents.
- To discuss your leave, speak with your supervisor, Graduate Associate Chair and/or Graduate Administrator.

## CHILDCARE 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!

## HEALTH COVERAGE

- Your local U of T health and 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 the birth of your child (within 30 days of being born).
  - Full-Time Undergraduate Students (St. George & UTM) - [U of T Students' Union \(UTSU\)](#) -
  - Full-Time Undergraduate Students (UTSC) [Scarborough Campus Students' Union \(SCSU\)](#)
  - All Part-Time Undergraduate Students [Association of Part-Time Undergraduate Students \(APUS\)](#)
  - All Graduate Students [Graduate Students' Union \(GSU\)](#)

- You may be able to access health benefits if you are a member of [CUPE 3902 Unit 1](#) or [CUPE 3907](#).
- If you need prenatal vitamins, nutrition guidance (including access to food) and other supports, please contact [Toronto Public Health](#).

## HOUSING

- U of T [Family Housing](#) is a supportive and welcoming place to raise a child. These two high-rise buildings located on Charles St. W. provide apartments to full-time students with families. To apply, fill out their [online application](#) as soon as possible to apply, as there is often a wait list. There are also 3–4-bedroom townhouses available for student families at [UTM Family Housing](#).
- For additional information on housing options, please contact the [University of Toronto Housing Services](#) office.

## COUNSELLING AND SUPPORT PROGRAMS

- Counsellors are available to U of T students dealing with anxiety, stress, depression, relationship problems, cross-cultural issues and other personal issues. You can make an appointment with your local health & wellness centre.

## FINANCIAL ASSISTANCE

- As an undergraduate student, you should speak to a financial counsellor in your [Registrar's Office](#) or with [Enrolment Services](#) to ensure you have explored all avenues of funding such as [OSAP](#) and bursaries. You should also inquire about what the impact will be on your current funding and OSAP or other student loans if you take a leave.

**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](tel:416.978.0951) or visit [www.familycare.utoronto.ca](http://www.familycare.utoronto.ca)**

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- As a graduate student, we recommend that you research the various funding options you might be eligible for while you are on leave. If you are a research-stream doctoral student, please verify your eligibility for the [SGS Parental Grant](#). External awards or stipends through agencies such as [NSERC](#), [SSHRC](#) and [CIHR](#) allow for both paid parental leaves and interruptions. The [OGS](#) program supports interruptions only. You may also want to ask your supervisor whether their funding has provisions that include any paid pregnancy or parental leave for you.
- Contact [SGS Student Services and Awards](#) or visit the external awards web page for additional financial assistance options available to graduate students. Speaking to a financial counsellor with the [School of Graduate Studies](#) will ensure you have explored all avenues of funding such as [OSAP](#), bursaries and the [SGS Parental Grant](#).

## COLLECTIVE AGREEMENTS

If you are employed at the University of Toronto, you should check if you are covered by a collective agreement.

Your collective agreement might provide for a paid leave (i.e. Teaching Assistants are covered for a paid leave through [CUPE 3902 Unit 1](#), and Graduate Assistants through [CUPE 3907](#)). Prior to applying for a TA position, you may wish to consult with the Family Care Office or your union.

Your collective agreement may also give you access to some childcare funds ([CUPE 3902 Unit 1](#)).

## EMPLOYMENT INSURANCE (EI)

If you have more than 600 hours of insured work in the past year, you may be eligible for [Employment Insurance](#) benefits while on leave.

**FAMILY  
CARE  
OFFICE**