

**POSITIVE STRATEGIES FOR DEVELOPING SELF-REGULATION**  
**Federation of Foster Families of Nova Scotia**  
**Participant Expense Claim**

Date(s) of Workshop: \_\_\_\_\_ Location: \_\_\_\_\_

Module: \_\_\_\_\_ Names of Trainers: \_\_\_\_\_

Your name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Your mailing address: \_\_\_\_\_ Postal code: \_\_\_\_\_

E-mail address: \_\_\_\_\_

**Your Expenses:**

**\*Please complete Child Care portion on reverse of this form.**

Date & Module (list each day separately)	Kilometres Travelled	Total Travel Cost (multiply .5838¢ x km travelled)	Child Care (bring forward from back of form)	Lunch	Miscellaneous (must explain below & attach receipts)	Total
<b>Totals:</b>						

Explanation of miscellaneous items: \_\_\_\_\_

Signature of Participant: \_\_\_\_\_

Signature of Trainer: \_\_\_\_\_

Date: \_\_\_\_\_

**NOTE: Please complete and submit to the Trainer who will sign and forward this form to:**

**Training Department  
 c/o Federation of Foster Families of Nova Scotia  
 99 Wyse Road, Suite 350  
 Dartmouth, NS B3A 4S5**

# Babysitting Claim

**Number of Child(ren)-in-Care:** \_\_\_\_\_ **Ages:** \_\_\_\_\_

**Number of Biological/Adoptive Child(ren):** \_\_\_\_\_ **Ages:** \_\_\_\_\_

Date	From (a.m. or p.m.)	To (a.m. or p.m.)	Number of Hours	\$10.60/hour 1 <sup>st</sup> child. \$4.00/hour additional children (max of 4 children)

**Your Signature:** \_\_\_\_\_

- **Children up to and including 12 years of age: \$10.60 per hour for the first child.**  
    - The rate for each additional child is \$4 per hour for up to four children per household and a max of 10 hours per day.
- **Please note: time relating to babysitting extends from 12:00am-12:00am (i.e. midnight to midnight is one full day).**  
 If babysitting is required overnight, this is considered ‘respite’ which is a maximum of \$56.00 for a 24-hour period.
  - **Child care for Children-in-Care over the age of 12 is considered “Youth Care” and is to be submitted to the Department of Community Services or Mi’kmaq Family & Children Services of Nova Scotia.**
  - **Child care for Biological or Adoptive Children over the age of 12 is to be submitted to the Federation of Foster Families and will be considered on a case-by-case basis.**