

As we develop our long-form handbooks on best practices to support parent artists, we aim to help expedite change by providing single-sheet “Thank You, FIVE!” list of five recs for those ready to get a jump-start supporting parents. Feedback on these items is welcome as we refine and develop our official extended version of the *PAAL Best Practices Handbook for Institutions*. PAAL Resource Sheets are available in a free commons. If you utilize these resources or they inspire your practices, we appreciate your use of the **citation** here. | **Proper Citation: Parent Artist Advocacy League (PAAL) Beta Pages | Beta 1.0, PAALtheatre.com**

Thank you for supporting parent artists!

Lvl 3 | Mid-Cost Accessibility Items for the Work Space and Company Management

(We have already gathered these items all in one place for you! Check out: [Parent-Artist online resource list!](#))

Item Range: \$75-\$250 | *Click here for the full list of company management suggested items.*

1. Infant to Toddler Convertible Car Seat - necessity for parent mobility, especially when supporting artists from out of town

- All car seats must be confirmed that they are under five years old and have not expired. Check make and model stickers.
- Schedule appointments or find a location at the [NHTSA website HERE](#) (free) for proper installation.
- Car seats are recommended procured new only. Any seat that is donated must include a signed waiver from previous owner stating that the car seat was not present in any collision whatsoever, even minor fender benders. After any collision, all car seats must be replaced.
- The link to the car seat on our [parent artist wish](#) list is a **convertible car seat**, which means it can be used for infants or toddlers. There are car seats specific to infants and others specific to toddlers. The car seat will include a sticker or information about its height and weight limits.
- Car seats make taxi, uber or lyft options possible for artists traveling with minors and using local road transportation
- Booster Seat** - for age approx. 4-8 exceeding the height and weight requirements of forward-facing car seats but are required to sit in a “booster” according to state law, see our wish list for this *low-cost* item (under \$20). State by state guidelines coming soon.

Helpful tip: All parent artists should know that most airlines allow parents to check car seats for free and may not count the car seat against their luggage count. If the child has a ticket, the car seat may be used on the plane seat if it complies with FAA standards.

2. Rental Car Access

- Grocery shopping, errands, and more with minors usually becomes more feasible when parent artists have access to a vehicle
- Rental car companies often provide age-appropriate car seats for a near negligible fee (\$10-\$15 per day, often with a cap)
- Compensation for a lyft or uber only helps in locations with uber family (ubers providing car seats) and often cost more
- Rental car companies within the theatre’s state will also have updated understanding of car seat laws and requirements for each age of child needing the seat

3. Changing Table + Changing Mat and Changing Supplies in restrooms regardless of gender

- If no permanent space, consider: **Mobile Changing Mat** in your show-kit with wipes and spare diapers (low cost item)
- Changing tables can be donated or purchased at low cost, individual changing mats are recommended new (low cost item)
- Helpful for community or family events, productions, or community service hosting (local voter registration stations, etc.)
- Bonus: Think of using the space beneath the table for storing changing amenities for what people need. Wicker basket with feminine products, wipes, extra wipes, and hand sanitizer are great examples of helpful provisions.

4. Mini-Fridge - for breastmilk, medications, and other temp-sensitive items

- Use on-site in lactation space or convenient pumping proximity to store breastmilk pumped throughout the day
- Use on-site for storage of formula for any minors on site in need
- Use on-site storage for of medications for any medical treatments/needs that would need temp-control

5. Designated Room/Space On-Site for Caregivers

- For parents who provide their own caregiver but who need access and/or proximity to the minor due to various reasons, including breastfeeding, medical needs, fiscal saving by reducing travel, increased relationship opportunities, illness, and others.

All recommendations listed above are not legally required or protected items but common item recommendations to begin shaping a family-accessible workspaces.