We have a number of ways that you can subscribe to this site and receive updates.

Readers can subscribe to our email mailing list, or subscribe to our RSS feeds.

If you know about RSS feeds and what they will do for you then you are all set. We provide a few feeds:

- **What's new feed** - latest content from online documents: Research, policy & practice and Child care in the news.
- **New Research, policy & practice documents feed** - content from Research, policy & practice only.
- **Child Care in the News feed** - content from Child care in the news only.

**What is an RSS feed?**

RSS is a technology that is being used by millions of web users around the world to keep track of their favorite websites.

In the 'old days' of the web, to keep track of updates on a website you had to 'bookmark' websites in your browser and manually return to them on a regular basis to see what had been added.

Many people describe it as a 'news feed' that you subscribe to. It's like subscribing to a magazine that is delivered to you periodically but instead of it coming in your physical mail box each month when the magazine is published it is delivered to your 'RSS Reader' every time your favorite website updates.

**How to Use RSS**

The first thing you'll want to do if you're getting into reading sites via RSS is to get an RSS Feed Reader. Some popular and easy to use RSS Readers:

- Google Reader (Web-Based)
  http://www.google.com/reader/view/
- NetVibes (Web-Based)
  http://www.netvibes.com/
- FeedDemon (Windows)
- NetNewsWire (Mac OS X)

Many internet browsers now have the ability to find and subscribe to RSS feeds built right into them. In Firefox, the RSS reader is called "Live Bookmarks".

**How to subscribe**

When you surf to a site you can usually tell if it has an RSS feed by looking in the right hand side of address bar where you type in the site's URL. Other sites will have the RSS symbol displayed in the site content. Click on the RSS icon to subscribe.

**Want more info about RSS?**

[**RSS in Plain English**](https://childcarecanada.org/rss) is a video which provides an introduction to RSS.