



## Child Care Programs for Contractor

### **NIH Child and Dependent Care Resource and Referral**

NIH has contracted with LifeWork Strategies, Inc. to provide referrals to many types of child and dependent care services and resources. The NIH community has free, unlimited access to the NIH Child and Dependent Care Resource & Referral Service. This highly personalized professional service is available by calling **1-800-777-1720** between the hours of 9:00 am and 5:00 pm, Monday through Friday. Services include child care centers, nanny care, elder care programs & resources, adoption resources, and more!

### **NIH Lunch and Learn Parenting/Dependent Care Seminars on Children, Families and Adult/Elderly Care**

The NIH Child Care Program offers Lunch and Learn Parenting/Dependent Care seminars. The seminars are video-cast in real-time and are archived for future viewing. PowerPoint slides and handouts are posted with seminar links. You can access these seminars by visiting

<http://www.ors.od.nih.gov/lunchlearnseminar>.

### **NIH Parenting Coach**

Parenting is not only one of the most rewarding jobs, it can also be one of the most challenging. The NIH Parenting Coach can offer guidance and answers to your specific questions on social, mental and emotional matters. The service is free to the NIH community and their spouses. Personalized email response within 48 hours. To contact the NIH Parenting Coach email your questions to:

[NIHparentcoach@lifeworkstrategies.com](mailto:NIHparentcoach@lifeworkstrategies.com)

### **NIH Parenting ListServ**

The NIH Child Care Program manages an interactive e-mail list for child care and parenting issues. Additional information can be obtained at <http://childcare.ors.nih.gov>.

If you have any questions, please contact the NIH Child Care Program team at **(301) 402-8180**