



## Child Care Programs For Fellow/Trainee

### **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 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-Sponsored Child Care Centers**

The National Institutes of Health provides space and support services to four licensed child care centers.

#### **ChildKind Inc.**

Serves children 6 weeks to 3 years of age  
Location: NIH Campus  
Telephone: (301) 496-8357

#### **Parents of Preschooler Inc., (POPI)**

Serves children 6 weeks to 5 years of age  
Location: NIH Campus  
Telephone: (301) 496-5144

#### **Executive Child Development Center, Inc**

Serves children 6 weeks to 12 years of age  
Location: Executive Blvd., Rockville, MD  
Telephone: (301) 496-9411

#### **First Environments Early Learning Center**

Serves children 6 weeks to 5 years of age  
Location: NIEHS Research Triangle Park, NC  
Telephone: (919) 541-1361

NIH child care center enrollment is prioritized for parents or legal guardians who are employed by NIH.

### **NIH Child Care Waiting List**

Due to the high demand for spaces in the NIH child care centers, NIH has contracted with LifeWork Strategies, Inc. to oversee and administer a consolidated Waiting List for all three NIH-sponsored child care centers located in Montgomery County, Maryland. If you are interested in placing your child's name on the waiting list for one or more of these centers, you may contact LifeWork Strategies, Inc. by calling **1-800-777-1720**.

### **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>.

### **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>.

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