



## NIH Cares about NIH Families. Learn more about the programs and services available to YOU and YOUR FAMILY.

### Back-up Care Program

NIH has contracted with Bright Horizons to offer NIH federal employees access to back-up care when they need to be at work and their regular child or adult/elder care is unavailable. NIH federal employees have access to the following back-up care programs: center-based child care, in-home child care, in-home mildly ill child care, in-home adult/elder care, and self-care (when YOU need care). Register today at <https://backupcare.ors.nih.gov>.

### NIH-Sponsored Child Care Centers

NIH provides space and support services to three licensed child care centers in Montgomery County.

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

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 NIH Wait List, you may contact LifeWork Strategies, Inc. by calling 1-800-777-1720.

### Rockville Day Care Association, Inc. (RDCA)

Serves children 6 weeks to 6 years of age  
Location: NIH Campus; Telephone: (301) 480-5447

### Parents of Preschoolers, Inc. (POPI)

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

### Executive Child Development Center, Inc. (ECDC)

Serves children 6 weeks to 13 years of age  
Location: Executive Blvd., Rockville, MD; Telephone: (301) 496-9411

### Child Care Subsidy

NIH federal employees may be eligible to receive a child care tuition subsidy if their children are enrolled in **licensed** child care programs and their **total adjusted household income is \$80,000** or less per year. For more information visit:  
<https://www.ors.od.nih.gov/childcaresubsidy>.

### Child, Adult/Elder, Financial, Legal and Identity Theft Resource and Referral Services

NIH has contracted with LifeWork Strategies, Inc. to provide free, unlimited access to five types of resource and referral services: *Child, Adult/Elder, Legal, Financial, and Identity Theft*. This highly personalized professional service is available by calling 1-800-777-1720 between the hours of 8:00 am and 5:00 pm EST, Monday through Friday.

### 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 with a personalized email response within 48 hours. This service is free to the NIH community and their spouses. To contact the NIH Parenting Coach, email your questions to:  
[nihp parentingcoach@adventisthealthcare.com](mailto:nihp parentingcoach@adventisthealthcare.com).

### Parenting Listserv

NIH Child and Family Programs manages a listserv for child/parenting topics: NIH Parenting Listserv. To subscribe to the email list, go to the NIH LISTSERV page: <https://list.nih.gov>. Browse the list or type Parenting\_List.

### Lunch and Learn Seminars

NIH Child and Family Programs offers Lunch and Learn Seminars on various topics ranging from birth to caring for an elderly loved one. The seminars are webcast in real-time and are archived for future viewing. You can access these seminars by visiting  
<https://www.ors.od.nih.gov/lunchlearnseminar>.

*If you have any questions, please contact the NIH Child and Family Programs team at (301) 827-3250.*

