

NIH Child and Family Programs Services

NIH Title 5 and Title 42 Federal Employees Only: *

NIH Child Care Subsidy Program is always taking applications. Applications can be submitted online. If you are wondering if you qualify, check Line 11 of your most recent IRS Tax Form 1040 for your Adjusted Gross Income. If your adjusted household income is less than \$100,001, you may be eligible to receive up to \$5,000 in subsidy reimbursements. If filing separately, both spouses' AGI will be combined. [NIH Child Care Subsidy Program](#)

* If you are unsure of your employee classification, check your NED self-service record at <https://nedportal.nih.gov/ProcessPortal>.

NIH Federal Employees and Trainees/Fellows Only:

NIH Back-up Care Program is available nationwide for in-home and center-based childcare, self-care, and in-home adult care. Free of charge registration required; there is a cost of care to use the program (up to 10 days of care in a calendar year). Includes virtual tutoring and virtual camps for school-age children. [NIH Back-Up Care](#)

NIH Federal Employees, Trainees/Fellows, and Contractors:

- **NIH Child Care Centers** provide safe and reliable childcare to children of NIH Federal Employees, Trainees/Fellows, and Contractors. * Each NIH child care center is an independent private non-profit corporation, with oversight by a parent board. Each center provides a unique learning experience and is held to the highest standards of quality, licensed by Maryland State Department of Education, Office of Child Care Licensing and accredited by the National Association for the Education of Young Children (NAEYC). [NIH Child Care Centers](#)

**NIH Contractors who work at an NIH facility in Maryland may register only their children who are 25-59 months old at time of registration on the consolidated NIH Childcare Waitlist.)*

- Interested individuals can register their child(ren) on the NIH Childcare Waitlist at [NIH Waitlist](#)
- Tours of the childcare centers can be arranged by contacting each center director:

○ Executive Child Development Center (ECDC)	301-496-9411	Off Campus
○ Northwest Child Care Center (ECDC@NWCCC)	301-480-5447	On Campus
○ Parents of Preschoolers, Inc. (POPI)	301-496-5144	On Campus
- **NIH Resource and Referral Services** **1-800-777-1720**

Five types of Resource and Referral Services to address needs of the NIH workforce. Available nationwide.

- **Child** – assist with programs and services related to children; free of charge; unlimited use.
- **Adult** (18 years or older) – assist with programs and services related to adults, including adult-dependents, and aging loved ones; free of charge; unlimited use.
- **Legal** – first 30 minutes free, additional time at a discounted rate.
- **Financial** – first 30 minutes free, additional time at a discounted rate.
- **Identity Theft** – 60 minutes free consultation.

Click here for more information about each service: [CHILD](#) [ADULT](#) [LEGAL/FINANCIAL/IDENTITY THEFT](#)

- **NIH Parent Coach**
An excellent resource, free of charge, for answering questions you may have about parenting, children of all ages (including college students), and physical, social, emotional, and cognitive development. You or your family members can reach the NIH Parent Coach by calling **1-800-777-1720** or via email: nihp parentingcoach@adventisthealthcare.com. [NIH Parent Coach](#)
- **NIH Elder Coach**
A helpful resource, free of charge, for answering questions you may have about aging, adult-dependent care, and elders. You or your family members can contact the NIH Elder Coach by calling **1-800-777-1720**. [NIH Elder Coach](#)
- **Lunch and Learn Webinars**
Over 100 webinars on topics ranging from before birth to end of life are archived on the Child and Family Programs website. Topics range from parenting, work-life, finances to special needs, spanning every age group. Anyone can access the webinars from any computer. Registration information available at NIH Calendar of Events. Click here for more information: [Lunch and Learn Webinars](#).
- **Listsers: Parenting Listserv and Adult-Care-Support Listserv**
Interact with others in the NIH community concerning parenting and adult care resources, concerns, and recommendations. Click here for more information about the [Parenting Listserv](#) & [Adult-Care-Support Listserv](#).
- **Nursing Mothers Program** **301-435-7850**
The NIH Nursing Mothers Program provides services that address many of the concerns that arise for future and current nursing mothers. The program provides the emotional support and worksite assistance, to include prenatal breastfeeding education classes, telephone support, return to work consultation, and onsite lactation rooms, nursing mothers need to make their return to work less stressful. [Nursing Mothers Program](#)

If you cannot find a service to assist you with your child/adult/family needs, please contact the NIH Child and Family Programs Team at 301-827-3250.

