

NIH Child and Family Programs Services as We Return to Work

NIH 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 your 2021 IRS Tax Form 1040, Line 7 for your Adjusted Gross Income. If your adjusted household income is less than \$80,000, you may be eligible to receive up to \$5,000 in subsidy reimbursements. Apply Today! [Click here for more information.](#)

NIH Federal Employees and Trainees/Fellows Only:

- **NIH Back-up Care Program** is currently available for in-home care for adults, and in-home and center care for children nationwide. Registration for the program is FREE. [Click here for more information.](#) There is a cost of care if you use the program; up to 10 days of care in a calendar year. *NEW* Virtual tutoring and virtual camps for school-age children available starting May 2022.

NIH Federal Employees, Trainees/Fellows, and Contractors:

- **NIH Child Care Centers** are currently open and operating, providing safe and reliable childcare to children of NIH Federal Employees, Trainees/Fellows, and Contractors.* The NIH childcare centers are adhering to health and safety guidelines required by the Centers for Disease Control, Maryland State Department of Education, Office of Child Care Licensing, and Maryland Department of Health. Interested individuals can register their child(ren) on the **NIH Childcare Waitlist** at <https://www.ors.od.nih.gov/pes/dats/childcare/centers/Pages/centers.aspx>. (*Eligible NIH Contractors can register only their preschool-age children on the centralized NIH Childcare Waitlist.)

- Tours of the childcare centers can be arranged by contacting each center director:
 - Executive Child Development Center (ECDC), 301-496-9411
 - Northwest Child Care Center (NWCCC), 301-480-5447
 - Parents of Preschoolers, Inc. (POPI), 301-496-5144

- **NIH Resource and Referral Services** **1-800-777-1720**

Five types of Resource and Referral Services to address any need you may have. Available nationwide.

- **Child** – assist with anything related to children; free of charge; unlimited use.
- **Adult** (18 years or older) – assist with anything related to an adult, 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 for answering questions you may have about parenting, children of all ages (including college students), and physical, social, emotional and cognitive development. [Click here for more information.](#) 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 Elder Coach**

An excellent resource 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**.

- **Lunch and Learn Webinars**

Over 80 webinars archived on the Child and Family Programs website ranging from before birth to end of life. Every age group is represented, even older adults and topics range from work-life, finances, parenting, to special needs. Anyone can access the webinars from any computer. Click here for more information: https://www.ors.od.nih.gov/pes/dats/childcare/Pages/parent_seminars.aspx.

- **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](#) and [Adult-Care-Support Listserv](#).

- **“Here to Listen” Staff Support Line** **301-451-1151**

Mental health clinician peers listening, supporting, providing resources. NIH Employee Assistance Program (EAP) supported by the National Institute of Mental Health, Monday-Friday, 9:00 am-12:00 noon and 1:00 pm-4:00 pm.

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