



Child Care Programs for Federal Employee

NIH Back-up Care Program

NIH has contracted with Bright Horizons to offer the NIH community access to back-up care when they need to be at work and their regular child or adult/elder care is unavailable. The NIH community has 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. Participants must register by submitting information to the NIH Back-up Care Program <http://backupcare.ors.nih.gov>.

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

NIH 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 \$75,000** or less per year. For more information visit our website at <http://childcare.ors.nih.gov> or call **(301) 402-8180**.

NIH-Sponsored Child Care Centers

The NIH 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 Child Care Board

The NIH Child Care Board advises the NIH Director with regard to child care issues and policies, and advocates for high quality, affordable and accessible child care services for NIH employees. For more information, contact the NIH Child Care Program team by calling **(301) 402-8180**.

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 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>.