Child and Family Programs
for
Trainees/Fellows

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, 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 (5) 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.

NIH-Sponsored Child Care Centers
The NIH provides space and support services to four licensed child care centers.

Rockville Day Care Association, Inc. (RDCA)	**Parents of Preschooler Inc. (POPI)**
Serves children 6 weeks to 6 years of age	Serves children 6 weeks to 6 years of age
Location: NIH Campus	Location: NIH Campus
Telephone: (301) 480-5447	Telephone: (301) 496-5144
Executive Child Development Center, Inc. (ECDC)	**First Environments Early Learning Center**
Serves children 6 weeks to 13 years of age	Serves children 6 weeks to 6 years of age
Location: Executive Blvd., Rockville, MD	Location: NIEHS Research Triangle Park, NC
Telephone: (301) 496-9411	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 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: **nihparentingcoach@adventisthealthcare.com**

NIH ListServs
The NIH Child and Family Programs manages two (2) interactive listservs for child/parenting and adult/elder care topics: NIH Parenting Listserv and Adult Care Support. To subscribe to the email list, go to the NIH LISTSERVE page: **https://list.nih.gov**. Browse the list or go directly to Parenting_List or Adult-Care-Support.

NIH Lunch and Learn Seminars on Children, Families and Adult/Elderly Care
The NIH Child and Family Programs offers Lunch and Learn Seminars on various topics ranging from birth to caring for an elderly love one. The seminars are web-cast in real-time and are archived for future viewing. You can access these seminars by visiting **http://www.ors.od.nih.gov/lunchlearnseminar.**

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