



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

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.

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 on Children and Families

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>.

NIH-Sponsored School-age Care & Summer Camp

The NIH provides space and support services to the school-age program at Executive Child Development Center. For more information about school-age care, what schools they serve, and the summer camp they provide, contact ECDC directly.

Executive Child Development Center, Inc. (ECDC)

Serves children 6 weeks to 13 years of age

Location: Executive Blvd., Rockville, MD; Telephone: (301) 496-9411

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

Back-up Care Program

NIH has contracted with Bright Horizons to offer NIH federal employees and trainees/fellows 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 and trainees/fellows 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). Care can be provided in your home or in your loved one's home all over the United States. Register today at <https://backupcare.ors.nih.gov>.

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.

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 \$100,000** or less per year. For more information visit:

<https://www.ors.od.nih.gov/childcaresubsidy>.

Summer Care & Camp Resources

Finding summer care options which meet your needs, your family's budget, and your child's interests can be overwhelming. There are many NIH resources to help you navigate the choices, challenges, and opportunities that impact your summer planning. You can access these summer care & camp resources by visiting <https://www.ors.od.nih.gov/pes/dats/childcare/Pages/summerCareResources.aspx>.

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