



Child Care Programs For Guest Researcher

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 Parent Coach

Parenting is not only one of the most rewarding jobs, it can also be one of the most challenging. The NIH Parent 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 Parent Coach email your questions to:

NIHparentcoach@lifeworkstrategies.com

NIH Parents LISTSERV

The Office of Research Services, Division of Amenities and Transportation Services manages an interactive e-mail list for child care and parenting issues. Additional information can be obtained at <http://childcare.ors.nih.gov>.

If you have any questions, please contact the NIH Child Care Team at (301) 402-8180

2014