

## **NIH Child and Family Programs Services during the COVID-19 Pandemic**

### **NIH Federal Employees Only:**

- **Child Care Subsidy Program** is always taking applications. Applications can be submitted online. If you are wondering if you qualify, check your 2020 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:**

- **NIH Child Care Centers** are currently open and operating, providing safe and reliable childcare to children of NIH employees and trainees/fellows. All NIH childcare centers are adhering to health and safety guidelines required by the Centers for Disease Control and the Maryland State Department of Education, Office of Child Care Licensing. Interested individuals can register their child(ren) on the **NIH Childcare Wait List**. More information can be found here: <https://www.ors.od.nih.gov/pes/dats/childcare/centers/Pages/centers.aspx>
  - Virtual 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
- **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. You can use the program from 10 days of care.

### **NIH Contractors, Federal Employees and Trainees/Fellows:**

- **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 – can assist you with finding care during COVID-19
  - **Adult** (18 years or older) – assist with anything related to an adult – especially during COVID-19 when you might be caregiving from afar. This service can assist you to find options for a loved one living in another state or in the same town.
  - **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 all those questions you may have about parenting, children of all ages (including college students), and how to cope with COVID-19. [Click here for more information](#) You or your family members can reach the Parent Coach via email: [nhparentingcoach@adventisthealthcare.com](mailto:nhparentingcoach@adventisthealthcare.com)

- **Lunch and Learn Webinars**  
Over 60 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](https://www.ors.od.nih.gov/pes/dats/childcare/Pages/parent_seminars.aspx)

- **Listsers: Parenting Listserv and Adult-Care-Support Listserv**  
Interact with others within 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](#).

- **Caregiver Support** **301-496-3164**  
This service is provided by the NIH Employee Assistance Program. They can assist you with anything related to caregiving or your own well-being. This is a great place to start if you are overwhelmed with COVID-19 or with life. [Click here for more information](#)

- **“Here to Listen” Staff Support Line** **301-451-1151**  
Mental health clinician peers listening, supporting, providing resources. NIH Employee Assistance Program (EAP) supported by NIMH, 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 **NIH Child and Family Program** at **301-827-3250** or by email: Linda Owen, Program Manager at [Linda.Owen@nih.gov](mailto:Linda.Owen@nih.gov).