

## [R&R Childcare Resources](#)

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NIH cares about the well-being of you and your family. We are excited to share with you a useful service available to NIH employees, contractors, trainees, and fellows through the NIH Child and Family Programs, the NIH resource and referral service.

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This service is provided by Adventist Health Care life work strategies and offers five types of assistance to meet your personal and family needs. They are financial consultation, legal consultation, identity theft prevention, adult and elder care, and child care. During this short presentation, I will provide details about the child care resource and referral service.

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Caring for a child can be a very rewarding experience and having support can make all the difference. The child care resource and referral service provides support for anyone in a child caregiving role.

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Through this service, you and your dependents have unlimited access to Work Life Specialists who can support you by providing a range of resources and referrals to help meet your family's needs. This service can save you time while giving you peace of mind. The service is available by phone and is completely confidential.

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Work life Specialists can provide a range of support services such as evaluating care options, locating licensed child care providers and child care centers, nanny and in-home care options, preschool and nursery schools, adoption resources, resources for special needs, and much more. This list scratches the surface of the many benefits of the service.

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If you are unsure about whether something classifies as a child care topic, feel free to call the resource and referral service line and we'll be happy to get you connected to the help you need.

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A question you may have is: what happens when I call the resource and referral line? You will speak with one of our friendly intake specialists who will complete a brief assessment and you will then get connected to the service that best fits your needs.

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As a reminder, the service is 100% confidential and accessible 24 hours a day, 7 days a week.

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Be sure to check out the other NIH resource and referral services: legal consultation, financial consultation, ID theft prevention, and adult and Elder Care.

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Support is only a phone call away! To reach a Work Life specialist, call 1-800-777-1720.

To learn more about other NIH child/adult/elder/family resources – visit the NIH Child and Family Programs website at [www.childfamilycare.ors.nih.gov](http://www.childfamilycare.ors.nih.gov).