



Contact: Linda Owen, Program Specialist, Linda.Owen@nih.gov or 301-827-3250

Caregiving and Parenting Resources

NIH Child and Family Programs – 301-827-3250

- Flyer of services is appended at end of this document
- <https://www.ors.od.nih.gov/pes/dats/childcare/Pages/index.aspx>

NIH Employee Assistance Program (EAP) – call 301-496-3164

- <https://www.ors.od.nih.gov/sr/dohs/HealthAndWellness/EAP/Pages/index.aspx>

NIMH “Here to Listen” Staff Support Line – call 301-451-1151

- Flyer is appended at the end of this document
- <https://employees.nih.gov/pages/coronavirus/wellness-resources.aspx#mental>;

NIH Employee Intranet – Guidance for Staff on Coronavirus – Frequently Asked Questions – Childcare

- <https://employees.nih.gov/pages/coronavirus/frequently-asked-questions.aspx#childcare>

NIH Office of Intramural Training and Education – Trainees/fellows call 301-496-2427

- OITE Wellness and Resilience webpage - <https://www.training.nih.gov/home>

Articles

“Distance Learning: 8 Tips to Help Your Child Learn at Home”

- Article appended at end of this document

“3 ways to get kids to tune in and pay attention when schools go virtual”

- <https://theconversation.com/3-ways-to-get-kids-to-tune-in-and-pay-attention-when-schools-go-virtual-144187>

Other Resources

Centers for Disease Control and Prevention (CDC)

- [Checklist](#) for Back to School Planning – To Guide Parents, Guardians, and Caregivers
- [Guidance](#) for Childcare Programs that Remain Open

American Academy of Pediatrics – Healthy Children:

- <https://healthychildren.org/English/Pages/default.aspx>

Maryland State Department of Education, Office of Child Care

- <https://earlychildhood.marylandpublicschools.org/early-childhood-grants-programming-andinitiatives-maryland-during-covid-19-state-emergency>

Department of Health and Human Services, Administration for Children and Families, [Office of Child Care](#)

Maryland Family Network Information for Parents

- <https://www.marylandfamilynetwork.org/forparents>

[Association of Premier Nanny Agencies](#) (APNA)

[Childcare Aware](#) – State by State Information

Maryland Department of Education – Child care [subsidy information](#)

Child Welfare Information – [Resource Library](#)

Updated 8.27.20



NIH Child and Family Programs Services during COVID-19

NIH Federal Employees Only:

- **Back-up Care Program** is currently available for in-home care for adults and children nationwide. Center care may come available in the upcoming months as centers reopen. 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 20 days of care. (We added an additional 10 days due to COVID-19.)

- **Child Care Subsidy Program** is always taking applications. Applications can be submitted online. If you are wondering if you qualify, check your 2019 1040 IRS tax form Line 7 for your adjusted household 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

Everyone is eligible - NIH Federal Employees, Contractors, and Trainees/Fellows:

- **Resource and Referral Services 1-800-777-1720**

There are 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 COVID19
- **Adult** (18 years or older) – anything related to an adult – especially during COVID-19, 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 is at a discounted rate
- **Financial** - first 30 minutes free, additional time is 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:

nihparentingcoach@adventisthealthcare.com

- **Lunch and Learn Webinars**

Over 60 webinars have been 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: https://www.ors.od.nih.gov/pes/dats/childcare/Pages/parent_seminars.aspx

- **Listservs: Parenting Listserv and the Adult-Care-Support Listserv**

Interact with others within the NIH community concerning parenting and adult care resources, concerns, issues and recommendations. Click here for more information about the [Parenting Listserv](#) and the [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**

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 Specialist at Linda.Owen@nih.gov.

Need emotional support during the COVID-19 pandemic?



**HERE TO LISTEN
STAFF SUPPORT LINE
301.451.1151
EMPLOYEE ASSISTANCE PROGRAM (EAP)
SUPPORTED BY NIMH**

Monday - Friday, 9 am - 12 pm and 1 pm - 4 pm

Mental health clinician peers are here to:

- Listen to emotional challenges and stressors
- Provide encouragement and problem-solving approaches
- Promote resiliency
- Offer resources

Calls are confidential unless there is a safety concern.

This is not an emergency line or clinical service.

Distance Learning: 8 Tips to Help Your Child Learn at Home

By Sean J. Smith, PhD, a professor of special education at the University of Kansas, specializes in technology-based solutions for students

The rapid closure of schools due to the coronavirus has taken many families by surprise. Suddenly, kids all over the country are being asked to learn from home, often through online learning, assignments sent via e-mail, or packets sent out by the school. For many, this will be a new experience. It's not easy to convert homes into classrooms. But there are a few things you can do to get ready.

Here are eight tips to prepare your child for online learning at home.

1. Create a learning space for your child.

Does your child already have a special place to do homework? It's important to set up a quiet, clutter-free area if your child is learning full-time from home.

For example, you can convert the kitchen table into a learning station. Turn off the TV and remove all cups, salt and pepper, and other kitchen items when your child is doing schoolwork. When it's time to eat, put away the school supplies and use it again as a kitchen table.

Why is it important to clear away the clutter for learning time? Reducing clutter helps kids focus.

2. Make a schedule and stick to it.

We are creatures of habit. With no school bell to mark kids tardy, they might feel like sleeping in. With no set schedule, kids might never get around to schoolwork. Finding time for learning requires planning. Take a look at your family's schedule and figure out the best times for learning.

Here are a few questions to help you and your child come up with a schedule:

- Does your child need a lot of help from you to get started? If so, think about when you, another adult, or responsible sibling is available to provide support.
- Do you have a middle-schooler or high schooler? If so, late afternoon and early evening might be when they're most awake and ready to learn.
- Are you building time into your child's schedule for exercise? (See tip #5 below.) Going outside and taking breaks that include physical activities or relaxing, quiet activities can help kids focus and get more done.
- Does your family have any contracts to help your children follow rules at home? Agreeing on when to watch TV or play video games is important when kids are learning full-time at home.

(continued on next page)

Once you decide when your child will learn, identify that time as school time and stick with it.

3. Reduce distractions.

Video games, computer games, social media, TV, toys, pets—our homes have lots of distractions. Make a list of the things that distract your child. Then, find ways to limit them during learning time.

For example, is the dog a big distraction? If so, can you put the dog in a separate room when your child is doing schoolwork?

Are games or social media a big distraction? Try blocking them on your child's device during instructional time. Another way to eliminate online temptations: After downloading an assignment, turn off the Wi-Fi and/or cellular service to help your child focus on the work.

4. Use a calendar and color-code it.

It's important to set up systems to help your child stay on top of school deadlines. This will help your child stay organized. Post a calendar and mark it with due dates. Help your child plan backwards from the due dates. Use visual organizers to break an assignment into steps and the specific strategies needed to complete it.

You can also use color-coding for tasks. For example, use a red pen for reading and a blue pen for math.

5. Get plenty of exercise.

Exercise helps us think better. When we move and groove, our problem-solving, memory, and attention improve. Physical activity is a natural way to reduce stress and prevent anxiety. Experts say that when we move and get our heart rate up, it has a positive impact on how we think.

Look for family-friendly workouts you can do at home. Identify a time and place in your home for physical activity. The best time to exercise might be right before tackling schoolwork. It's also good to take exercise breaks throughout the day.

6. See which accessibility features help your child.

Most phones, laptops, and other mobile devices have built-in assistive technology. For example, read aloud or text-to-speech can help struggling readers, and speech-to-text can help struggling writers.

On YouTube, you can adjust the settings to slow down the playback speed if your child is having trouble understanding videos. You can also change the settings to show closed captions if it helps your child to read the text while listening to videos.

See which features help your child access digital content and select the ones that fit your child's needs and preferences.

7. Reach out to your child's teacher.

Online education or learning at home requires family support. Some online schools go as far as calling parents "learning coaches." To support your child, set up a direct line of communication with your child's teachers. Use email, text, phone calls, or maybe even video conferencing to connect.

Try not to worry that you're interrupting. If you're not sure how to do an assignment, don't just guess—reach out to confirm. You may even want to set up a day and time each week to connect with the teacher. You can use this time to talk about challenges your child is facing, review upcoming instruction, and understand expectations. Being proactive is essential if your child is struggling in school.

8. Look for ways to remove learning barriers.

If your child has learning challenges, it's important for you to review the online and other learning material the school sends you. Keep in mind that it may not have been designed with your child's needs in mind. Here are some questions to consider:

- What options are teachers offering to help struggling readers with written material?
- What options does your child have to demonstrate understanding? For example, if your child has trouble writing, ask the teacher if your child can send a video response.
- Is the teacher including supports to help kids with things like getting organized, identifying the main idea, and taking notes?

Work with your child's teachers to identify and remove any barriers. Remember: If it's a challenge for your child, it's most likely a problem for other kids, too.