



Need trustworthy and affordable child care?

Many children will spend part of their day in some form of child care setting, and finding high-quality care is important.

Child care solutions

No two family situations are the same. Your program can help you determine which options will best meet your family's needs, and can provide you with a customized list of resources and referrals. All you have to do is arrange and pay for the care.

How do we help?

Our specialists do all this and more:

- Research and prescreen a wide variety of child care options, from nannies to daycare centers to before and after-school programs and even summer care.
- Provide referrals for special needs resources, services and support.
- Consult and guide you through day-to-day caregiving challenges and long-term care plans for in-home and out-of-home care.
- Refer providers, services and resources who are available—even at the last minute.

Go online to access more parenting resources, including guides, monthly live talks, webinars and articles. Ensure that your child gets the best care—and you rest easy.



*Performance by design.
Caring by choice.™*

**Employee Assistance Program
1-800-424-4519**