

Child care



Support and resources to help you find reliable child care and high-quality educational resources to support your family's needs.

Expert guidance

Call your program to be connected to a Work-Life specialist who can:

- Help you determine which care options will best meet your family's needs, from in-home care like nannies and babysitters, to virtual care, family day care homes, care centers, before-and-after school programs and more.
- Provide you with referrals to qualified providers, special needs resources, services and support.
- Guide you through the research process to find care and identify areas of consideration during the placement process.
- Consult with you on day-to-day caregiving challenges and long-term care plans.
- Offer resources for distance learning, home schooling, micro-schooling, tutoring, educational activities and everything in between.

Online resources

Visit your program website and click on the Work-Life Services tile to access the Work-Life web portal where you can:

- Access dozens of webinars, live talks, guides, articles and more.
- Find discounts on educational resources from The Princeton Review, Rosetta Stone and Hooked On Phonics and more.

Call your program or go online to get started!



The UNIVERSITY of OKLAHOMA

Employee Assistance Program
1-800-327-5043