CHILD CARE AND PARENTING RESOURCES

ON-CAMPUS SUPPORT

CHILD CARE PROGRAMS

CWRU supports our working parents with several child care-related benefits and resources. We offer benefits to all eligible members of our campus community – including eligible faculty, staff, postdocs, and students. Learn more about the Child Care Subsidy Program, Dependent Care Flexible Spending Account, Child Care Support During Travel, and Discounts at Local Child Care Facilities here.

LACTATION ROOMS

A lactation room is a dedicated private space to support breastfeeding parents. A comprehensive list of lactation rooms can be found here.

OFFICE OF EQUITY

CWRU, through the Office of Equity, supports pregnant students, postdoctoral scholars and fellows, faculty, and staff so they can achieve academic and work success while pregnant, recovering from the birth of a child, caring for a newborn, and breastfeeding an infant. Title IX (which prohibits gender discrimination against students), Title VII (which prohibits gender discrimination in employment), and the Pregnancy Discrimination Act prohibit schools and employers from penalizing students and employees because they need time off from work or school, or reasonable adjustments, due to pregnancy, childbirth, or caring for an infant. Learn more about Pregnancy Accommodations and how to request an accommodation here.

CWRU COMMUNITY PANTRY

Provides free resources such as diapers and baby wipes. Open Mondays, Thursdays, and Fridays 4:30pm to 6:30pm and Saturdays 10am to 6pm. Located in Carlton Commons (11892 Carlton Road). Call 216.368.1633 or email communitypantry@case.edu. Check out the CWRU Community Pantry website for additional information. ***Please note the Pantry is closed from December 16th to January 12th. It will reopen on January 13th.***

DEAN OF STUDENTS OFFICE

If you are in need of case management support to navigate child care resources or find clothing, diapers, or wipes for children, submit a CARE Report to be connected to the Dean of Students Office.

OFF-CAMPUS SUPPORT

CATHOLIC CHARITIES – BISHOP COSGROVE

From Tinkham Veale University Center: 15 min drive, 1 hr. 30min walk, 30 min transit

Baby formula requests may be made by mothers experiencing financial difficulties. Call 216.781.8262 for support. Located at 1736 Superior Ave Cleveland OH 44114. Offices are open Monday to Friday from 9:00am to 1:30pm.

CLOTH DIAPER ASSISTANCE

If you are a caregiver of a young child and are struggling to pay for single-use diapers, apply to the Cloth Diaper Assistance program. Newborns receive 20 cloth diaper changes, infants 15 changes, and potty-training toddlers 10 changes. To learn more and apply for the Cloth Diaper Assistance program, click here.

CUYAHOGA COUNTY BOARD OF HEALTH – IMMUNIZATION CLINIC

Offer immunizations for infants, children, teens, and adults. Call 216.201.2041 or email ccbhnurse@ccbh.net to make an appointment. Immunization clinic hours are Monday, Wednesday, and Thursday from 9am to 4pm. Limited availability on Fridays. Some children may be eligible for low or no cost vaccines if the child is uninsured, underinsured, or on Medicaid. We also accept most insurance and out-of-pocket payments.

CUYAHOGA COUNTY FATHERHOOD INITIATIVE

Provides referrals to resources that help support fathers, including parenting programs, child support, and child custody resources. Call 216.348.3967 or email Cuyahoga-fatherhood-initiative@jfs.ohio.gov to be connected to the initiative.

FREE FORMULA EXCHANGE

A free nationwide mutual aid network connecting families who need baby formula to people who have formula to donate. To request formula, submit a Free Formula Exchange form here.

GODS VISION FOUNDATION

Gods Vision Foundation has five main family outreach programs. These include Fill the Backpack Program, "Adopt-a-Family" Program, Joy for Kids This Christmas, Easter Celebration, and Moms, Fathers, & Babies Program. The "Adopt-a-Family" Program, Joy for Kids This Christmas, and Easter Celebration focus on providing gifts and food during the holiday seasons. Fill The Backpack Program provides backpacks filled with school supplies, clothing, and other school-related items to ease the burden of back-to-school spending for families. Mom, Fathers, and Babies Program provides essential items including parent connect groups; free cribs; free monthly diapers, milk, and other essential baby items; and workshops on breastfeeding, sleeping training, and more. Complete the Gods Vision Foundation Intake Form here to get started.

HELP ME GROW

Help Me Grow is a system of supports for pregnant women, caregivers with new babies, families with young children, and for children with developmental delays and disabilities. Families who would like more information about Help Me Grow programs should contact 216.930.3322, email hmgreferrals@helpmegrow.org, or complete the online Help Me Grow referral form.

JOBS AND FAMILY SERVICES – PREVENTION, RETENTION, AND CONTINGENCY

If you have an emergency that is a one-time, short-term crisis, the Prevention, Retention, and Contingency program may be able to help. To qualify, you must be a US citizen or qualified alien; you must live with at least one minor child, be pregnant, or be the non-custodial parent of a child; your family's income must be at or below 200% of the Federal Poverty Level; and you must have limited liquid assets. To learn more about the Prevention, Retention, and Contingency program and to apply, click here.

RAINBOW CAR SEAT DISTRIBUTION PROGRAM

UH Rainbow Babies and Children's Hospital Injury Prevention Center offers low cost car seats through a virtual class for Cuyahoga County residents who are eligible for WIC. To apply and review program requirements for UH Rainbow Car Seat Distribution program, click here.

STARTING POINT

Starting Point is the leading expert in quality child care, early education, and out-of-school time resources in Northeast Ohio. Explore child care options, financial assistance programs, and out-of-school time information on Starting Point's website.

STEP FORWARD

Provides Head Start and Early Head Start programs. Early Head Start and Head Start are available at no cost to income-eligible families. Eligible participants include children whose families are living at or below the Federal Poverty Guidelines. Step Forward provides family development through services that support early learning, health, and family well-being. To begin the Head Start preschool enrollment process, please complete the Step Forward online application.

GOVERNMENT FINANCIAL RESOURCES

JOB AND FAMILY SERVICES – CHILD CARE CHOICE PROGRAM

The Ohio Department of Job and Family Services offers financial assistance to eligible parents to help them with childcare costs while they engage in work, education, and job training. Ohio's Publicly Funded Child Care program (see Step Forward above) serves families earning up to 145% of the federal poverty level. The Child Care Choice Program provides financial support to families working or going to school whose income is at 146%-200% of the federal poverty level based on family size. The Child Care Choice voucher payments will assist with the cost of tuition for any child whose family meets the eligibility requirements of the Child Care Choice Program.

Documents required include details about your household, information about your income or pay stubs, where you work or go to school, name and address of your childcare provider, and birth certificates for your children who need care. Apply online for the Child Care Choice Program here.

Family Size	Monthly Income must be above (145% FPL)	Monthly Income must be below (200% FPL)
2	$2,383	$3,287
3	$3,004	$4,144
4	$3,625	$5,000
5	$4,247	$5,857
6	$4,868	$6,714
7	$5,489	$7,571
8	$6,110	$8,427

WOMEN, INFANT, AND CHILDREN (WIC) ASSISTANCE

WIC is the Special Supplemental Nutrition Program for Women, Infants, and Children. WIC helps eligible pregnant and breastfeeding women, women who recently had a baby, infants,

and children up to 5 years of age. WIC provides nutrition education, breastfeeding education and support; supplemental, highly nutritious foods such as cereal, eggs, milk, whole grain foods, fruits and vegetables, and iron-fortified infant formula; and referrals to prenatal and pediatric health care and other maternal and child health and human service programs. To apply for WIC benefits, please visit a WIC clinic near you. The closest to campus is University WIC at 5805 Euclid Ave, Room 101, UH Rainbow Center for Women and Children. Phone number is 216.675.6605. Open Monday and Thursday from 8:30am to 4:30pm. Proof of identity should be brought to your appointment.

Must make at or below:

Family Size of 1 = $27,861 annually	Family Size of 5 = $67,673 annually
Family Size of 2 = $37,814 annually	Family Size of 6 = $77,626 annually
Family Size of 3 = $47,767 annually	Family Size of 7 = $87,579 annually
Family Size of 4 = $57,720 annually	Family Size of 8 = $97,532 annually

CASH ASSISTANCE - OHIO WORKS FIRST TANF

Ohio Works First provides cash assistance to eligible low-income families and children for up to 36 months using the state's portion of Federal Temporary Assistance for Needy Families (TANF) dollars. Ohio Works First is available to the following groups who can meet financial and participation requirements: Families with at least one child under age 18 or age 19 if still in high school or women who are at least six months pregnant. Once an application is submitted, a caseworker from Cuyahoga County will be in touch to schedule your interviews and help guide you through the process. To receive OWF, work-eligible recipients are required to participate in work activities every month that assistance is received. You must also be a U.S. Citizen or a lawful permanent resident, a resident of the state of Ohio, and make less than or equal to 50% of the Federal Poverty Level.

Must make at or below:

Family Size of 1 = $608 monthly	Family Size of 5 = $1464 monthly
Family Size of 2 = $822 monthly	Family Size of 6 = $1678 monthly
Family Size of 3 = $1036 monthly	Family Size of 7 = $1893 monthly
Family Size of 4 = $1250 monthly	Family Size of 8 = $2107 monthly

You may apply for Ohio Works First online by going to Ohio Benefits.

Verification Documentation

Criteria of Eligibility	How can it be verified?
Household composition	Birth certificates of all applicants and household members, as appropriate
Age, citizenship, identity	Birth certificate, State ID/Driver License, US Passport, crib cards for newborns, school records for minor children
Non-Citizenship Status, if applicable	Immigration documents
SSN	Social Security Card or SS5
Pregnancy, if applicable	Medical Provider written statement
Earned or unearned income	Paystubs, employer statements, award letters, w2s, 1099s, etc.
School enrollment and attendance	School documents, class schedule, report cards, etc.

Residency/Address	Piece of received mail, Utility bill, or Lease agreement/mortgage statement
Disability status, if applicable	Doctor statement, SSA determination documentation
Time limits – Ohio 36 months in a lifetime	Out of state benefit documentation – if applicable