

Need Help Finding Child Care? Child Care Resources of Monmouth County Can Help You!

Find Child Care

Selecting child care is one of the most important decisions your family will make for your young child. Because your child's first five years last forever, take the time to make the best choice.

For free, personalized assistance, contact [Child Care Resources](#) of Monmouth County. A referral specialist will help you to identify child care options based on your family's specific needs.

When a parent contacts **Child Care Resources** a referral specialist will:

- Discuss the family's child care preferences, including type of care, location, cost, and other variables;
- Describe the type of child care available;
- Explain guidelines for quality child care;
- Search the state database to present families with a list of options;
- Provide current information on early childhood education and best child care practices; and
- Link the caller to other resources such as the NJ Child Care Assistance Program (child care subsidies to make child care more affordable for families).

Are you taking advantage of federal tax benefits to help make child care more affordable?

- There is a federal tax credit for child care expenses that allows a modest credit against individual/family taxes owed.
- There is a business employee benefit that enables employees to set-aside money for child care tax-free that can be used to reimburse some child care expenses. It's called a Dependent Care Assistance Plan (DCAP). Ask your employer if the company has a DCAP or could start one for interested parents.

Need help affording the cost of child care?

For lower wage families, child care assistance is available based on family size and income. To find out more about the Child care Assistance Program (CCAP) that helps families afford quality child care, contact [Child Care Resources](#). Eligible families can earn up to 200% of federal poverty level and still potentially qualify for child care assistance. Families with annual income up to \$53,300 for a family of three, \$64,300 for a family of four, and \$75,300 for a family of five may be eligible for the [CCAP](#) to help make child care more affordable. Learn more about [CCAP](#).

Looking for Child Care?

Download a [parent checklist](#) to ask questions of child care providers when searching for care.