

# U.S. Working Parents Resource Guide

## AECOM U.S. Benefits

### Care@Work Benefit through Care.com

Care.com makes it easier for you to find caregivers for your home and your family (children, elderly adults and pets). AECOM also provides subsidized back-up care. [Learn more](#) or call 1.855.781.1303.

### GuidanceResources Employee Assistance Program (EAP)

The EAP provides confidential and professional assistance, including counseling services, financial advice, legal assistance and other well-being resources, to help you and your family resolve personal challenges. [Learn more](#) or call 1.866.501.7962.

### Dependent Care Flexible Spending Account (FSA)

If you have a dependent care FSA dependent care to pay for child care so you can work — including preschool, summer camps and after-school care — you can cancel future contributions without penalty due to the pandemic. Call the AECOM Benefits Service Center at 1.844.779.9567. To use your FSA balance to pay for child care services, you must submit a receipt of the services received including a Tax ID Number. [Learn more.](#)

### Back to School Resources

Visit the [Back to School Resources page](#) at [AECOMbenefits.com](#) for an extensive list of ways your AECOM benefits can provide back-to-school support for you and your family.



## Helpful Articles

- [Tips for Working Moms](#)
- [The Extra Burden for Parents of Children with Special Needs](#)
- [Working Parents, Your Family Needs a “Board of Directors”](#)
- [See Back to School articles on AECOMbenefits.com](#)

## Educational Websites and Apps

- [Duolingo](#) - Learn a language in just 5 minutes a day with game-like lessons
- [Educational Resources](#)
- [LanguageLine Fun at Home Activity Guide](#)
- [Calm App](#) – Meditation and sleep stories
- [Smiling Mind](#) – Short audio session to help with mindfulness
- [Cosmic Kids Yoga](#) – Videos for kids ages 3 and older
- [Open Culture](#) – Free educational resources for K-12 students
- [Camp Kinda](#) – Weekly learning adventures and daily activities
- [Summer Learning Family Toolkit](#)
- [Khan Academy](#)
  - [Khan Academy Kids app](#) (includes 100s of books to read or listen to)
  - [Recommended Daily Schedule for School Closures](#)
  - [Camp Khan Virtual Summer Camp](#) (June 22 – August 28)
  - [Recommended Reading List](#)
  - [English and Languages Arts](#)
  - [Art History](#)
  - [Computer Programming](#)
  - [Fun Writing Prompts for Learners of All Ages](#)
  - [Imagineering in a Box](#)
  - [Adobe’s Khan + Create](#)
  - [Water-Themed Math Activities for Kids Ages 2 – 7](#)
  - [Circle Time Videos for Early Learners](#)
  - [Printable Worksheets for Early Learners](#)