Resources for Graduate Students with Children
rackham.umich.edu/current-students/community-resources/grad-parents

Whether you are a parent now, become a parent while in graduate school or have dependent care responsibilities, the University of Michigan provides many resources for its graduate students.

Institutional Support

Graduate Student Parental Accommodation Policy
This policy assists Rackham graduate students immediately following the birth or adoption of a young child. The policy provides a six-week parental accommodation period following the birth of a child or adoption of a child under six years of age. It also offers an extension of time limits to degree or candidacy.
rackham.umich.edu/current-students/policies/parental-accommodation-policy

Leave of Absence Policy
This policy grants an eligible Ph.D. student a leave to take care of an urgent family necessity or care for dependents.
rackham.umich.edu/current-students/policies/doctoral/phd-students/leave-of-absence

Financial Assistance for Child Care

The Work/Life Resource Center provides information about various financial assistance opportunities, including:

Child Care Tuition Grant Program
This program assists eligible families with young children to meet the cost of child care at the University’s child care centers.

Child Care Subsidy Program
This program helps eligible families with young children meet the cost of child care at other state-licensed facilities. The program is administered by the Office of Financial Aid.

For more information about these and other types of assistance, visit:
hr.umich.edu/benefits-wellness/family/work-life-resource-center/find-child-care/financial-assistance-child-care

Child Care Resources

The Work-Life Resource Center provides information about the following resources:

- U-M Children’s Centers (licensed, on-campus centers): hr.umich.edu/benefits-wellness/family/childsens-centers
- Campus Child Care Homes Network (licensed, home-based programs in the Ann Arbor area):
  hr.umich.edu/benefits-wellness/family/work-life-resource-center/find-child-care/campus-child-care-homes-network
- Community child care centers and homes (all licensed programs): greatstarttoquality.org
- Kids Kare at Home (sick child/back-up care):
  hr.umich.edu/benefits-wellness/family/work-life-resource-center/sick-or-backup-child-care-service
- U-M Family Helpers (online listing of U-M students/retirees who offer child care and other services):
  hr.umich.edu/benefits-wellness/family/work-life-resource-center/u-m-family-helpers

For more resources, and for information to guide you in your child care search, visit:
hr.umich.edu/benefits-wellness/family/work-life-resource-center/find-child-care

Housing for Students with Families
Northwood Community Apartments & Townhomes
Northwood is a vibrant community, housing hundreds of families and graduate students on the University of Michigan’s North Campus.
housing.umich.edu/grad

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Insurance Options

GradCare
GradCare is a medical insurance plan exclusively for Graduate Student Instructors, Graduate Student Staff Assistants, Graduate Student Research Assistants, benefit-eligible fellowship holders, and medical school students.
hr.umich.edu/benefits-wellness/health/health-plans/gradcare

Domestic Student Health Insurance Plan
This plan is available (subject to verification) to U-M students enrolled in classes or between semesters (e.g., during spring/summer session) at the Ann Arbor, Dearborn or Flint campuses, including:

- Graduate and doctoral students who are completing graduation requirements (writing thesis, preparing dissertation, studying for prelims, studying abroad on detached study, pre-doctoral candidates, etc.)
- International students, students with dual citizenship and visiting scholars who are not eligible for international insurance

uhs.umich.edu/dship

International Student and Scholar Health Insurance Plan
U-M F-1 and J-1 students and J-1 visiting scholars whose Forms I-20 or DS-2019 were issued by the University of Michigan (Ann Arbor) and their accompanying F-2 and J-2 dependents are eligible for and required to enroll in this plan unless they have health insurance that meets the University’s minimum requirements. U.S. citizens and permanent residents (green card holders) are not eligible for this plan.
uhs.umich.edu/intlins

Campus and Community Health Care for Families

The Students with Children website maintains a listing of health clinics on campus and in the community.
studentswithchildren.umich.edu/chclinics/index.html

The Ann Arbor Observer’s City Guide lists hospitals and clinics, health services and support groups, including pediatric emergency facilities, and pediatric dentists.
anannarborobserver.com/cg/t0079.html

Support Services

Graduate Parent Advocate
Rackham Graduate School has a designated Graduate Parent Advocate to assist graduate students with children with locating resources, interpreting policies, and resolving disputes. For more information, contact: Natalie Bartolacci at nplosky@umich.edu.

Graduate Students with Children Activities
Rackham sponsors social events for graduate students and their children, aimed at building community and sharing parenting resources. For more information or to be added to the group’s e-mail list or Facebook group, contact: Natalie Bartolacci at nplosky@umich.edu.

Students with Children Website
This site offers one-stop shopping for U-M students who juggle parenting or elder care, study, and work. It contains information on many of the topics covered in this document including financial resources, child care, and health insurance.
studentswithchildren.umich.edu

Lactation Resources

The Work/Life Resource Center maintains a list of lactation resources available on campus.
hr.umich.edu/benefits-wellness/family/work-life-resource-center/lactation-resources