







Childcare and Parenting Resources

TPCB and the Weill Cornell and David Rockefeller graduate schools recognize that students who are also parents may need specific resources to help them balance family life and responsibilities with their scientific training. To support our students, the graduate schools provide a number of childcare and parenting resources. Students who need help navigating these resources, and those with individual concerns, are encouraged to contact the Program Director or Program Administrator so that we can assist you. Students may also directly contact the graduate school deans or professional staff listed below if they prefer.

	<p>Derek S. Tan, PhD TPCB Program Director tand@mskcc.org 646-888-2234 (o) 646-228-1777 (m)</p>	<p>Provides academic oversight for all TPCB students and coordinates support services with the graduate schools</p>
	<p>Margie Hinonangan-Mendoza, MA TPCB Program Coordinator mah2036@med.cornell.edu 212-746-5267 (o)</p>	<p>Secondary contact for all TPCB students desiring support services</p>
	<p>Judith Cukor, PhD Assistant Dean, Student Affairs Weill Cornell Graduate School juc2010@med.cornell.edu 212-821-0627 (o) (email preferred)</p>	<p>Primary contact for parenting and childcare support for TPCB students in WCM and MSK labs.</p>
	<p>Emily Harms, PhD Senior Associate Dean David Rockefeller Graduate School emily.harms@rockefeller.edu 212-327-8090 (o)</p>	<p>Primary contact for parenting and childcare support for TPCB students in RU labs. Provides academic oversight for TPCB students in RU labs.</p>
	<p>Randi B. Silver, PhD Associate Dean, Academic Affairs Weill Cornell Graduate School rbsilve@med.cornell.edu 212-746-5006 (o)</p>	<p>Provides academic oversight for TPCB students in WCM and MSK labs and can also coordinate support services</p>
	<p>MSK HR Resource Center hrrc@mskcc.org 646-677-7411 (o)</p>	<p>Provides centralized support for TPCB students in MSK labs for support services not provided by WCM.</p>

General Resources

Weill Cornell offers a Student–Parent Grant Funding program to provide additional financial support to qualified students with school-age children.

Rockefeller University offers subsidized childcare, including scholarships based on financial need, hardship funds for specific situations, and health insurance for spouses, domestic partners, and children of students.

TPCB students who are formally appointed to the NIH T32 Training Grant are eligible for reimbursement of up to \$3,000/year to defray eligible childcare costs while appointed:

<https://grants.nih.gov/grants/guide/notice-files/NOT-OD-24-116.html>

Lactation Rooms

WCM provides multiple Wellness Rooms on campus for nursing mothers as well as those needing a quiet place to rest due to a medical condition.

For more information, see:

<https://diversity.weill.cornell.edu/diverse-communities/women-medicine-science/lactation-lounges>

RU provides 2 dedicated lactation rooms on campus for nursing mothers at CRC, Greenberg, room A08 and WRB, 1st floor, inside ladies' room to separate room on right. Submit a request for the key to enter either of the lactation rooms by contacting Plant Operations at ext 8001.

For more information, contact RU Human Resources at 212-327-8300.

MSK provides multiple Lactation Rooms on campus including ZRC-146 and RRL-1001D. Access can be requested by contacting the HR Resource Center at 646-677-7411 or hrrc@mskcc.org.

For more information, see (*intranet only*):

<https://mskcc.sharepoint.com/sites/pub-hr/SitePages/Lactation-Rooms.aspx>

General Childcare and Educational Resources

For parents with younger children, both institutional and third-party daycare centers are available in the neighborhood surrounding the Tri-Institutional campuses. We recommend that you begin your research as soon as possible, because many childcare centers have considerable waiting lists, especially for infants. Some families choose to hire a nanny to provide in-home or after-school care. For nursing mothers, all three institutions also provide access to lactation rooms, as is required under NYC law.

As children progress to preschool and primary school, additional resources will help parents navigate the myriad options available. Be on the lookout for workshops offered by the institutions to help guide parents through these processes.

WCM: <https://medicaleducation.weill.cornell.edu/student-resources/childcare-weill-cornell-medicine>

WCM (*intranet only*): <https://hr.weill.cornell.edu/benefits/child-care-bright-horizons>

RU: <https://www.rockefeller.edu/child-family-center/>

MSK (*intranet only*): <https://mskcc.sharepoint.com/sites/pub-OPA/SitePages/OPA-Child-Care.aspx>

- *Magellan Ascend Learning Center – Parenting Tips*

<https://magellanascend.com/KnowledgeCenter/Search?ccid=hpZiwITni%2FVKnrZqvUQNBzjTBlwzNRI6IEf06G2X7Xo%3D&Tag=Parenting&Type=0>

- *Parenting Under Five Video Series (The Goddard School)*

<https://www.goddardschool.com/parenting-under-five>

- *Guide to Hiring a Nanny/Babysitter (Park Slope Parents)*

<https://www.parkslopeparents.com/Nanny-101/hiring-a-babysitter-part-1-preparation.html>

- *Zero to 3: Raising a Child in NYC (Parents League of New York)*

<https://www.parentsleague.org/blog/zero-3-raising-child-nyc>

- *NYC Preschool Listings and Guide (Mommy Poppins)*

<https://mommypoppins.com/family/new-york-city-preschool-listings>

- “UES Mommas” Facebook Group
<https://www.facebook.com/groups/129399600506031/>

Institution-Associated Childcare Centers

Weill Cornell Children’s Center (Bright Horizons, 409 East 60th Street)

<https://child-care-preschool.brighthorizons.com/ny/newyork/weillcornell>

Provides childcare for the children of Weill Cornell faculty, staff, postdocs, and students. They accommodate children aged 6 weeks to 5 years old. Tuition for full-time (up to 9 hours per day) is on a sliding scale based on household income. Limited spaces are available.

Rockefeller University Child and Family Center (CFC, on the RU campus)

<https://www.rockefeller.edu/child-family-center/>

Students pursuing thesis research in RU labs are eligible for childcare at the RU CFC. They accommodate children aged 3 months to 5 years old. Tuition is on a sliding scale. The CFC operates like a school with an academic calendar (September-August), which means that children generally start in September and join a class that later move up to higher "grades" together (i.e.: infant, toddler, preschool).

William Woodward, Jr. Nursery School (Payson House, 435 East 70th Street)

<http://wwjns.org/>

The William Woodward, Jr. Nursery School is a private, independent, not-for-profit nursery school with children entering at ages 2–4 years old. Families affiliated with the following hospitals are given preference: New York Presbyterian, Weill Cornell Medical College, Memorial Sloan Kettering Cancer Center (MSKCC), Hospital for Special Surgery (HSS).

Play Area Association (PAA, Payson House, 435 East 70th Street)

<https://www.paanyc.org/>

The PAA is open to families of New York-Presbyterian Hospital, Memorial Sloan-Kettering Cancer Center, Hospital for Special Surgery, Rockefeller University, WCMC, their affiliate institutions, and alumni of these training programs. The PAA sponsors a Play-and-Learn Co-op for children 2–5 years old and also offers indoor and outdoor play areas, discounted children’s enrichment classes, weekly playgroups for toddlers, field trips, and fun parties for PAA families throughout the year. Annual membership is \$230/family.

Additional Upper East Side Childcare Centers

See also the MSK Childcare intranet website above for a comprehensive, up-to-date list.

Name	Location	Comments	Link
Bright Horizons Montessori	245 East 92 nd St. (2 nd Ave.)	Infant thru pre-K	https://schools.brighthorizons.com/ny/newyork/east92nd/Our-School
Children's All Day School	109 East 60 th St. (Lexington Ave.)	6 mos to 5 years	http://www.childrensallday.org/
The Goddard School	1725 York Ave. (90 th St.)	Infant thru K	https://www.goddardschool.com/nj-ny/manhattan-90th-york-avenue-ny

Hopscotch Montessori	433 East 79 th St. (York-First Ave.)	3 mos to 12 years; Montessori (AMS) school	http://hopscotchmontessori.com
The House of Little People	129 East 90 th St. 122 East 91 st St.	Infant thru pre-K	http://www.thehouseoflittlepeople.org/
Jellybean Group Family Day Care	516 East 84 th St. (York Ave.)	Infant & toddler; Home-like group family daycare	https://jellybeanfamilydaycare.com
Manhattan Schoolhouse	1624 First Av. (84) 1616 First Av. (83) 1456 First Av. (76)	3 mos thru pre-K; Reggio Emilia approach	http://manhattanschoolhouse.com/

Resources to Identify Potential Nannies & Babysitters

- Word of mouth! Ask people who just hired a nanny to share a list of others they interviewed.
- Look for postings on bulletin boards & laundry rooms in your apartment buildings
- RU Classifieds - check for postings and post requests
- CFC Teachers - for RU students, the CFC keeps a list of previous and current teachers who are interested in babysitting. Contact the CFC for more information.
- MSK NannyResource: <https://mskcc.sharepoint.com/sites/pub-hr/SitePages/NannyResource.aspx>
- NYC Nanny share & referral service: <http://shareournanny.blogspot.com>
- National websites: Sittercity.com, Urbansitter.com, Care.com

Backup Child Care

The institutions offer backup child care at Bright Horizons Centers when a child's regular childcare center or school is closed, or other accommodations are needed. There is also an option for Bright Horizons to provide a babysitter for in-home care at your residence. Typically, the family will pay a daily fee and the institution will cover a certain number of days per year for each child or family. Advance registration is required.

WCM: <https://diversity.weill.cornell.edu/policies/childcare-and-eldercare-weill-cornell>

RU: <https://www.rockefeller.edu/child-family-center/handbooks/backup/>

MSK (intranet): <https://mskcc.sharepoint.com/sites/pub-OPA/SitePages/OPA-Child-Care.aspx#backup-emergency>

Bright Horizons: <https://www.brighthorizons.com/family-solutions/back-up-care>

NYC Public Schools

NYC guarantees free public school for all children residing in NYC. Families moving to NYC should contact a Department of Education Family Welcome Center for assistance with school placement. Preschool may be available in the calendar year a child turns 3 through the NYC 3-K program, although enrollment is limited in District 2 that encompasses the Upper East Side. NYC offers universal Pre-K in the calendar year a child turns 4, with a guaranteed seat and priority by zone and district, although it may not be in your immediate neighborhood. NYC students begin Kindergarten in the calendar year they turn 5, and students generally receive a

seat in the zoned school in their neighborhood. Students may also qualify for Gifted & Talented programs based on testing in the spring before entering kindergarten; however, this program is currently being phased out by NYC and its future remains uncertain. Students may also apply to the publicly-funded Hunter College Elementary School, which offers entry at Kindergarten only based on two phases of testing; admissions are extremely competitive.

NYC New Students: <https://www.schools.nyc.gov/enrollment/enrollment-help/new-students>

NYC 3-K (age 3): <https://www.schools.nyc.gov/enrollment/enroll-grade-by-grade/3k>

NYC Pre-K (age 4): <https://www.schools.nyc.gov/enrollment/enroll-grade-by-grade/pre-k>

NYC Kindergarten (age 5): <https://www.schools.nyc.gov/enrollment/enroll-grade-by-grade/kindergarten>

NYC Gifted & Talented: <https://www.schools.nyc.gov/enrollment/enroll-grade-by-grade/gifted-and-talented>

Inside Schools (reviews of all NYC public schools): <https://insideschools.org/>

P.S. 183 (K–5; 419 East 66th St., btw York & First): <https://ps183.org/>

P.S. 158 (K–5; 1458 York Ave., btw 77 & 78): <https://www.ps158.org/>

Hunter College Elementary School: <https://www.hunterschools.org/elementary-school>

NYC Private Schools

NYC has numerous private and parochial schools at all levels. Many parochial schools are open to students of all faiths. Tuition levels vary widely and financial aid may be available to qualified families.

- *Best Private Schools in NYC (Private School Review)*
<https://www.privateschoolreview.com/new-york/new-york>
- *Best Elementary Schools in the New York City Area (Niche.com)*
<https://www.niche.com/k12/search/best-elementary-schools/m/new-york-city-metro-area/>
- *Best Catholic Schools in the New York City Area (Niche.com)*
<https://www.niche.com/k12/search/best-catholic-schools/m/new-york-city-metro-area/>
- *Financial Aid for Private Schools in NYC (Parents League of New York)*
<https://www.parentsleague.org/blog/financial-aid-private-schools-nyc>
- *How to Afford Private School in New York City? (MUSE Academy)*
<https://museacademybk.com/musings/how-to-afford-private-school-in-nyc>