

2026

Give Parents a Break



The Air Force Aid Society (AFAS) recognizes that Air Force families are subject to unique stresses due to the nature of military life—deployments, remote tours, extended working hrs, etc. Families are often separated from spouses as well as from extended family members who might otherwise offer support. In an effort to help these families, the AFAS, in cooperation with the Air Force child care community, has agreed to provide funding for childcare under a program called “Give Parents a Break.” The purpose of this program is to offer eligible parents a few hours break from the stresses of parenting.

Eligible “Give Parents a Break” users include parents:

- Whose spouse is deployed or on remote tour over 30 days
- Whose spouse is on an extended TDY
- Who have been experiencing a family crisis
- Whose child has special needs
- Whose spouse has been required to work extensive extended shifts

To be eligible for the program, families must be referred by one of the following base agencies:

Squadron CC/ 1st Sgt • Chaplain • Family Advocacy • Airman & Family Readiness (A&FRC) • CDC / Youth Center

Give Parents a Break

Registration begins 2 weeks prior and ends the Wednesday before the date listed. The CDC and YP must have at least 8 youth per program in order to continue with care. You will be notified the Thursday before of any cancellations.

24 Jan 9am-1pm	25 April 9am-1pm	18 Jul 9am-1pm	17 Oct 9am-1pm
21 Feb 9am-1pm	16 May 9am-1pm	15 Aug 9am-1pm	14 Nov 9am-1pm
21 Mar 6pm-10pm	13 Jun 6pm-10pm	19 Sept 6pm-10pm	12 Dec 6pm-10pm

To register, call

Child Development Center (6 wks-5yrs) @ 722-1198, Youth Center (5-12 yrs) @ 722-0502
Or the A&FRC @ 722- 1123 for eligibility/certificate questions

If you want care but do not qualify for GPAB, you can still sign up and pay \$8 per hour for child care.

Special Note:

-Children must have current immunizations before they can be enrolled. Call Immunizations @ 919-722-1802 (press 2, 2)

-Due to safety concerns, open-toed shoes are prohibited

-5 yrs. & in Kindergarten will attend the Youth Center