



GIVE PARENTS A BREAK PROGRAM **(Effective 11 April 2025)**

Give Parents a Break (GPAB): The Air Force Aid Society recognizes that Air Force and Space Force families are subject to unique stresses due to the nature of military life - deployments, remote tours of duty, frequent moves, etc. Families are often separated from spouses as well as from extended family members who might otherwise offer support. To assist these families, AFAS provides assistance with the child care costs for active-duty Air Force and Space Force families under the GPAB program. The purpose of this program is to offer eligible parents a few hours break from the stresses of parenting. Families may use this time to suit their personal needs.

Effective 11 April 2025: Eligible members with a GPAB certificate will apply through the AFAS Member Portal at: <https://portal.afas.org> and receive funding directly into designated bank account via Zelle or ACH to pay for the allowable child care.

AFAS will provide **\$40 per dependent child a month for up to 3-months** to eligible members with a GPAB certificate of eligibility at:

- The base Child Development/Youth Center offering a monthly GPAB event and a minimum of 8 children attending.
- A Family Child Care (FCC) provider home at assigned installation.
- Day Care Center or Day Care Provider of your choosing (on or off the installation).

Eligibility:

- Active- duty Air Force and Space Force members
- Air National Guard and Reserve members activated under Title 10, USC for more than 15 days

It is the responsibility of the eligible member to ensure the child care provider is paid using the AFAS approved funds.

A GPAB certificate of eligibility may be issued when a parent is feeling stress due to:

- The military member being deployed, on an extended TDY or on a remote tour of duty
- A family crises or emergency such as serious illness of a family member, death in the family, extended illness of family members, birth of a new baby, etc.

- Having a child with special needs
- Unique circumstances or hardships (Note: Being a single parent is not in itself a reason for this program)

To be eligible to use the program, families must be referred and provided with a GPAB certificate of eligibility by one of the following installation agencies:

- Squadron Commander/First Sergeant
- Chaplain
- Doctor or other medical professional
- Family Advocacy personnel
- Military & Family Readiness Center personnel

NOTE: Agencies listed above are able to refer families one time for a 3-month duration. Additional certificates needed beyond the 3-month duration will only be issued by Military Family Readiness Center personnel to ensure access to other resources are being provided to families. **ALL agencies issuing a certificate of eligibility are required to provide a digital signature on the certificates to eligible families.**

Application Guidance:

- Service member or dependent spouse with a Power of Attorney (POA) must apply through the AFAS Member Portal at <https://portal.afas.org>
- Apply under Community Programs and select Give Parents a Break.
- Service members or dependent spouses with a POA must apply within **30 days** of certificate of eligibility issuance to receive funds.
- Required documentation with application:
 - Certificate of Eligibility
 - Complete an AFAS GPAB Confirmation Form (provided within the application)
 - Military ID front and back
 - POA if spouse is applying
 - Title 10 Activation order, if applicable
- Funds will be paid direct to service members or dependent spouses with POA via Zelle or ACH.
- Service members will be responsible to pay child care provider direct with the funds provided by AFAS.

Call 703-972-2604 or email ea@afas-hq.org should you need assistance or have additional questions.