New for 2026!

The Dependent Care Flexible Spending Account limit is increasing to $7,500!

For the first time in almost 40 years, the Dependent Care Flexible Spending Account limit is increasing!

Starting in 2026, the annual contribution limit for Dependent Care FSAs will increase from $5,000 to $7,500 (or from $2,500 to $3,750 for married individuals filing separately).

Don't forget, you must re-enroll each year to participate in the Dependent Care FSA. Be sure to sign up during Open Enrollment!

How It Works

What is a Dependent Care FSA?

A Dependent Care FSA is an account that lets you set aside money before taxes to pay care providers who watch your children and eligible dependents while you're at work.

What can it be used for?

Eligible expenses include before- or after-school care for children 12 or younger, custodial care for dependent adults, licensed daycare centers, a nanny or au pair, preschools, and day camps.

Maximize Your Savings!

With the new limit, a family in a 30% tax bracket contributing the full $7,500 can bring home an estimated additional $2,250 a year!

Want to see how much you can save? Check the Dependent Care FSA Calculator: https://www.floreshr.com/calculators/

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