The TANF program provides eligible families with a monthly cash payment to meet their basic needs. For a child to be eligible he must be:

- Under age 18, or if 18, will graduate from high school before age 19
- Going to school regularly if he is between the ages of five and 18
- Living with a parent or other relative
- A U.S. citizen or an eligible immigrant

The Code of Virginia, §63.2, requires that the TANF program be administered in accordance with federal and state statutes and regulations and policies established by the State Board of Social Services.

Virginia's TANF program emphasize personal responsibility. Participants may be provided with services such as job skills training, work experience, job readiness training, child care assistance, transportation and other work related expenses.

A child will not be eligible if born to or adopted by a TANF recipient more than 10 months after an applicant begins to receive TANF payments. The Division of Child Support Enforcement will send all support collected for this child directly to the family. This support will not count as income in the TANF program.