

## Help for New Parents and Parents-to-be

Expecting a baby? Planning to take parental leave? Overwhelmed by parenting? Preparing to rejoin the workforce? From prenatal health tips through finding child care and returning to work, your Life Resources program is there for you. Our FamilySource® GuidanceExperts<sup>SM</sup> can help you navigate pregnancy, parenthood and the transition back to work with a comprehensive array of services. You also can take advantage of the array of tools offered by Life Resources Online to keep you confident and informed on every stage of pregnancy, birth and your child's development.

Here are just a few of the ways we can help:

### Before your child arrives:

- Online guide to pregnancy and what to expect
- Budgeting tips for growing families
- Doctor and pediatrician referrals
- Legal and financial guidance for soon-to-be parents
- Access to individual or family counseling and support, 24 hours a day, 7 days a week
- Planning for your leave of absence

### After your child arrives

- Articles, slideshows, podcasts and other resources on nurturing your newborn in our Parenting Resource Guide
- Nutritional tips for growing babies
- Dealing with postpartum depression and similar issues
- Referrals for new mom support groups, play groups and more

### Getting back to work

- Home child care referrals
- Preschool and day care center referrals
- Guidance on preparing your child and yourself for your return to work
- Help making the adjustment to your new work-life routine

These services are strictly confidential and available to you and your household members, 24 hours a day, 7 days a week by calling a toll-free number. Pregnancy and parenting can be demanding, but Life Resources can help.

Phone: 844-729-5168 -TDD: 800-697-0353

Online: [guidanceresources.com](http://guidanceresources.com)

Web ID: JCrew