



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

Expecting a baby? Overwhelmed by parenting? Preparing to rejoin the workforce? From prenatal health tips through finding child care and returning to work, your GuidanceResources program is there for you. Our GuidanceConsultants<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 GuidanceResources® 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

### **After your child arrives**

- Articles, slideshows, podcasts and other resources in our Parenting Resource Guide on nurturing your newborn

- 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. Pregnancy and parenting can be demanding, but we can help.

## **Here when you need us.**

Call:

TDD: 800.697.0353

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

App: GuidanceResources® Now

Web ID: