



Your ParentGuidanceSM Program

Becoming a parent changes your life in so many ways. ParentGuidance is here to help.

From babyproofing your house to finding child care, from saving for college to making a will, from dealing with emotional issues to juggling work and family life, ParentGuidance is your source for help with many of the issues that new and expectant parents may confront:

- Emotional issues and concerns
- Financial issues, such as managing expenses and saving for college
- Legal questions, including wills and estate planning
- Choosing quality child care
- Achieving work-life balance

Before Baby Arrives...

A ParentGuidance Specialist will call you a few weeks prior to the baby's expected arrival to:

- Assess your needs
- Offer home safety and preparedness tips
- Make plans to send you a "Ready, Set, BabySM" kit—a diaper bag packed with gifts plus helpful information on parenting, infant care, breastfeeding, choosing a child care provider, balancing work and family life and much more.

... And After

After the baby's arrival, a ParentGuidance Specialist follows up with a series of phone calls to:

- Review your adjustment to parenthood
- Assess your financial situation
- Provide child care referrals if you need them
- Discuss your return to work plans and concerns
- Discuss any other issues you may be facing

Here when you need us.

Call: 877.595.5281

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