



New Parent Transition Program

Our unique New Parent Transition program helps provide new, experienced and adoptive parents with the tools and support needed to balance work and home life.

In three individualized sessions with a professional counselor, parents receive guidance through the phases of:

- Expecting a baby and all the preparations that go along with it
- Staying home with the baby – new duties, responsibilities
- Balancing work and home life with your new baby- while preparing to return to work



We provide parents with resources to help every step of the way, including:

- Personal assessment survey
- Tips and guides for new parents
- Recipes and nutrition information
- Parenting books and articles

Our program's goal is to empower parents by providing them all the skills and information they need to expand their understanding of their new roles and to transition seamlessly into a balanced work—life.

To speak with your EAP call 24/7:

1-800-828-6025

Or, visit our website for more resources:

www.wellnessworklife.com