

# Parenting Doesn't Come With Directions

## How Work/Life Can Help



Parenting is both rewarding and challenging. Whether you're a first-time dad or you already know the joys of parenthood, your Work/Life Program can:

- Help you understand the birth process, including:
  - Changes your partner will experience
  - What will happen when your baby is ready to be born
  - Developmental stages
- Discuss ways to support your partner after the baby is born
- Assist you during an adoption process
- Help you plan for returning to work
- Locate parent support groups and sibling resources
- Suggest age-appropriate activities for you and your child
- Find father-friendly play groups
- Suggest ways to become involved in your child's education
- Discuss ways to talk about difficult topics with teens
- Connect you to your EAP for counseling and family support
- And so much more



Your Work/Life Program is here to provide you with the support and resources you need whether you have a quick question or are facing a challenging issue. Call **888-445-4436** or visit **[www.achievesolutions.net/pg](http://www.achievesolutions.net/pg)** for FREE and CONFIDENTIAL help.