

Resources for new parents



Bringing home your new baby can be a joyous time. But it also can come with worry and stress. It's normal to feel nervous. There are many things to adjust to and that alone can be overwhelming.

It's important to take care of your own health as well as the health of your baby. And we're here to help. There's a lot that goes into taking care of a new bundle of joy. We can't change diapers or help you with late night feedings, but we can help make your life a little easier. Reach out to us for assistance with postpartum support, postpartum mental health concerns, managing stress, sleep management, finding childcare and so much more.

Postpartum support

You may have questions about how to best take care of yourself, the baby and everything else in your life.

Call us or go online for more information about:

- How to care for your newborn
- Lactation and breastfeeding
- Partner and family well-being
- Support groups
- Counseling services

Postpartum mental health

It's important to take care of your mental health, too. Most new moms will have the baby blues. You may feel sad, overwhelmed, anxious, irritable or have mood swings. Watch if these symptoms don't go away, get worse or you have a loss of pleasure in things you enjoyed before, feelings of low self-worth or hopelessness. You may be experiencing postpartum depression.

It's important to know that postpartum depression can be treated. If you notice any of the symptoms above, be sure to contact your doctor right away. You can also speak with one of our counselors about how you're feeling and get connected to resources and services that may help.

Managing stress

Life can be stressful. Even a happy life change, like welcoming a new baby, adds stress too. And if your baby has a health issue, this can be an even bigger challenge. Make time to take care of yourself. Ask for and accept help.

Call us or go online for resources that can help you and your family, including:

- Relaxation exercises
- Stress management webinars
- Counseling services for you, your partner or others in your household.



Sleep management

New parents often have trouble getting enough quality sleep. New babies need care day and night, and that impacts your ability to get adequate rest. And sleep is an important part of being healthy. It helps you manage stress, boosts your ability to fight illness and helps you feel more emotionally balanced. If you're struggling with sleep:

- Speak with your doctor about any sleep difficulties.
- Call Resources for Living or visit your member website to find tools and tips that can help.

Finding childcare

For many parents, finding childcare can be a stressful process. You want the very best for your child while thinking about cost, waiting lists and other factors. We can help.

Call us to get help with locating resources for your childcare needs, including:

- Daycares, babysitters, nannies, family care providers, care for children with special needs and back-up care
- Financial resources available for childcare assistance
- Referrals to qualified caregivers for preschools and nurseries, childcare centers, summer camps and more.
- Guidebooks, articles, videos, tip sheets and other helpful information about parenting, education and child development.

Also check out the website to learn more. Go to the **Life & Relationships > Parenting > Childcare**

Let us help

We've helped many new parents adjust to life with a newborn. And we can help you too!

Here are some of the other services our consultants can assist with that may take a little stress off your shoulders:

- Daily life assistance
 - Home and local services
 - House cleaners
 - Lawn care
 - Plumbing
 - Automotive
 - Pet care and so much more
- Counseling services
 - Stress and anxiety management
 - Partner and family relationships
 - Parenting skills
 - Conflict resolution
 - Work/life balance
- Legal and financial support
 - Budgeting
 - Estate planning
 - Setting financial goals
 - Family law issues and more

Resources for Living can assist you any time of the day — even during those nighttime feedings. The services are free, confidential and personalized for you and your family.

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