



## LifeSolutions Corner

June 2015

### Balancing work and life as a first-time parent

**"I am 33 weeks pregnant with my first child and will be transitioning back to work 12 weeks after I give birth. I am scared about how I am going to balance work and my new life in addition to adjusting to being a first-time parent. Can LifeSolutions help me?"**

**Yes!** Becoming a first-time parent can be a wonderful experience, but some frustrations are likely to accompany this milestone. Many parents, both novice and experienced, call *LifeSolutions* for issues such as balancing the new realities of personal life and work, family dynamics, budgeting for new child-related expenses, and other concerns.

For new parents, who are often short on sleep, it's a challenge to make lifestyle changes. Juggling a variety of new responsibilities demands a lot of time and energy for nightly feedings, finding affordable child care, and going to doctor appointments. For the fortunate parents who receive help from friends and family, this transition may be less stressful. Many individuals who do not have family support, however, find that managing the transition can be very difficult.

That's where *LifeSolutions* can help. Call us at **1-800-647-3327** to schedule a free, confidential appointment with one of our counselors (telephone sessions are also available). We provide supportive listening, and we assist with developing coping skills to reduce the stress associated with becoming a new parent.

You can find more information about parenting on our website at **www.lifesolutionsforyou.com**. (Call us if you don't know your company code.) Click on the green "Visit our *WorkLife* Portal" arrow. Look for the category Parenting (under the girl with the puzzle).

*The information in this flier is not meant as a substitute for your company's policies.*

To use our *WorkLife* Portal, email or call us for your company code:

**ask@lifesolutionsforyou.com**  
**1-800-647-3327**  
**www.lifesolutionsforyou.com**

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