

# IMPACT SOLUTIONS EMPLOYEE ASSISTANCE & WORK/LIFE PROGRAM

## Bringing Baby Home — Resources for New Parents



Visit your IMPACT EAP website and click on Children and Adolescents in the **HEALTH TILE** for information on Newborns & Infants such as:

- Breast Feeding Fact Sheet
- Babies' Warning Signs
- Common Baby Rashes
- What Every Parent Should Know About Vaccinations
- Top Ten Things to do to get Baby to Sleep
- The Safe Nursery

Click on the **EMOTIONAL WELLBEING TILE** for information on:

- Depression, Anxiety and Managing Stress
- Postpartum Depression Causes & Symptoms

Click on the **LOCATORS TILE** to help you find information on adoption agencies and qualified childcare providers in your community

***Did you know...*** Your IMPACT EAP offers professional counseling as well as extensive resources, articles, FAQ's, and other helpful tools for new parents on parental leave?

The addition of a baby to a family brings joy, wonder, and delight. It also brings changes, some anticipated like diapers and bottles, and some completely unexpected. New parents are faced with dramatic changes in schedules, sleep patterns, and routines along with a multitude of new stressors that profoundly effect their relationship. Generalized anxiety, sleep disturbances that impact mood, and postpartum depression due to hormonal changes can be challenging to manage. Your IMPACT EAP is here to help offering confidential professional counseling as well as extensive resources, articles, FAQ's, videos, and other tools to help you through the early stages of parenthood and beyond.