



## Prenatal, Child Care, and Family

Support. Just When You Need It.



*“Having my baby was an emotional roller-coaster. While I had the support of family and friends, it became overwhelming at times. The New Baby Kit from Concern helped me feel prepared, confident...and calm.”*

Having a baby is one of life’s most joyous—and overwhelming events. Concern covers all phases, from prenatal preparation through the transition back to work, providing parents and their families with personalized guidance and comprehensive support.

We’ll connect you with agencies that specialize in prenatal planning, adoption, childcare, lactation support, and expert care for dependents with special needs. You can also schedule free and confidential individual and family counseling sessions with a licensed mental health professional.

We’re here to make this journey as easy as possible—for you, your baby, and your budget.



**Preparing for Parenthood.** Nutrition, exercise, diet tips, parent education class locations, and information on support group networks



**After the Big Day.** Request a complimentary New Baby Kit.  
—What to Expect: The First Year (book)  
—Super Soothing Sleeping Sounds (MP3 download)  
—The Happiest Baby on the Block (MP4 download)  
—Articles and Resources for New Parents (booklet)  
—A Concern-labeled onesie



**The Best Care for Your Child.** We’ll help you plan your transition back to work, choose the right child care environment, as well as legal and financial planning for the future



**Family Counseling Services.** Seek support for communicating effectively, building healthy relationships, and parenting-related stress



**Online Member Resource Center.** Log on to *LifeAdviser* at [employees.concernhealth.com](http://employees.concernhealth.com) for articles on lactation, child care, parenting, family and work, and much more

Call our toll free number and ask for a Parenting and Childcare consultant, for experts to support you, your baby and your family.

**Call: 800.344.4222**  
**[employees.concernhealth.com](http://employees.concernhealth.com)**