

Congratulations!

You hold the promise of new life. You have hopes and dreams, expectations and worries about the addition of a baby to your family. You are not alone.

The New Parent Transition Program is designed to provide new, veteran, and adoptive parents with the tools, resources, and live support needed to balance their home and work life. The program's intention is to help parents organize their daily expectations, create new routines, and manage all of the responsibilities that come with being parents.

Before beginning the sessions, a binder containing the following resources and tools will be sent to each participant:

- Personal Assessment Survey
- Outlines of each session
- Tip sheets
- Activity templates and tools
- Sample recipes
- Parenting books and articles

The *Personal Assessment Survey* is a tool designed to gather basic information about the client. It is used throughout the sessions, enabling participants to add details and information necessary to expand their understanding of their own everyday life and needs as parents.

The Wellness Corporation
www.wellnessworklife.com
(800) 828-6025

Bouncing Back



Session 1 Expecting a New Baby

The first session involves getting to know parents as well as understanding the needs of the whole person. Resources and discussions will be customized based on their needs as parents. This session will provide the resources and tools needed to prepare for entering into parenthood. Creating To-Do lists for the home and work; maintaining and completing a Work checklist, Personal Checklist, and Childcare Checklist; suggesting relevant literature; and having one-on-one discussions will provide the initial support needed before the new family member arrives.

Session 2 Staying Home with Baby

In this session parents will be encouraged to explore the duties and responsibilities of being a stay-at-home parent. The discussion will cover the emotional, physical, and social impact of staying at home and eventually returning to work and will address feelings of depression, anxiety, and excitement. This session is key in establishing new family routines as well as managing duties within the home before returning to work.

Session 3 Balancing Work and Baby

The final session provides the tools needed to balance work and home. Parents will complete their *24-Hour Life Pie* before the session. One-on-one discussions about the return to work and the expectations of both work and home will create opportunities to share experiences and identify resources. This session prepares parents to manage their work schedule, family time, personal time, and social time to create a healthy and balanced life.

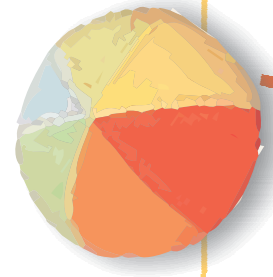


The secret of achievement is to hold a picture of a successful outcome in mind.

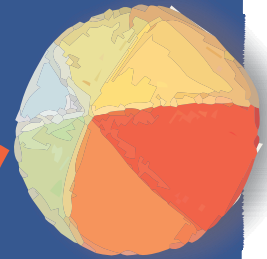
— Henry David Thoreau



512 West Main Street
Shrewsbury, Ma 05145
www.wellnessworklife.com
(800) 828-6025



Bouncing Back



New Parent Transition Program

Personal coaching support
for new parents seeking
work/life balance