

Having a baby?

How your GuidanceResources program can help.

Call:

TTY: 800.697.0353

Online: guidanceresources.com

App: GuidanceNowSM

Web ID:



Confidential Counseling

- Anxiety
- Sleep issues
- Post-partum depression
- Coping with infertility
- Couples' counseling
- Adjusting to life as a parent



Work-Life Assistance

- Understanding flex hours
- Balancing work and a new baby
- Find baby-friendly vacation spots
- Finding child care facilities
- Hiring the perfect nanny
- Research the best family cars



Legal Resources

- Online will drafting
- Arranging joint custody
- Same-sex parents and the law
- Securing child support
- Understanding adoption
- Naming a legal guardian



Financial Resources

- Budgeting for a birth
- Finding an affordable mortgage
- Saving for a growing family
- Reviewing your investments
- Starting a college fund
- Protecting your assets



Online Support, Tools and Information

- Pregnancy Resource Guide
- Dozens of articles, assessments, videos, slideshows and podcasts on pregnancy, adoption and parenting
- Online chat with a GuidanceConsultantSM
- On-Demand trainings for stress, managing emotions, parenting, work-life balance and more
- Wellness and pregnancy coaching
- Legal and financial tools
- Mobile app for anywhere, anytime access from your smartphone

Plus: Receive the free GuidanceResources Pregnancy Kit, with gifts, tools and other resources to help you throughout pregnancy, birth and your return to work.