



City of Port St. Lucie New Parent Coaching Program—Caring for Baby; Returning to Work

The *New Parent Coaching Program* is designed to assist any new parent—mother, father, birth or adoptive—by offering helpful consultation, resources and ongoing support to make your transition into parenthood as smooth as possible.

“My New Parent Coach was very knowledgeable and had great suggestions on how to handle just about any parenting situation. She helped me make a plan for doing my job and taking care of my baby that I felt comfortable with and worked for my employer as well!”

“My maternity leave and return to work were so well planned out, then my baby was born with special needs. My New Parent Coach helped me find much needed resources, and helped me plan how to talk to my supervisor about changing my return to work plans. She gave me the support I needed during a difficult time.”

Through the *New Parent Coaching Program*, today’s new parents are successfully integrating work and family life, resulting in happy, healthy and productive employees and families.

What the New Parent Coaching Program Offers You

- A complete needs assessment—which includes identifying your career plans and any return to work concerns or desires
- Consultation on work-life balance concerns such as workload, potential relationship changes, parenting issues and more
- Resource and referral support for choosing quality child care
- Return-to-work planning and facilitated communication with you and your manager to establish a mutually beneficial return to work plan for a successful return to the workplace
- Resources such as books, articles and other information to help you integrate work and family life
- Coaching support and problem-solving to successfully blend parenting and career aspirations

“I’ve always been a ‘star’ performer at work. My company offers flexible work arrangements and other benefits for new parents, but I’m afraid if I use them I’ll be “mommy tracked.” My coach has been a real asset in helping me communicate to my supervisor my desire to remain on a career path—and to be both a great employee and a great mom.”

Getting Started is as Quick as Clicking on this Link!

For more information or to register, simply send an email to ParentRTWSupportProg@magellanhealth.com. A New Parent coach will contact you. Please include your contact information including your name, company, telephone number and the best time to reach you.

Your coach will stay with you throughout the entire transition to provide the necessary coaching and resources to ensure your successful transition into parenthood and back into the workforce again.

www.MagellanHealth.com/member