

# New Parent Support



**Having a baby is one of the most special times in a person's life. For both moms and dads, looking after that precious miracle of life is incredibly rewarding...and a little daunting. Most of us don't receive any formal training when it comes to parenting a newborn, but with some education and support, you can be confident that you are doing all the right things.**

## **Be assured your baby's needs are being met!**

- **Need practical advice?** Being responsible for a baby's many needs leaves some parents feeling overwhelmed. We provide answers for all your concerns.

- **Feeling a little blue?** Many women experience mood swings after giving birth. If you have the baby or postpartum blues, talking it over with a professional can be helpful.
- **New to fatherhood?** Because babies don't come into the world with a set of instructions, information and support can help new dads handle their new role with confidence.
- **Transitioning back to work?** Making a successful transition after maternity or parental leave is critical for parents. We can help make it a little easier for everyone.

Call us to get started (translation to other languages available.)  
1.800.663.1142 | TTY: 1-888-384-1152 | Numéro sans frais - en français :  
1-866-398-9505 International (Call collect) : 604-689-1717



## New Parent Support

### **One call is all it takes to get started.**

Plan Smart empowers you with the information and support you need to be the best parent possible. We make it simple to get started and guide you step-by-step. When you call our Client Services Centre, here's what you can expect:

1. We ask a few questions to make sure you receive the customized service that will be most helpful.
2. We arrange for one of our childcare specialists to call you and walk you through the types of support you could benefit from—written materials, Internet resources, printed materials, and more.
3. We'll be in touch with you as much as you need when you're using the materials and help you build the confidence to solve almost any parenting challenge.

**If you ever feel uncertain about your parenting skills or whether you're doing what's best for your child, we can easily arrange counselling (face-to-face, over the phone, or through the Internet).**



**Plan Smart can make being a new parent more rewarding!**



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