



Introducing a New Online Self-Help Tool:

The Parenting Resource Center

Parenting - the business of raising children from infancy to adulthood – is one of life's single most important responsibilities but it isn't taught in school. Children don't come with an owner's manual, yet childrearing is a highly complex undertaking. It entails providing a warm and nurturing framework for promoting and supporting your child's physical, emotional, social, and intellectual health, well-being and development.



The **Parenting Resource Center** is a new EAP information benefit designed to help you access the best online resources on a dozen parenting topics. Whether it is following your baby's development week-by-week during your pregnancy, child-proofing your home, raising kids with your ex, or finding the right school, you can have resources at your fingertips 24 hours a day, 7 days a week. Here are some of the issues that are covered:

- **Prenatal and Birth**
- **Infancy**
- **Parenting and Early Childhood Development**
- **Kids Health & Safety**
- **Work-life Parenting Issues**
- **Problems and Special Needs**
- **Kids Nutrition & Diet**
- **Just for Dads**
- **Childcare & Schooling**
- **Teen Years**
- **Financial Resources**
- **Safe Online Sites for Kids**

To access these resources, simply log on to our website

www.theEAP.com

- Click on the "**Employee/Family**" Login button
- Click on "**Register here**" (or sign in if you have previously registered)
- Enter Your **Employer** and click on the **Continue Button** - your employer's name will appear; select the button and click **Continue**
- Create your own **username and password** on the **Registration Form** and then click **Continue**

Or you can call one of our counselors who can mail the information to you.

800-252-4555