

Wellthy Parenting Support: *Navigating parenthood and childhood with confidence*

The sleepless nights, the first steps, the endless questions—parenting is a journey filled with both wonder and uncertainty. With Wellthy's Parenting Support program, you won't have to navigate it alone.

Whether you're looking to start a family, are a new parent, or caring for young kiddos, our Care Experts are by your side.

With access to educational resources and proactive guidance, we empower parents to make informed decisions with confidence. While we don't take the place of doctors and clinicians, Wellthy is here to help you find clarity and comfort when needed the most.

Birthing and Postpartum

- ✓ Educate parents about family planning options, pregnancy, childbirth, postpartum care, and birth plans
- ✓ Offer tips to partners on how to support during labor and delivery
- ✓ Help find local mental health professionals, parenting classes, and support groups

Lactation and Breastfeeding

- ✓ Provide tips on feeding techniques, supplies and resources
- ✓ Assist with insurance options for breastfeeding equipment and services
- ✓ Help find local lactation consultants or breastfeeding support groups

Sleep Coaching

- ✓ Support families through sleep challenges like regressions, early wakings, and bedtime battles
- ✓ Share guidance around sleep schedules by age, sleep-training methods and travel tips
- ✓ Recommend sleep tracking apps, resources, and local sleep consultants based on individual needs

Parent Coaching

- ✓ Share parenting techniques, behavioral strategies and communications skills for everyday challenges
- ✓ Guide parents through developmental milestones, stages of growth, and helping establish effective routines
- ✓ Offer support for family transitions, including preparing for a new sibling, navigating a new diagnosis, and managing the start of a new school year

Parenting is an ever-evolving journey, and whether you're just starting or navigating new challenges, Wellthy is here to lighten the load. Reach out to Wellthy and let us help you create a smoother, more confident path forward for your family.