



## ***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](http://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**