



Modern Health for New Parents

Expecting a baby can be both exciting and stressful, especially for first-time parents. There are many emotions and considerations as you prepare for the arrival of your baby and after your baby is born. For both birthing and non-birthing individuals becoming parents, each experience is unique and valid. Here are some of the areas of life that may be impacted and how:



Emotional Well-being

Stress of a big life change

Overwhelm and worry

Anxiety and/or depression (pre- and postpartum)



Physical Well-being

Lack of sleep

Physical and hormonal changes during and after pregnancy

Diet and exercise changes due to pregnancy and caring for a child



Financial Well-being

Budgeting for a child

Worry about your financial future

Implications of taking parental leave



Relationships

Supporting your partner

Navigating shifts in family dynamics

Maintaining social support

Intimacy and communication



Professional Well-being

Stress about returning to work and leaving the baby

Balancing career and a family

Self-care as a working parent

Here are some resources that may help

Modern Health is here to support parents wherever they are in their journey--whether you are expecting, postpartum, or returning to work.



Get One-on-One Support

Modern Health can match you with [a provider](#) who can help you navigate this big life change, including support for parenting, relationship changes, financial planning, self-care, stress management, and career coaching.



Community Sessions

Join an upcoming [Circle](#), our provider-led group sessions, on topics like Building Emotional Resilience, and Building Healthy Habits. You will gain tools you can implement into your daily lives to work toward your unique goals as a parent.



Guided Digital Programs

If you prefer self-paced resources, check out our various [digital programs](#), including kits on Parenting, Building Healthy Habits, and Finances. We also have short, guided meditations, such as Life Changes, to help you reset or find calm.



Modern Health is your mental wellness benefit.

Access to personalized 1:1, group, and self-serve resources for your wellbeing, so that you can be the best version of yourself — at home, at work, and in your relationships. Scan this QR to get started. Or visit [Modern Health](#).

