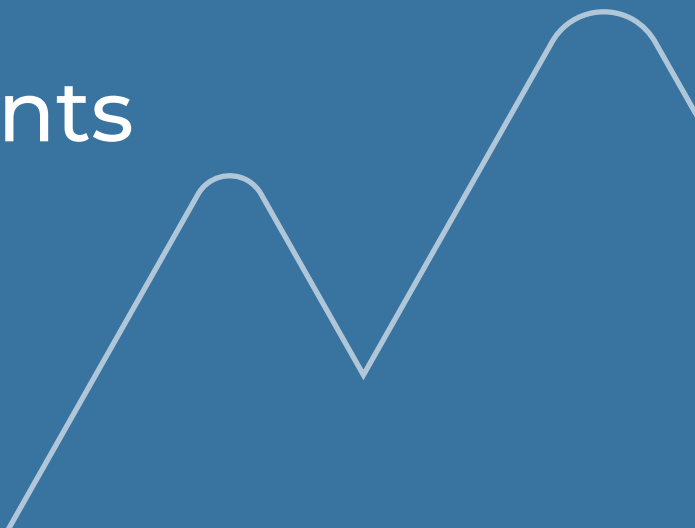




# Modern Health for Expecting Parents



# Introduction

Congratulations on expecting your child! As a soon-to-be parent, it's normal for the pressure to provide the best possible start for your little one to feel overwhelming. Benefits like parental leave can help with this adjustment by providing much-needed time away from work to care for and bond with your new child. However, having a child through pregnancy, adoption, surrogacy, or other means will inevitably change many aspects of your life and may impact your emotional, physical, professional, social, and financial well-being.

The goal of this playbook is to acknowledge the concerns you might experience before, during, and after parental leave and offer resources through Modern Health that can support you. You'll see specific self-guided resources relevant to each domain of well-being as well as one-on-one care options.

In addition to this playbook, we recommend attending upcoming Modern Health Circles. These live group sessions are led by therapists and coaches and cover a variety of well-being topics, including parenting. You can also check out our Journey of Parenting podcast series in the Modern Health app for more parenting tips and advice.



**Scan this QR** to get started with Modern Health.  
Or go to [my.modernhealth.com](https://my.modernhealth.com).





# Emotional Health and Well-Being



Becoming a new parent is often an emotionally fulfilling experience that can create a strong sense of purpose and responsibility. Watching your child grow and develop brings a sense of accomplishment that's hard to match. It's important to note that caring for a newborn can be challenging at times and lead to a range of emotions.

These are some emotional concerns you may encounter:



### **Before your baby arrives:**

- Stress during your/your partner's pregnancy
- Concern for your newborn child's health
- Perinatal depression or anxiety
- Difficulty sleeping during the final weeks of your/your partner's pregnancy
- Parents adopting or using a surrogate may have feelings of being out of control
- Parents receiving fertility treatment may experience a wide range of emotions and stress



### **While on parental leave:**

- Adapting to your newborn child's needs
  - May be particularly stressful if your child has medical needs or requires additional care, like NICU stays or frequent medical appointments
- Adjusting to caretaking (e.g., breastfeeding, changing diapers) can take an emotional toll
- Sleeplessness, which may impact mood and functioning
- Postpartum depression or anxiety (Partners may also struggle with postpartum emotions)
- Hormonal shifts may impact a wide range of emotions



### **Upon returning to work:**

- Implementing a new routine, which may cause you to feel overwhelmed
- Separation anxiety while away from your child
- Balancing parenting with professional responsibilities, which may cause stress



# Modern Health Resources for Emotional Well-Being

Here are some Modern Health resources to help you take care of your emotional well-being as an expecting parent:



## Self-serve digital resources:

[Learn how to manage stress](#)

This course will teach you eight essential skills for understanding your stress, responding in healthy ways, and forming new habits so you can live life to the fullest.

[Use words of encouragement to reduce stress](#)

Use realistic words of encouragement to support yourself through difficult situations.

[Take a 15-minute Sound Bath to relax](#)

Reduce anxiety and boost mindfulness with this meditative 15-minute Sound Bath.



## One-on-one care for emotional well-being:

You can complete a brief assessment when you join Modern Health and match with a provider to support your emotional health. A certified coach can help you deal with difficult emotions, develop healthy coping mechanisms for stress and anxiety, and build a habit of gratitude and mindfulness. A therapist can help you reduce symptoms of concerns like anxiety and depression using evidence-based practices like Cognitive Behavioral Therapy or Acceptance and Commitment Therapy in order to improve your functioning and well-being.





# Physical Health and Well-Being



Caring for a newborn promotes physical health, including cardiovascular health, as you may need to move around frequently to attend to your child's needs. Activities like cuddling and feeding can also release endorphins, natural painkillers that create a sense of physical satisfaction. However, pregnancy can be physically demanding, and the non-stop nature of parenting may lead to fatigue and sleeplessness.

These are some physical concerns you may encounter:



### **Before your baby arrives:**

- Potential complications during pregnancy, like gestational diabetes or preeclampsia
- Getting enough exercise and physical activity during your/your partner's pregnancy
- Eating well before your child's arrival
- Parents receiving fertility treatment may experience physical stress from hormonal changes or medical procedures



### **While on parental leave:**

- Recovering from delivery, especially if you experienced complications
- Sleeplessness, which may impair your physical performance and put you at greater risk of developing health issues



### **Upon returning to work:**

- Finding an exercise routine that fits your schedule
- Maintaining healthy habits as a new parent may be challenging
- Making time for self-care



# Modern Health Resources for Physical Well-Being

Here are some Modern Health resources to help you take care of your physical well-being as an expecting parent.



## Self-serve digital resources:

### [Build physical wellness for resilience](#)

Physical wellness and resilience are interrelated. When you engage in activities that are restful and rejuvenating, you strengthen your resilience.

### [Take a healthy eating pause](#)

If you don't fuel your body properly, it can be hard to function, both mentally and physically. Learn some basic guidelines to keep in mind when nourishing yourself.

### [Sleep tips from Modern Health therapists](#)

Getting adequate sleep helps you remain cognitively alert, focused, and emotionally available to those around you. Discover ways to prioritize your sleep and improve your overall health.



## Coaching for physical well-being:

A certified coach will help you develop a sustainable plan that incorporates best practices for diet, exercise, and recovery.







# Professional Health and Well-Being



Becoming a new parent can lead to personal growth and development that's beneficial in the workplace. Parenthood can foster a sense of responsibility and empathy, which can improve communication and leadership skills. You may also feel motivated to pursue career advancements to provide a better life for your child. However, caring for a child often creates new challenges with work/life balance, finances, and childcare.

These are some professional concerns you may encounter:



### **Before your baby arrives:**

- Concern over your job security may lead to feelings of stress and anxiety
- Challenges with wrapping up work tasks before going on parental leave
- Difficulty performing work tasks while feeling like you're functioning at less than 100%



### **While on parental leave:**

- Detaching yourself from work responsibilities and refocusing on caretaking
- Anxiety related to returning to work after an extended leave



### **Upon returning to work:**

- Balancing work responsibilities with being a new parent may lead to feelings of guilt or inadequacy
- Arranging child care while you're at work, and taking time off work if your child is sick or your childcare provider is unavailable



# Modern Health Resources for Professional Well-Being

Here are some Modern Health resources to help you take care of your professional well-being as an expecting parent.



## Self-serve digital resources:

### [Establish work/life balance](#)

Use these recommendations to prioritize work/life balance. Remember, it's important to identify what works for you and your specific circumstances.

### [Learn to prevent burnout](#)

As you become more stressed and exhausted, you may not be able to function as effectively in your work or personal life. Learn to prevent burnout before it starts.

### [Tips to slow down when you're feeling overwhelmed](#)

When you find yourself in a difficult situation, there are techniques you can use to slow down and take things one step at a time.



## Coaching for professional well-being:

A certified career coach can help you feel confident in planning your career so you have the steps to reach your short and long-term goals.





# Social Health and Well-Being



Becoming a new parent can be socially fulfilling, as it often brings families together to celebrate your new arrival. Your status as a parent may also provide opportunities for new social connections through parent groups, playgroups, or classes. It's important to note that having a child can also create social challenges, particularly as you adjust to daily life as a parent.

These are some social concerns you may encounter:



### **Before your baby arrives:**

- Preparing for your new role as a parent
  - Feeling overwhelmed from learning new parenting skills
  - Disappointment and frustration when expectations about what parenting will be like don't align with reality
- Receiving inadequate support from your partner, family, or friends may cause feelings of stress and anxiety
- Parents adopting, using a surrogate, or receiving fertility treatment may be exposed to harmful stigmas related to these processes



### **While on parental leave:**

- Adapting to a new relationship dynamic with your partner
  - Shifting focus to your child, changing roles and responsibilities, and reduced time for intimacy may cause tension in your relationship
- Feelings of isolation from a reduced ability to spend time with family or friends



### **Upon returning to work:**

- Loss of your sense of freedom with added responsibilities of raising a child
- Concern for your child's safety may lead to persistent anxiety



# Modern Health Resources for Social Well-Being

Here are some Modern Health resources to help you take care of your social well-being as an expecting parent.



## Self-serve digital resources:

### [Build family resilience](#)

Resilience is about growing and moving forward despite difficulties and stressors in your environment. In this program, you'll learn how to build resilience in your family.

### [Learn to address conflict with confidence](#)

This course provides tools to help navigate conflict in a healthier, more effective way and teaches you how to cope when conversations don't go as planned.

### [Share your thoughts and feelings \(audio program\)](#)

It's common to not feel heard, listened to, or understood. This exercise will help you communicate better with a loved one.



## Coaching for social well-being:

Work with a certified coach to find new ways to deepen your connections and build better communication with loved ones and within your community.





# Financial Health and Well-Being



Becoming a new parent can motivate you to set financial goals for your family, such as saving for college, purchasing a home, and investing for the future. However, raising a child creates added financial pressure that may be difficult to deal with. It's important to prioritize financial planning and seek resources for support if needed.

These are some financial concerns you may encounter:



### **Before your baby arrives:**

- Concern over medical costs related to pregnancy
  - May be particularly stressful for parents receiving expensive fertility treatments
- Concern over adoption or surrogacy costs
- Financially preparing for a new child



### **While on parental leave:**

- Adapting to new expenses associated with raising a child
- Taking time off work without pay if you do not receive paid parental leave



### **Upon returning to work:**

- Maintaining financial security while raising a child
- Providing health insurance for yourself and your child
- Finding reliable and affordable childcare can be a challenge and often requires extensive research





# Modern Health Resources for Financial Well-Being

Here are some Modern Health resources to help you take care of your financial well-being as an expecting parent.



## Self-serve digital resources:

### [Work toward your financial goals and values](#)

Understanding what you care about financially will help you move toward your goals and ease your money concerns.

### [Create a budget](#)

Budgets help you understand your spending and saving patterns, save money, and avoid debt.

### [Save for the future](#)

Saving is more about prioritizing financial goals than restricting your spending. In this program, you'll find saving strategies to help you meet your goals and alleviate financial stress.



## Coaching for financial well-being:

Work with a financial coach to review your spending habits, set a budget that fits your lifestyle, and improve your money management mindset.



