



32% of U.S. employees with caregiving responsibilities have left the workplace during their career due to an inability to find work-family solutions.

JOSEPH B. FULLER, HARVARD BUSINESS SCHOOL, 2019

The Loved Child



TLC PARENTS @ WORK
CELEBRATING & SUPPORTING PARENTING WITH TLC



- EXPECTING PARENTS
- PARENTS WITH BABIES
- PARENTS WITH TODDLERS & YOUNG CHILDREN
- PARENTS WITH TWEENS & TEENAGERS

7 **TLC Parents@Work services** enhance morale and loyalty, improve retention rates and productivity, and attract top talent.

The professionals at The Loved Child, LLC offer **TLC Parent Employee Conversation Groups** to bring parent employees together to build relationships, to problem solve around life-work challenges, and to increase parenting confidence and knowledge. These weekly, biweekly, and monthly group series are typically scheduled at the lunch hour and include **parent-friendly resources** in preparation for each session. Topics are **customized** for parent employee cohorts including Expecting Parents, Parents of Babies, Parents of Toddlers & Young Children, and Parents of Tweens & Teens.

Private parenting consultations are available on request. To schedule **TLC services** at your location, please contact us at: info@thelovedchild.net

EXPECTING PARENTS

- Pregnancy Wellness, Fitness, & Nutrition
- Welcoming Baby into the World: Labor, Birthing, and Recovery
- The Hospital Experience & Bringing Home Your Baby
- Navigating Childcare Options
- Preparing for Work Leave
- Newborns 101: Sleep Expectations, Feeding Choices, Bathing, Illness, and More
- Building a Nest: Baby Equipment & Home Safety
- Infant/Child CPR, Safety & First Aid
- Difficult Conversations & The New Normal: Relationship Changes, Baby Blues, & Anxiety
- And many more...

PARENTS OF BABIES

- The Fourth Trimester: Sleep Support, Calming Techniques, & Infant Development
- Breastfeeding 101: Breastfeeding Basics, Pumping & Storage, and Returning to Work
- Baby (and Parent) Separation Anxiety
- Feeding Baby: Starting Solids, Finger Feeding, & Sippy Cups
- The Myth of a Work-Life Balance
- Life After Baby: Identity & Relationship Adjustments
- The Importance of Play
- Parenting with Mindfulness
- And many more...

www.thelovedchild.net
www.facebook.com/thelovedchild
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Between 70 % - 80% of employees with caregiving responsibilities believe that support groups can be very effective at enabling them to do their best at work.

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PARENTS WITH TODDLERS & YOUNG CHILDREN

Children's Sleep Struggles: Nap time, Bedtime Struggles, and Nighttime Wake-Ups

Tips to Prevent Picky Eaters

Toddlers 101: Tantrums, Hurting Behaviors, and "It's Mine!"

Peaceful Parenting for Busy Parents: Getting out the Door, Dinner Time, & Bedtime

Supporting Sibling Relationships

Preparing Siblings for A New Baby

The Dangers of Distracted Parenting

What is Positive Discipline?

Toilet Training: Ready? Set? Go!

Aggressive Behaviors in Young Children

Handling Unwanted Parenting Advice

Finding the Best Early Childhood Program/Preschool for my Child

And many more...

PARENTS WITH TWEENS & TEENAGERS

How to Handle Screen-Use

Parenting Battles in the Digital Age

Positive Parenting Strategies for the Teen Years

How to Talk with Children About Their Bodies & Sexuality

How to Understand the Teenage Brain

The Best & Worst Study Habits

Teaching Mindfulness to Teens

And many more...



The balance between work and family is the number one obstacle for women in the workplace.

GALLUP, INC., 2017



More than 80% of employees with caregiving responsibilities admitted that their caregiving challenges have affected their work performance.

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PLEASE FIND MANY MORE CLASSES, WORKSHOPS, AND EVENTS, AT: www.thelovedchild.net.