



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

Making Family & Life, Work



EXPECTING PARENTS

PARENTS WITH BABIES

PARENTS WITH TODDLERS
& YOUNG CHILDREN

PARENTS WITH
TWEENS & TEENAGERS

Businesses committed to their parent employees offer **TLC Parents@Work's** innovative services to enhance **morale** and **loyalty** in the workplace, improve **retention rates** and **productivity**, and as a means to **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 integration challenges** and to **increase parent confidence and knowledge** to ultimately **decrease stress** in the workplace. 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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tlc_parenting_center](https://www.instagram.com/tlc_parenting_center)

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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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TO SCHEDULE TLC PROGRAMMING AT
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PLEASE FIND MANY MORE CLASSES,
WORKSHOPS, AND EVENTS, AT:
www.thelovedchild.net