Have questions about parenting?
Find out how the LifeWorks program can help.

Whether you’re a new mom, a single dad, or have a household of teenagers, LifeWorks can help with all your parenting concerns. Call anytime to speak with a caring, experienced consultant or go online to find expert resources, answers, and ideas to help with a wide range of parenting issues.

This month:

- Listen to our new podcast, Holding a Family Meeting. A leading expert talks about the value of family meetings for children, parents, and extended family, and shares tips on how to hold one.
- Read articles such as Sleep and Bedtime Routines for Older Babies and Young Toddlers, Looking for Child Care: When to Start, What to Do, How to Unspoil Your Child, or Helping Your Teenager Be Safe and Responsible Online
- Join our monthly web discussion, Connecting with Your Teen, on Thursday, May 26th at 1pm EDT, (12pm CDT, 11am MDT, 10am PDT)

Don’t forget to sign up for our popular monthly newsletters. If you’re not already a subscriber, register here.

Call LifeWorks at 888-267-8126 anytime.
En español: 888-732-9020, TTY: 800-346-9188
You can also visit www.lifeworks.com
(username: university; password: dayton)