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](http://www.lifeworks.com)
(username: university; password: dayton)