

Support for New Parents

Becoming a new parent is one of the most significant and rewarding experiences of a person's life. However, it can also be challenging, especially for working parents. The responsibilities of caring for a new child can be overwhelming, and it can be tough to balance the demands of parenthood with work and personal obligations. Fortunately, there's Kii's EFAP to support you during this time.

Kii is an employee benefit that provides confidential counseling, support, and resources to employees and their families. We offer assistance with a wide-range of personal and work-related issues, including mental health, financial troubles, and parenting.

For new parents, Kii can provide valuable support as you navigate the challenges of parenthood.

Emotional support:

Having a new child can be an emotional rollercoaster. Many new parents experience anxiety, depression, and other mental health issues. Kii offers confidential counseling services that can help parents manage their emotions and cope with the stresses of parenthood.

Parenting resources:

Raising a child is a daunting task, especially for first-time parents. Kii offers a wealth of parenting resources, including articles and videos sourced for you. These resources can help parents learn about child development, parenting techniques, and other topics related to raising a child.

Work-life balance:

Balancing work and family life can be challenging for new parents (if one parent is still working). Kii can provide resources to help parents manage their time, set priorities, and create a healthy work-life balance. This can help reduce stress and improve overall well-being.

Financial assistance:

Having a new child can be expensive, and many parents worry about the financial impact of parenthood. Kii can provide financial counseling and assistance to help parents create a budget, manage debt, and plan for the future.

Childcare resources:

Finding quality childcare can be a significant challenge for new parents. Counselors can provide resources and referrals to help parents find suitable childcare options that meet their needs.

