

# Welcome to parenthood.



**You just had a baby — congratulations!** As you get used to caring for your little one and being back at work, we want to make sure you have the support you need to balance it all. We've partnered with **Bright Horizons**® to give you benefits you can count on:

## **Back-up care**

When your nanny's on vacation, you have an unexpected work event, or you need an extra hand, book affordable, high-quality care in a center or at home.

## **Full and part-time care**

When you're looking for infant care, it has to feel right. Bright Horizons offers a safe and welcoming environment, personalized care, and sensory-rich experiences that nurture your baby's development. Access our center locator to explore all of your options.

## **Exclusive savings from quality brands**

Access care and education resources to help you find a sitter or nanny that meets your needs. Navigate early parenting with support groups, virtual programming, activity ideas, and more.

## **Expert parenting resources**

Get valuable insights from our early childhood experts and other parents, just like you:

- [Get to know the four main parenting styles and how they affect child development](#)
- [Explore tips for dads \(and all caregivers!\)](#)
- [Tune into our podcasts to hear advice for the early years and work-life balance](#)
- [Reference our child care checklist as you visit different center options for your baby](#)



[Access support for your growing family](#)

**NORTHROP  
GRUMMAN**

  
**Bright Horizons**

## Tips for parents:

From setting routines to managing expectations, here are the five best things you can do to prepare for a new baby.

[Read more](#) ▶

The secret to building strong bonds with your baby in the first year is understanding how their brain works.

[Read more](#) ▶

Even before speech, there are nonverbal cues that can tell you what your baby is thinking and feeling.

[Read more](#) ▶

How today's dads can build lasting relationships and shape their children's future in meaningful ways.

[Read more](#) ▶

## Finding Child Care:

The eight key elements that tell you whether a child care program is going to work for your family.

[Read more](#) ▶

Not all early learning programs are created equal, but the best ones will give your child an advantage for life.

[Read more](#) ▶

From easier drop-offs to more peace of mind, here's why parents say they love having child care close to work.

[Read more](#) ▶

## Going back to work after leave:

Parental leave ending soon? These six strategies can help you feel confident and prepared as you head back.

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From tough goodbyes to unexpected wins, one mom shares what helped her get through the first days of child care.

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Five ways to conquer working-parent guilt and feel good about the job you're doing at work and at home.

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When separation anxiety strikes (and it can happen at any age), these expert tips can make parting ways easier.

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### Teach. Play. Love.

*Our parenting podcast for the early years*

Looking for more advice? Listen to Bright Horizons early childhood experts as they cut through the noise, separate fact from fiction and focus on what does – and doesn't – matter in the early years.

[Listen now](#) ▶

**Explore all your benefits to support your family's well-being:**  
[clients.brighthorizons.com/northrop](https://clients.brighthorizons.com/northrop)