



Not business as usual

We help you balance
work and parenthood

Expectant Parent Assistance

Becoming a parent is one of the happiest and most exciting times of your life. It can also be the most exhausting and stressful. To help you experience more joy and less worry, we're here 24/7 with caring, courteous guidance and support.

Pregnant? Planning to start a family? Already have one?

Our parenting specialists (many of whom are parents themselves!) have years of experience in dealing with the challenges that moms and dads face throughout their children's ages and stages. Here are just a few of the things we can do for you:

- Prescreen and locate care providers, daycare centers, nursery schools and educational resources.
- Provide referrals to local childbirth classes, new mom and parenting groups, infant CPR education and more.
- Research doctors, hospitals, and facilities based on your prenatal needs.
- Connect you to local lactation specialists who will guide you through breastfeeding.

Get answers to your parenting questions online, anytime. Our easy-to-use website helps you make informed parenting decisions with guides, webinars, live talks, articles and more.

Confidential assistance 24 hours a day, 7 days a week
24/7 DONCEAP Assistance Line:

1-844-DONCEAP (1-844-366-2327) | Domestic
888-262-7848 TTY | 001-866-829-0270 International
DONCEAP.foh.hhs.gov

