

# **FREQUENTLY ASKED QUESTIONS**

**Parental Leave Toolkit**

# FAQs: Overview

## Parental Leave Toolkit

Your employer has partnered with **Bright Horizons**<sup>®</sup> to help you better manage your many work, family, and personal responsibilities.

In order to support you if parenting is part of your journey, we are offering a Parental Leave Toolkit.

# Parental Leave Toolkit

## What is the Parental Leave Toolkit?

The Parental Leave Toolkit is a unique online resource and app that provides easy to use tools to help you plan your journey to parenthood. This interactive guide enables you to create a custom-made, easy-to-follow plan for your leave and return to work and provides support for all aspects of your professional transition. Personalized checklists, videos, and interactive tools provide engaging ways of thinking through options, along with helpful advice from new parents and coaches.

You can access the Parental Leave Toolkit through your company's My Bright Horizons site. The Parental Leave Toolkit tile will be posted in the "Services funded by your employer" section of your My Bright Horizons profile.

Once registered, you may opt in to download the Parental Leave Toolkit app, or continue to use through the website directly.

## Who is the Parental Leave Toolkit for?

The Parental Leave Toolkit supports expectant and adoptive parents. It provides support when you are planning for leave, already on leave, or have returned to work.

## What resources are included in the Parental Leave Toolkit?

The toolkit includes resources like podcasts, videos, articles and more that support your journey and offer engaging ways to think through parental leave issues and options. Guidance is provided from new parents, coaches, and pre/postnatal care experts. The toolkit also provides personalized plans, checklists, and reminders based around your due date to help keep you on track.

## How do I register to use the toolkit?

You register on the Parental Leave Toolkit website, which you can access from your My Bright Horizons profile. After you register and create your leave plan, you can access the toolkit via the website or through the mobile app.

## Is there a copay for using the toolkit?

No. The Parental Leave Toolkit is a free resource through *Bright Horizons Enhanced Family Supports™*.