

## Helpful Hints for New Parents Returning to Work

### Talk to your supervisor/manager

Let them know of any doubts or concerns that you may have during the workday. Open communication is important to ensure that your needs are being met.

### Sleep

The first week back will be extremely draining no matter how prepared you may be. Try to go to bed as soon as possible each evening and stick to a bedtime schedule that gives you enough sleep. If possible, talk to your partner and have them take responsibility of the baby during these first few nights.

### Give yourself time to adjust to your new schedule

Create a daily routine that is efficient and organized, it will make the adjustment period easier. The best way to ensure your new schedule will work is to do a few practice runs before heading back to work.

### Seek support

Don't try to do everything yourself and make sure to speak up if you are feeling guilty, sad, or overwhelmed. The [UCI Employee Assistance Program \(EAP\)](#), provided by ComPsych Guidance Resources is a free and confidential service that will assist you with any personal concern, large or small. For more information, call (844) 824-3273 (available 24/7) or access [Guidance Resources Online](#).

### Stay connected

Pick your favorite photo of your baby and place it in your work area. Consider a daily phone call or text to your caregiver to find out how your baby is doing.

### Maximize your UC benefits

Visit [UCnet](#) to learn everything about how to take time off work, enrolling your new child in benefits, and resources to help you take care of yourself and your new infant. Contact the [UCI Healthcare Facilitator](#) to receive confidential one-on-one assistance in resolving health plan issues.

### Reward yourself

Returning to work can be a stressful transition, so treat yourself to a reward when you finish the first week back. Take time to relax after you put your baby to bed or unwind with a favorite book or soft music.

### Stay positive

Above all, maintain a positive attitude. Tell your baby how excited you are to see him or her at the end of the day. Your baby might not understand your words, but he or she will pick up on your emotions.

For additional resources and support, visit the UCI HR Wellness Website at [hr.uci.edu/wellness](http://hr.uci.edu/wellness)