

new parent BINGO



Look up more info about the Parenting Networks on campus at:

gvsu.edu/hro/benefitswellness/parentingnetwork

Time & date of a group: _____

My Life Expert

Look through My Life Expert, the Encompass EAP portal, at **mylifeexpert.com**. Create a login with the code: **gvsuni**.

How many sessions do GVSU employees get? _____

What is the 24/7 number? _____

Set up an appointment with Work Life Consultant **Elisa Salazar, LMSW** to learn about resources and support.

✉ salazael@gvsu.edu

☎ 1 (616) 331.2215

Initials: _____

Check out the Maternal Infant Health Program at:

spectrumhealth.org/healthier-communities/our-programs/maternal-infant-health-program

Watch **one** video: _____

Write down the phone number: _____

Look up more info about GVSU's Child Enrichment Center at:

gvsu.edu/child

Write **one** fact about CEC: _____

Who can I call for help with breastfeeding?

Check out one of the following links:

babybelovedinc.com

illgrandrapids.org

mercyhealthsaintmarys.com

metrohealth.net

spectrumhealth.org/breastfeeding

kentcountybreastfeeding.org

Initials: _____

Review all of these sites and check the boxes:

☐ **momsbloom.org**

☐ **singlemothersbychoice.org**

☐ **choicemoms.org/resources**

Find the nursing mother rooms near your workplace at:

gvsu.edu/hro/benefitswellness/rooms-for-nursing-172.htm

Initials: _____

Or review our Flexible Work Arrangements at:

gvsu.edu/fwa

Initials: _____

Check out a breastfeeding support group:

La Leche League 616.752.8300

Mercy Health 616.685.5602

Metro Hospital 616.252.7894

Spectrum Health Healthier

Communities 616.391.5000

Strong Beginnings HUGS

616.391.8491

Clinical Santa Maria (Spanish)

616.685.8400

Initials: _____

Sign up for a group exercise class:

gvsu.edu/hro/benefitswellness/fitness-facilities-classes-and-events-484.htm#fitnessclasses

Write which one you are interested in: _____

Search for adoption support and resources at:

bethany.org/adoption

dabsj.org/what-we-do/adoption

nacac.org

Initials: _____

Postpartum—check out one of these sites:

spectrumhealth.org/postpartumdepression
postpartumdads.org
ppdsupportpage.com
mededppd.org

Write **one** helpful tip: _____

Request Priority Health educational videos regarding c-sections and childbirth.

Contact Christine Adams,
GVSU's designated Care Manager.

✉ christine.a@priorityhealth.com

☎ 1 (616) 464.8910

Initials: _____

Request **FREE** parenting resources from Encompass at:
1 (800) 788.8630

Check which resource you requested:

What to Expect the First Year; What to Expect the Toddler Years; The Adoption Resource Book; Teen Tips; Kid Tips; The Pocket Parent; Potty Power DVD; You don't have to let your baby cry CD (Available in Spanish)

Prefer pamphlets? Initial here to have some sent to you: _____

Have a question for the Work Life Consultant? Receive a call by writing contact information here: _____

Find a foster parent support group in your area at:

fcnp.org/support-group

Write **one** near you: _____

hello,

On behalf of Grand Valley, we would like to welcome the new addition to your family! Please accept our warmest wishes. Grand Valley has resources and support available to you to encourage you during this exciting time in your life. In an effort to make learning about the support available to you fun, relevant, and interactive, we have sent you this completely voluntary Parent Bingo. Learn about the resources and support available to you by working through this bingo sheet. Pick the ones that are most relevant to you. Some will have a question(s) to answer, and others just require a signature. When you complete four boxes (does not have to be in a row), take a picture and email it to Elisa Salazar at salazael@gvsu.edu, and we will send you GV swag! Again, Parent Bingo is completely optional, and can simply serve as a reminder of the support available to you.

Be gentle to yourself as you embark on a life changing journey. Know that support and help is only a call away.



GVSU Benefits & Wellness
