

Need Help With Parenting Issues? DLA Life Connections Can Help!

Parenting can be as challenging as it is rewarding at times. Whether you are trying to get an infant to sleep through the night, sending your child to school for the first time, or hoping to better communicate with your teen, DLA Life Connections, an employer-paid benefit, can provide confidential counseling, education and referrals on the following:

- ◆ Child Development
- ◆ Child Care
- ◆ Communication Techniques
- ◆ Typical Transitions
- ◆ Schools and Educational Needs
- ◆ Before- and After-School Care
- ◆ Special Needs
- ◆ Child Safety
- ◆ Balancing Work and Family
- ◆ And Much, Much More!

***DLA Life Connections can refer you
to resources in your area—and
provide you with useful educational
materials to help you make
informed decisions!***

**Access DLA Life Connections online 24 hours a day at www.worklife4you.com
(Enter DLA as the Screen Name and Password)**

For assistance logging on to the web site, contact the Help Desk at 888-604-9565.

Or by telephone at 800-222-0364

If you are hearing-impaired, call 888-262-7848