



Welcome to parenthood!

It's a wild, wonderful adventure. Got questions? You're not alone. Thankfully, **Bright Horizons**[®] early childhood experts have practical tips and ideas to support you with work, life, and everything in between. Check out our resources designed just for you.

Tips for parents:

From setting routines to managing expectations, here are the five best things you can do to prepare for a new baby.

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The secret to building strong bonds with your baby in the first year is understanding how their brain works.

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Even before speech, there are nonverbal cues that can tell you what your baby is thinking and feeling.

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How today's dads can build lasting relationships and shape their children's future in meaningful ways.

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Finding Child Care:

The eight key elements that tell you whether a child care program is going to work for your family.

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Not all early learning programs are created equal, but the best ones will give your child an advantage for life.

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From easier drop-offs to more peace of mind, here's why parents say they love having child care close to work.

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Going back to work after leave:

Parental leave ending soon? These six strategies can help you feel confident and prepared as you head back.

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From tough goodbyes to unexpected wins, one mom shares what helped her get through the first days of child care.

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Five ways to conquer working-parent guilt and feel good about the job you're doing at work and at home.

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When separation anxiety strikes (and it can happen at any age), these expert tips can make parting ways easier.

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Teach. Play. Love.

Our parenting podcast for the early years

Looking for more advice? Listen to Bright Horizons early childhood experts as they cut through the noise, separate fact from fiction and focus on what does – and doesn't – matter in the early years.

[Listen now](#) ▶

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