

A resource brought to you by the Office of Employee Assistance & Well-being Programs

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713-500-3327

Key resources for working parents at UTHealth



Nursing Mother Rooms



Ease Anxiety Related to Return-to-Work



Toolkits for Parents



UTH Care.com

Nursing Mother Rooms



UTHealth has designated secure rooms throughout campus to express and store breastmilk, supported by robust policies that provide a reasonable break time for a year following the birth of the child. The University also has free counseling services for employees which can be used by new parents, to help with the emotional journey of returning to work.

If you need help working through your feelings, emotions, challenges and victories related to being a nursing mother OR if you need assistance locating one of the many nursing mother rooms on campus, please contact the Office of Employee Assistance and Well-being Programs at (713)-500-327 or visit our [website](#).

[Locate Nursing Mother Rooms](#)

Tips to Ease Anxiety Related to Return-to-Work



If you are scheduled to return-to-work, whether it is a few days a week or every day, it can help to put together a support system in advance. These three tips may help you get started.

- A. Find people with the same home/work/kid's school routine that you can carpool with to share pick-up and drop-off duties.
- B. Create a list of professional backup for childcare in the event your childcare provider closes temporarily due to illness or other reasons.
- C. Work with your manager to build-in flexibility when Plans A & B are exhausted.

Source: Harvard Business Review and adapted from [“4 Tips to Manage Childcare When You Go Back to the Office”](#) by Avni Patel Thompson.

Toolkits for Parents



UTHealth has a free resource platform called My Life Values which offers an extensive listing of parenting articles and educational pieces for parenting children of all ages.

Also offered are three free toolkits for parents:

- Expecting Parents
- Baby's First Year
- Toddler kit

Access [MyLifeValues.com](#) using login/password: uth

To request your free toolkits, call 713-500-3327

UTH Care.com



As a member of the UTHealth family, you have special access to UTH Care.com where you can locate emergency and backup childcare & eldercare in your community and nationwide.

UTHealth offers a limited subsidy to assist during those times.

Visit our [website](#) for more information.