

Get parenting support for children ages 0-12

Carrot provides inclusive hormonal health, fertility, and family-building benefits. Employees can use Carrot to get personalized support — regardless of age, race, income, sex, sexual orientation, gender, marital status, or geography.

Whether you're adjusting to life at home with a newborn, chasing a toddler, or want to better understand your pre-teen — Carrot is here to help. With Carrot, get unlimited access to video chats with a diverse team of medical experts and specialists, evidence-based educational resources, and expert-led online group sessions for extra support.*

Visit get-carrot.com/signup to claim your benefit and start exploring the resources available, including unlimited access to certified child development and parenting experts.

[Claim your benefit](#)

Work with Carrot Experts at every milestone

Talk virtually with Carrot Experts, like:*	Real questions from Carrot members:
Certified new parent educators	How will my life change after becoming a parent? When do I contact a pediatrician for fevers, colds, etc.?
Return-to-work coaches	What strategies do you have for negotiating flexibility as I return to work? How do I manage separation anxiety?
Sleep experts	When can I expect my infant to sleep through the night? What tips do you have for reducing night terrors and sleepwalking?
Lactation consultants	What should I consider when choosing a breast pump? How can I boost my supply?
Pediatric nurses	What are some milestones my child should be reaching at this age? How do I ensure internet safety?
Registered dietitians	What foods are best for when I'm breast/chestfeeding? What foods should my child be eating for optimal development?
Emotional support experts — like licensed clinicians and psychologists	How do I know if what I'm feeling is the baby blues or something more serious? How do I best support my pre-teen through puberty?

Join an online group session for extra support

Join other Carrot members, along with infant care and parenting experts, to learn, ask questions, and share in a supportive online group session. Topics for discussion will include, but are not limited to:

Understanding infant feeding

Discuss when to feed your baby, formula and breast/chestfeeding basics, gas and burping, introducing solids, and more.

Postpartum health and newborn care

Discuss postpartum health and self-care, bonding, sleep deprivation, postpartum emotions, newborn care, finding community, and more.

What's next? Visit get-carrot.com/go/ardent-health#contact to claim your benefit today and start exploring the available resources.

*Carrot Experts available may vary based on plan design, geography, and local rules and regulations.

Questions? Visit get-carrot.com/go/ardent-health#contact to connect with your Care Team.