

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/signup 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.