CARROT

Support for parents of children up to 12 years old

Carrot provides comprehensive hormonal health, fertility, and family-building benefits, including support for parenting.

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

Visit get-carrot.com/signup to activate your benefits and start exploring the resources available, including unlimited access to pediatric and parenting experts.

Activate my benefits



Carly and Mila
Carrot members

Work with Carrot Experts at every milestone

Talk virtually with Carrot Experts	Real questions from Carrot members
Certified new parent educators	How will my life change after becoming a parent? How do I soothe my crying baby?
Return-to-work coaches	What strategies do you have for negotiating flexibility as I return to work?
Sleep consultants	When will my infant sleep through the night? How can I reduce night terrors and sleepwalking?
Lactation consultants	How do I get my baby to latch properly? How can I boost my milk supply?
Pediatric practitioners	What are some milestones my child should be reaching at this age? How do I promote internet safety?
Registered dietitians	What foods are best while breastfeeding? What foods should my child be eating at this age?
Emotional support experts	Is it the baby blues or something more? How do I support my preteen through puberty?

Join an online group session for extra support

Join fellow Carrot members — alongside infant care and parenting experts — to learn, ask questions, and share in a supportive online group setting. Topics for discussion include, but are not limited to: strategies for new parents, understanding infant feeding, postpartum health and newborn care, and planning for a smooth transition back to work.

What's next?

Visit get-carrot.com/signup to activate your benefits today and start exploring the available resources.

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

Questions? Visit get-carrot.com/get-support to connect with the Carrot Care Team 24/7.