

Employee and Family Resources

KITS AVAILABLE FOR YALE NEW HAVEN HEALTH SYSTEM STAFF

Kits are a no cost benefit to staff offering a variety of special resources that are loaded with products and practical information to help you more effectively manage specific life events. Call for a consultation and order yours today by calling 877-275-6226 (Supplies are limited)

Nursing Mother Kit

- American Academy of Pediatrics New Mother's Guide to Breastfeeding
- Caring for Your Baby and Young Child: Birth to Age 5
- The Complete Book of Breastfeeding
- Medela™ Harmony Manual Breast Pump
- Selected tip sheets

Child Safety at Home Kit

- Essentials Childproof Kit
- The Safe Baby
- Selected tip sheets

College Prep for High School Students

- Everything Parents & Students Need to Know About the Road to College (CD-Rom)
- Countdown to College: 21 "To Do" Lists for High School Students and Their Parents
- Paying for College Without Going Broke
- Selected tip sheets

Caregiver Support

- The Complete Elder Care Planner: Where to Start, Which Questions to Ask, and How to Find Help
- Caring for Yourself While Caring for Your Aging Parents
- Pill organizer
- Nightlight
- Jar gripper
- Selected tip sheets

Welcome New Baby Kit

- Diaper/Bottle Bag
- The Pregnancy Journal
- The Girlfriends' Guide to Surviving the First Year of Motherhood
- The Expectant Father
- Selected tip sheets

College Freshman

- Countdown to College: 21 "To Do" Lists for High School Students and Their Parents
- Been There, Should've Done That: 995 Tips for Making the Most of College
- Selected tip sheets

Health Conscious Senior

- Aging Well: Taking Care of Yourself in the Middle and Later Years
- Meals in Minutes Cookbook
- Walking Fit Kit (Audio CD & Pedometer)
- All Purpose First Aid Kit
- Selected tip sheets

Staying Active, Staying Fit for Seniors

- Walking Fit Kit (pedometer and audio CD)
- Healthy Aging
- Aging Well: Taking Care of Yourself in the Middle and Later Years
- Selected tip sheets



YALE NEW HAVEN HEALTH