

subject line: Thinking about growing your family?

preheader: Find info about each stage, from the early years through college planning.

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Growing family? We can help you get ready.

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Bringing a child into your life can be an exciting (and sometimes overwhelming) time. From preparing for and adjusting to parenthood to managing the ups and downs of child care, we can help you through each stage.

Get answers to many of your questions, including:



[How can I emotionally prepare?](#) Explore tips for taking care of your physical, mental, and financial health—even with limited time and energy.



[How much does it cost to raise a child?](#) Learn how to prepare financially, from parental leave to expenses through the early years.



[When should I start saving for college?](#) Discover [college savings account options](#) and learn how saving a little over time can go a long way.

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