

Year of the Kid 2025

Supporting the well-being of State of Wisconsin employees, their children, and families.

This guide highlights helpful benefits, tips, and resources for state employees who care for children – at home, at work, and in the community.

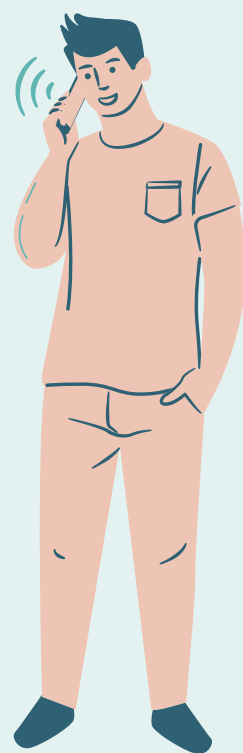
State Employee Assistance (EAP)

Free and Confidential Support is Available

The Employee Assistance Program (EAP) offers short-term counseling for employees and their household family members ages 8 and up, along with work-life support like child care finders and a variety of other supportive resources.

To arrange confidential assistance or to find more information, contact the EAP 24 hours a day, seven days a week by phone at 833-539-7284 or visit the EAP web portal* at <https://sowi.mylifeexpert.com>, company code SOWI

*Note: All users will need to create an account at first log in, using the company code provided.



State Employee Benefits

The State of Wisconsin offers a variety of benefits designed to support families and children. [Dependent Day Care Accounts](#) can help ease the cost of child care. [Health insurance and wellness benefits](#) provide resources that support parents in caring for themselves – so they can show up as their healthiest, best self for their families.



NAMI Support for Youth Mental Health

Children and youth have unique needs when it comes to mental well-being. To help make support easier, the [National Alliance and Mental Illness \(NAMI\)](#) offers information, tips, and resources for caring for your child's mental health.



Quick Tips for Parents

For supporting your family's well-being



Prioritize connection - Make time for daily check-ins and quality moments together.

Encourage healthy habits - Support getting enough sleep, balanced nutrition, and active play.

Talk about feelings - Create a safe space for kids to share thoughts and emotions.

Model self-care - Show your child the importance of taking care of mental and physical health.

Promote problem-solving - Help kids build confidence by encouraging them to work through challenges.

Additional Resources for Well-being



Recommended Physical Activity
[CDC: Child Activity Overview](#)



Nutrition Resources
[MyPlate.gov](#)



Recommended Sleep
[Healthy Sleep Habits: How Many Hours Does Your Child Need?](#)



Parenting Support for all ages
[HealthyChildren.org](#)



[Children's Wisconsin - E-Learning Center](#)

For more well-being related resources, visit the [DPM Learn About Wellness website](#).

