### Top Ten Things To Know if you're a parent at Cornell

#### 1. It’s never too soon to start making a plan for child care
- Cornell’s Independent Care Consultants are available to discuss options with your child care questions: 205-1907 or ssbcornell@cornell.edu
- Take a tour of the Cornell Child Care Center on East Campus (205-1910 or ccc@cornell.edu)
- Use the Family Help Line to locate babysitters: www.helpline.cornell.edu or call 205-9292

#### 2. Financial aid for child care is available
- Check out the Cornell-sponsored Baby Sitting Scholarship Program: 205-1907 or ccc@cornell.edu
- Sign up for an Online Spending Account at Cornell Connect; you can use the money for child care costs

#### 3. Cornell supports breastfeeding mothers
- Contact, ewebabylactation@cornell.edu or visit www.humanresources.cornell.edu/breastfeeding.html
- The Family Health Center and the Cornell College Faculty/Staff Health Insurance plans both cover breastfeeding supplies for up to 12 months
- For non-union employees, women can receive up to 12 weeks of paid leave, and many and additional accommodations are available. Consult your personnel representative to arrange a breastfeeding leave

#### 4. You’re not alone with Cornell with other Cornell parents
- Use the Cornell Parents’ Facebook page to post questions and ideas on the Cornell campus
- Contact parents in your area; check out Cornell Parents’ Facebook Group

#### 5. Diapers aren’t the only things changing—so is your schedule!
- Cornell Baby Workshop: (607) 750-9336

#### 6. Remember to review your benefits
- If you wish to add or modify any of your benefits due to a health or life insurance change, you must do so by 60 days after the effective date of your plan. Contact Benefits if you need additional information.

#### 7. Stay in touch!
- Check the wellness package for wellness programs and workshops.
- Visit the Cornell Wellness site to access health risk assessments.

#### 8. Don’t forget to take care of yourself
- Contact Cornell’s Employee Assistance Program: 205-1907 or visit www.humanresources.cornell.edu

#### 9. Sign up for a free parenting workshop
- Preparing for Baby Workshop: Cornell University Libraries

#### 10. Family matters at Cornell
- Cornell Family Program: 205-1907 or visit www.humanresources.cornell.edu

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**Resources:**
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