As you prepare to welcome your baby, you may feel overwhelmed at times (even if it is your second or third child!). The Preparing for Baby workshop series will help you sort through all of the information available for new parents and guide you in making the best decisions for your family. All Cornellians (faculty, staff, postdocs, and students) and their partners/support persons are welcome to attend, free of charge. For information, please contact worklife@cornell.edu. All workshops are held on Fridays from 4:30 - 6:30 p.m., 395 Pine Tree Road, Conference Room #140 (in the East Hill Office Building located behind East Hill Plaza). Free parking, or convenient stop on TCAT bus route #82.

Register here for one or more of the programs. Please note: this series is popular and seating is limited. Please register for the dates you anticipate being able to attend and communicate any registration changes to Work/Life at worklife@cornell.edu.

March 9: Series Kick-Off Session

Friday, March 9, 2018, 4:30-6:30 pm, 140 East Hill Office Building
We'll focus on Cornell-specific policies and services, such as benefits, work/life, insurance, medical leaves, workplace flexibility, environmental safety, etc.

**March 16: Healthy Pregnancy, Part 1**

**Friday, March 16, 2018, 4:30-6:30 pm, 140 East Hill Office Building**

What you need to know from nutrition to health care. Being pregnant and becoming parents often feel like navigating 100 different options and even more opinions! There are so many changes your body goes through and lots of new information to learn in a short period of time. This class helps cut through the extra (and unnecessary) noise. What do you really need to know?

**March 23: Healthy Pregnancy, Part 2**

**Friday, March 23, 2018, 4:30-6:30 pm, 140 East Hill Office Building**

What you need to know from nutrition to health care. Being pregnant and becoming parents often feel like navigating 100 different options and even more opinions! There are so many changes your body goes through and lots of new information to learn in a short period of time. This class helps cut through the extra (and unnecessary) noise. What do you really need to know?

**April 6: Beyond the Birth Day: What to Expect in the Immediate Postpartum**

**Friday, April 6, 2018, 4:30-6:30 pm, 140 East Hill Office Building**

In this session we will discuss what to expect during the first few weeks after your baby's birth. We will cover evidence based information on infant sleep, newborn behavior, and maternal recovery from birth. This will be a lively and engaging class with group discussion on the needs and expectations of both babies and mothers, including suggestions for how to make sure that everyone is getting the care and support that they need.

**April 13: Postpartum Relationship Changes**

**Friday, April 13, 2018, 4:30-6:30 pm, 140 East Hill Office Building**

The partner relationship is undoubtedly the biggest postpartum change that is overlooked, underestimated and under-addressed. Our culture’s expectation of life after the baby’s birth is a happily ever after story where parents are more in love than ever before. In reality, the truth is often very different. Please come join us for a realistic discussion on understanding the distinct needs of each parent, strengthening partner and parental bonds and how to keep communication flowing. While it is not required for partners to attend together, some portions of the session are formatted so that partners can talk and work together.
April 20: Breastfeeding Part 1 - Breastfeeding Basics

Friday, April 20, 2018, 4:30-6:30 pm, 140 East Hill Office Building

Participants will learn the fundamentals of successful breastfeeding, including holding techniques, latching on, maximizing comfort, and the basics of pumping.

April 27: Breastfeeding Part 2 - Pumping with Success & Returning to Work as a Breastfeeding Mother

Friday, April 27, 2018, 4:30-6:30 pm, 140 East Hill Office Building

Participants will learn about the various pumps available, how to select a pump, when to begin pumping, and the fundamentals of pumping techniques. Participants will learn about building up a freezer supply for the return to work, when to introduce the bottle, and tools for juggling breastfeeding and work. Participants will also learn about the Cornell policy on lactation accommodations and resources available.

May 4: Series Wrap-Up Celebration

Friday, May 4, 2018, 4:30-6:30 pm, 140 East Hill Office Building

Social time with fellow attendees.

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