Preparation for Baby Series, Fall 2018

Being pregnant and becoming parents often feels 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. The Preparing for Baby series will help you sort through much 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. The Fall 2018 workshops are being held on Wednesdays or Thursdays from 5:00 – 7:00 p.m., 395 Pine Tree Road, Conference Room #140 (in the East Hill Office Building located behind East Hill Plaza). Visitor parking or a convenient stop on TCAT bus route #82 is available.

Register here for one or more of the programs. Please note: this series is popular and seating is limited.
**Fall 2018 Schedule**

**Wed, Sept 19, 2018**

**Welcome, Cornell Benefits and Resources: Work/Life, Wellness, Insurance, Family/Medical Leaves, Grants, Workplace Flexibility, FSAP, Environmental Health & Safety, etc.**

This session will provide an opportunity to get to know one another as well as connect you with Cornell resources that may be helpful to you throughout your pregnancy, birth, family leave, the shift to parenthood and for your return to work or studies. Key representatives will share information about their programs, highlight their services and are available to answer your questions.

**Wed, Sept 26, 2018**

**Healthy Pregnancy and Birth Choices Part 1: Pregnancy and Preparing for Birth**

**Community Partner: Kate Dimpfl**

There are lots of great resources for pregnancy and birth here in Ithaca. This class will help narrow down what choices that resonate most with your needs. Part one will cover: local birth options, labor support, ways to find supportive resources and information, what’s happening in your body during pregnancy, staying healthy and comfortable with nutrition and movement, essential movements for balancing your pelvis for an easier delivery, and how to become an educated consumer and advocate for your care. You’ll have opportunity to draw, laugh, learn, get to know other participants, and move your body. Please wear comfortable clothes.

**Wed, October 3, 2018**

**Healthy Pregnancy and Birth Choices Part 2: The Labor Process and Birth Planning**

**Community Partner: Kate Dimpfl**

Once the labor process begins, there are still many options to choose from depending on your need/desire and that of your baby. Part two will cover: how you will know you’re in labor, when to head to the hospital/have your care team arrive to your home, ways to cope with labor - both naturally and medically, birth plans, common things that can change your plans, and movement during birth. Again, you will have the chance to connect, laugh, learn, move, and dive deeper into your unique needs for this transition. You will leave these two workshops with lots of resources for further learning, a clear idea of what is available to you
in this community, and the makings of a birth plan. **There are many handouts for both of these classes, so if you are unable to make one of the sessions, you can still access the resources.

**Thurs, October 11, 2018**

**Beyond the Birth Day: What to Expect in the Immediate Postpartum**
Community Partner: Jess Evett

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.

**Thurs, October 18, 2018**

**Postpartum Relationship Changes**
Community Partner: Jess Evett

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.

**Thurs, October 25, 2018**

**Breastfeeding Part 1 - Breastfeeding Basics**
Community Partner: Jeanette McCulloch

Review the fundamentals of successful breastfeeding, including holding techniques, latching on, maximizing comfort, and the basics of pumping.
Breastfeeding Part 2 - Pumping with Success & Returning to Work as a Breastfeeding Mother
Community Partner: Jeanette McCulloch

Explore the various pumps available, how to select a pump, when to begin pumping, and the fundamentals of pumping techniques. Learn about building up a freezer supply for the return to work, when to introduce the bottle, and tools for juggling breastfeeding and work. We will also review the Cornell policy on lactation accommodations, mother’s rooms and resources available.

Parent to Parent: Strategies and Tools for Maximizing College Admissions and Affordability - Fall 2018

**Sorry, these workshops have filled! Contact Work/Life for more information.**

Parent to Parent: Strategies and Tools for Maximizing College Admissions and Affordability - Fall 2018

Designed primarily for parents/caregivers of high school students who are not yet seniors (although all are welcome), this program will help participants understand how to embark upon a customized college search that will maximize their teen’s chances for admission and financial aid. Find out what the glossy brochures aren’t telling you, and learn from a parent who has successfully navigated this journey how to use free tools and data to reduce the guesswork and increase your student’s likelihood of acceptance.

**Session 1: Thursday, Sept 20, 2018: Admissions**

12-1 p.m., 340 Duffield Hall. Limit 20 participants.

**Sorry, registration full.**

This workshop will focus on understanding the key factors that influence admissions decisions, and using data tools and strategies to pinpoint which colleges are most likely to say yes to your student.

**Session 2: Thursday, Sept 27: Affordability**
12-1 p.m., 340 Duffield Hall. Limit 20 participants.

*Sorry, registration full.*

This workshop will focus on understanding college costs and using data tools and strategies to ensure your student has affordable college options. Participants are encouraged to attend both sessions, as the content of session 2 builds on that presented in session 1.

Presenter: Ruth Katz works in the Department of Human Resources/HR Analytics, where she designs tools to evaluate programs and measure their impact. She is the parent of a college student.