



## Parenting Workshops



### Preparing for Baby Series, Fall 2019

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](mailto:worklife@cornell.edu). The Fall 2019 workshops are being held on Wednesdays 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.

**We are currently scheduling the classes for Fall 2019. Please check back for details.**

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### Fall 2019 Schedule

#### Class One, Date TBD

**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.

#### Class Two, Date TBD

**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.

## **Class Three, Date TBD**

### **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.

## **Class Four, Date TBD**

### **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.

## **Class Five, Date TBD**

### **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.

## **Class Six, Date TBD**

### **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.

## **Class Seven, Date TBD**

### **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.

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## **Parent to Parent Workshops - Strategies and Tools for Maximizing College Admissions and Affordability Fall 2019**

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 One: Admissions**

**Tuesday, September 10, 2019**

**102 Mann Library, 12:00 - 1:00 pm**

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.

[Registration Required](#)

### **Session Two: Affordability**

**Tuesday, September 17, 2019**

**102 Mann Library, 12:00 - 1:00 pm**

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.

[Registration Required](#)

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.

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## **Past Workshops**

### **Parenting Teens: Health, Wellbeing and Safety Series**

**Wed, April 3, 2019**

**\*Room Change - G01 Biotech, 12:00 - 1:00 pm**

Marisa Matsudaira, LCSW from Northeast Pediatrics, will share the “top emotional, behavioral and physical concerns” seen at the office (teen communication, healthy/development, navigating boundaries and rules, managing at risk behaviors, friendships/dating, coping/stress, online safety, bullying, sexuality). She will address them with evidence based research, share guidelines, stories, and practical tips.

Remote option available.

[Registration Required](#)

**Thur, May 2, 2019**

**Weill Hall, Room 226, 12:00 - 1:00 pm**

Janis Whitlock, Research Scientist and Associate Director for Teaching and Training in the Bronfenbrenner Center for Translational Research, will discuss her current research which revolves around young adult social/emotional health with a focus on connectedness, self-injury and suicide prevention, sexual violence prevention and intervention development.

Remote option available.

[Registration Required](#)

## **Parent to Parent Workshop - Tips for Beginning the College Search**

**Wed, May 8, 2019**

**340 Duffield Hall, 12:00 - 1:00 pm**

Designed primarily for parents/caregivers of high school students who are not yet seniors, this program will provide participants with a roadmap for how to begin the college search process. Topics covered include gathering and organizing information about colleges and universities; developing a customized list of schools based on your student’s interests and abilities; and conducting campus visits. The session will also provide an overview of the role of academics and extra-curricular activities in college admissions.

[Registration Required](#)

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