Preparing for Baby Series, Spring 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. The Fall 2018 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.

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

Spring 2019 Schedule

Wed, March 13, 2019

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, March 20, 2019

Healthy Pregnancy and Birth Choices Part 1: Pregnancy and Preparing for Birth
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, March 27, 2019**

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.**

**Wed, April 3, 2019**

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.

**Wed, April 10, 2019**

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.

**Wed, April 17 - Break, No Class**

**Wed, April 24, 2019**

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.

Wed, May 1, 2019

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.