Parenting Workshops
PREPARING FOR BABY WORKSHOPS

Preparing for Baby Series, Spring 2022
**Sorry, the Spring 2022 series is full!**

If you would like to attend a future series, or if you have any questions, please contact worklife@cornell.edu.

**Spring 2022 Dates: 5:30 - 7:30 pm via Zoom**

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**Schedule**

- Wednesday, March 9: Welcome, Introduction, Work/Life, Wellbeing & Cornell Resources
- Wednesday, March 16: Healthy Pregnancy and Birth Choices with Kate Dimpfl
- Wednesday, March 23: The Labor Process and Birth Planning with Kate Dimpfl
- Wednesday, March 30: Beyond the Birth Day: Immediate Postpartum with Jess Evett
- Wednesday, April 6: Postpartum Relationships and Changes with Jess Evett
- Wednesday, April 20: Breastfeeding Basics with Jeanette McCulloch
- Wednesday, April 27: Pumping with Success & Returning to Work with Jeanette McCulloch and Lizzie Goggs

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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.

Find additional local and campus events and activities in the Cornell Parenting Newsletter and the Cornellians Parenting During COVID-19: Family Support & Networking Facebook page.