Parenting Workshops

Preparing for Baby Series

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 4:00 - 6:00 p.m., 140 East Hill Office Building, 395 Pine Tree Road, behind East Hill Plaza.

Register here for one or more of the programs.

[accordion]

Sept. 15: Healthy Pregnancy and Birth Choices: What Do I Need to Know?
Friday, September 15, 2017, 4:00-6:00 pm, 140 East Hill Office Building

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? This class will tell you! Designed to help expectant parents hone in on the exact decisions they need to consider (or non-pregnant individuals curious for future planning. Come learn from a veteran birth doula and birth educator about the best pain coping strategies, healthy nutrition, educational resources, body positions, and care providers to help you have an easier birth.

Sept. 22: Beyond the Birth Day: What to Expect in the Immediate Postpartum
Friday, September 22, 2017, 4:00-6:00 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.

**Sept. 29: Postpartum Relationship Changes**

**Friday, September 29, 2017, 4:00-6:00 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.


**Friday, October 13, 2017, 4:00-6:00 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.

**Oct. 20: Breastfeeding Part 2 - Pumping with Success & Returning to Work as a Breastfeeding Mother**

**Friday, October 20, 2017, 4:00-6:00 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.

[/accordion]

---

**Parenting Teens Workshop Series**

Get ahead of the curve in preparing your teen for college!
Oct. 3: Your College-Bound Child: The College Applications Process

Tuesday, October 3, 2017, 12-1:15 p.m., G01 Biotech (You may attend in person or online via Zoom.)

Register

Join a Cornell admissions officer for an overview of the application process, and what highly selective institutions (such as Cornell) look for in the application selection process. Presented by Reba McCutcheon, Associate Director of Admissions, Cornell University.

Oct. 24: Your College-Bound Child: It’s All About the Money

Tuesday, October 24, 2017, 12-1:15 p.m., G01 Biotech (You may attend in person or online via Zoom.)

Register

Join Cornell financial aid counselors for Financial Aid 101. We will cover the basics of what you will need to know to apply for financial aid whether it is at Cornell, community college, or another college. The Cornell Children’s Tuition Scholarship (CCTS) will be discussed briefly and will include information about eligibility, award values, application, and payment processes. Presented by Chris Keaney and Samantha Miller, Financial Aid Counselors, Cornell University and Maureen Brull, Senior Consultant, Education & Voluntary Plans Benefit Services.

Nov. 9 & 16: Parent to Parent: Strategies and Tools for Maximizing College Admissions and Affordability

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 Admissions Offices and 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. 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.

Session 1: Thursday, Nov 9: Admissions, 12-1 p.m., 340 Duffield Hall. Limit 20 participants.

Register.
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, Nov 16: Affordability, 12-1 p.m., 340 Duffield Hall. Limit 20 participants.

Register.

This workshop will focus on understanding college costs and using data tools and strategies to ensure your student has affordable college options.

[/accordion]