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.

- **Sept 15: Healthy Pregnancy and Birth Choices - What Do I Need to Know?**
- **Sept 22: Beyond the Birth Day: What to Expect in the Immediate Postpartum**
- **Sept 29: Postpartum Relationship Changes**
- **Oct 20: Breastfeeding Part 2 - Pumping with Success & Returning to Work as a Breastfeeding Mother**

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.
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.

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.

Breastfeeding Part 1 - Breastfeeding Basics

**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.

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.