

#8: Don't forget to take care of yourself

- Contact the [Wellness Program](#) for prenatal yoga workshops on campus, and pregnancy and post-childbirth fitness consultations.
- Got the baby blues? The Faculty and Staff Assistance Program is here to help: call 255-2673 or visit fsap.cornell.edu



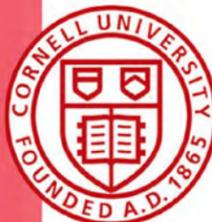
#9: Sign up for a free parenting workshop



[Preparing for Baby Workshop Series](#) covers birth options, postpartum care, and breastfeeding. Meet and network with other new parents and parents-to-be. The series is offered twice a year.

Contact worklife@cornell.edu

#10: Family matters at Cornell



This is an exciting (and possibly overwhelming) time in your life!

If you have questions, concerns, or would like to know about more campus and off-campus resources, contact Work/Life at worklife@cornell.edu.



Top Ten Things To Know if you're having a baby at Cornell



Ask any mom or dad – being a parent is a learning process. Fortunately, you're in a great place to pursue an education. Ready to start pulling some all-nighters and cramming for Baby 101? Here's a handy cheat-sheet to help you ace having a baby at Cornell!

#1: It's never too soon to start making a plan for child care!



- Cornell's Work/Life Consultant is available to discuss all your child care options: 255-1917
- Take a tour at the Cornell Child Care Center 150 Pleasant Grove Road, 255-1010 cornell@brighthorizons.com
- Use Care@Work to locate babysitters: <https://hr.cornell.edu/careatwork>

#2: Financial assistance for child care is available

- The application period for the Cornell Child Care Grant Program is during the month of September each year. Contact benefits@cornell.edu
- Sign up for a Dependent Care Account to set aside pre-tax money to assist with childcare costs. Contact Benefits for enrollment deadlines.



#3: Cornell supports breastfeeding mothers



- Contact worklife@cornell.edu or visit [the HR website](#).
- The Cornell Plan for Healthy Living and the Contract College Empire Health Insurance plans both cover the cost of select breastpumps
- There are 35 designated spaces to pump across campus and many additional temporary locations available
- Consultations on schedule adjustments to accommodate pumping

#4: You're not alone! Connect with other Cornell parents

- Join the parenting e-List for bi-weekly news of events and activities and check out other lists as well, such as special needs, adoption, lactation, etc
- Email parents-L-request@cornell.edu with "Join" in the subject
- After joining, send parenting related questions to the list by emailing parents-L@cornell.edu



#5: Diapers aren't the only things changing - so is your schedule!



Your local [Human Resources Representative](#) and the staff in [Medical Leaves Administration](#) are available to answer questions about Cornell's parental leave policy, short-term disability, FMLA, and return-to-work plans that may require schedule adjustments.

#6: Remember to review your benefits

If you plan to add your child to any of your benefits, specific deadlines apply for endowed and contract college employees. Contact Benefits Services at benefits@cornell.edu



#7: Stay on track!



Tenure-track faculty are given an automatic pause to the [tenure clock process](#). Faculty may also apply to the [Faculty Dependent Care Travel Fund](#) to assist with eligible caregiving expenses during career-related travel.