

# Life Cycles Series

Sponsored By: Office of Workforce Diversity, Equity, and Life Quality



## ***Focus on Breastfeeding***

**340 Duffield Hall**

### **About the Presenter:**

Jeanette McCullouch is the director of Birthways, a Chicago-based labor support and postpartum doula service that serves more than 200 families each year. She has also served as a La Leche League leader for the past three years. As a mom who returned to work at three months postpartum, she is also familiar with the whooshing sound of the pump and the challenges experienced by professional and return-to-work moms.

### **“Part 1: Breastfeeding Basics”**

**Date: Thursday, October 2<sup>nd</sup>, 2008**

**Time: 12:00-1:00pm**

Learn evidence-based information on ways to get the first days of breastfeeding off to the best possible start.

### **“Part 2: Pumping Power”**

**Date: Thursday, October 9<sup>th</sup>, 2008**

**Time: 12:00-1:00pm**

What pump should I buy (or rent)? When should I start pumping? When should I introduce a bottle? Learn how to make the most of those early weeks at home with your baby.

### **“Part 3: The Working Mama”**

**Date: Thursday, October 16<sup>th</sup>, 2008**

**Time: 12:00-1:00pm**

Discuss strategies for planning your return to work, for pumping while on the job, and what to expect from the baby when you get home at the end of the day.

### **Registration:**

<http://cornell.veplan.net/education/catalog.aspx>

or call (607) 254-6400

If you have given birth, you are welcome to bring your baby.

Bring your lunch!

All Cornell community members invited!

Attend one or all three!



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***Sponsored by the Office of Workforce Diversity, Equity, and Life Quality at Cornell University***

The Life Cycles Series is an opportunity to learn about information and strategies to assist with work-life balance in the areas of parenting skills, life transitions, work-life integration, and effective relationships. The series is offered free of charge.