

2023 Parenting and Family Webinars

The OSU Health Plan and Your Plan for Health are offering a variety of webinars to all Ohio State benefits eligible and/or enrolled employees at no cost designed to support expectant, new and seasoned parents. We hope these resources help aid and nurture you and your family!

Mom Meditation (Mini Series): [January 6, 13, 20 and 27](#)

Join Stacy Notestine, mom of four, registered nurse, and yoga teacher for parent-focused meditations to support a more calm and peaceful type of parenthood. Learn the skills needed to tap into your breath to create more patience, focus and connection.



Pumping Essentials 101: [March 7](#) and [September 19](#)

Join lactation expert Stacy Notestine RN, IBCLC, to learn about the different types of breast pumps, which one is right for you and the essentials needed to be successful to pump milk for your baby.

Boob to Bottle: How to Get a Breast/Chest Fed Baby to Take a Bottle: [May 9](#) and [November 14](#)

Join us as we discuss the top tips to help your baby take a bottle while preserving your breastfeeding/chestfeeding relationship. We will discuss recommended timing, types of bottles, and the how to's of success.

A Quality Preschool Experience for Your Family: [May 16](#)

Join Joseph Maiorano, PhD, a former teacher at the A. Sophie Rogers Laboratory Preschool in Campbell Hall, for some of the things that may help you to decide on the best preschool for your child and your family.



Initiating Breastfeeding/Chestfeeding in the Hospital and Beyond: [June 13](#)

Establishing breastfeeding/chestfeeding can be one of the more difficult experiences when welcoming your new baby. Join Ohio State Outpatient Lactation Consultant, Leah Christie, RN, IBCLC, to learn how to get off to the best start, what to expect when initiating breastfeeding/chestfeeding in the hospital and how continued outpatient lactation support after discharge home can help you in navigating your journey and achieving your breastfeeding/chestfeeding goals.

Dads Make a Difference: [June 27](#)

We will promote the positive involvement of nurturant fathers in their child's life, touch on the role of the father and how that may differ from the mother, and how the father's involvement influences the child's overall development, including intellectual development, gender-role development, and psychological development.



Mom Meditation: [August 15](#)

Join Stacy Notestine, mom of four, registered nurse, and yoga teacher for a parent focused meditation to support a more calm and peaceful type of parenthood. Learn the skills needed to tap into your breath to create more patience, focus and connection.

Home Safe Home: Preschooler-Proofing Your Home: [September 26](#)

The general target audience for this webinar is for those with children under 3 years old. Create a safe environment and teach your children about what is safe and what is not. Discuss how to look for safety hazards in your home from your child's viewpoint.

Our Family: Who Are We?: [October 10](#)

The general target audience for this webinar is those who have kids between 0 and 6 years old—young families. We'll discuss laying a foundation for the values and upbringing you want to provide your children. We'll consider the identity of your family and why we do the things we do.



Fostering Your Child's Friendships: [November 2](#)

The target audience for this webinar is for those with children 2-12 years old. We will talk about when and how parents should be involved in their children's friendships, planning playdates and hangouts, friendship-building skills and creating opportunities for your children to make friends.

To register for any of the programs above, visit linktohealth.osu.edu and search by date or keyword "Educational Program". Unable to attend live? Register for the event and we'll send you a recorded version of it after the presentation.