

# Parenting and Family Resources

The OSU Health Plan and Your Plan for Health offer a variety of new and archived 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!

## 2024 Webinars:

**Meditation for Parents:** [February 27](#) and [August 13](#)

Regardless of the age of the child, being a parent can be stressful. This is exactly why Stacy Notestine, mom of four, registered nurse and yoga teacher, has created parent-focused meditations to support a more calm and peaceful type of parenthood. Come learn the skills needed to tap into your breath to create more patience, focus and connection.

**Pumping Essentials 101:** [March 27](#) and [October 22](#)

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.

## Archived Webinars:

### Pre/Post Pregnancy

- [Planning to Get Pregnant: Things to Consider](#)
- [Body Image and Pregnancy](#)
- [Initiating Breastfeeding in the Hospital and Beyond](#)
- [Easing Into Fitness After Delivery](#)

### Exercise/Physical Therapy

- [DRA During Pregnancy and Postpartum](#)
- [Aquatic Therapy During Pregnancy](#)
- [Physical Therapy and Back Pain Pregnancy](#)
- [Physical Therapy and Exercise Pregnancy](#)
- [Physical Therapy and Pregnancy Postpartum](#)

### Parenting and Family Dynamics

- [Making the Most of Family Mealtime](#)
- [Fostering Your Child's Self-Efficacy](#)
- [Today's Techno Parenting](#)



To register for the 2024 programs above, visit [linktohealth.osu.edu](https://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.

If you have a disability and experience difficulty accessing this content, email [OSUHPDigitalAccessibility@osumc.edu](mailto:OSUHPDigitalAccessibility@osumc.edu).