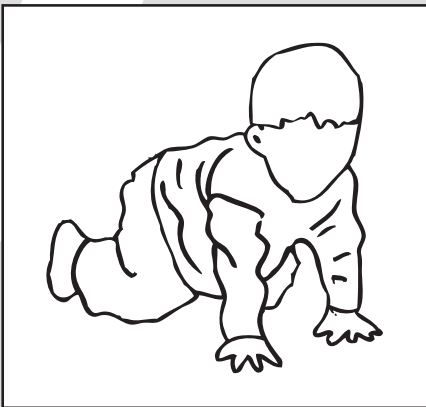
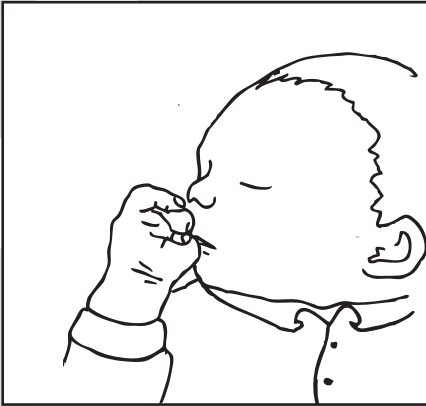


SUPPORT FOR WORKING

MOTHERS, FATHERS & FAMILIES



WHAT MOMMIES DO BEST

What Mommies do Best is a series of programs for parents at GVSU. Faculty, staff and student parents are welcome.

Infant Massage Seminar and Discussion

September 29 - Women's Center, 12-1:30 p.m.

For parents of babies 3 weeks to pre-crawling. Expecting parents, grandparents, caregivers are welcomed (dolls will be available for practice). You will be introduced to the many benefits of infant massage and learn to recognize cues to better communicate with your infant. Simple massage techniques will be taught that you can use at home while enjoying quality time with your infant.

Green Parenting

October 20 - Kirkhof Center 2204, 12-1:00 p.m.

In collaboration with Campus Sustainability Week 2009, we will offer insights into green parenting, discuss toxic toys and talk about what it means to raise green kids.

Pamper Me

December 8 - Women's Center, 12-1:30 p.m.

Come join other moms as we enjoy a relaxing noon hour at our in home-"at work" spa. Foot massage, hand massage, and good discussion. RSVP required, max. 20 participants.

REGISTER AT: www.gvsu.edu/women_cen, under on "RSVP for Programs"

WHAT DADDIES DO BEST

When do guys get the chance to meet and talk about being a Dad? Here it is! Join us for interesting and lively dialogue between GVSU dads of young children. The group will meet in Kirkhof Center, Rm 2242 from

Noon - 1:00 p.m. on the following dates:

Oct. 14th - School Can Be Tuff

Dec. 3rd - Starting Small: Talking to Your Kids
About Diversity

Feb. 11th - How to Teach Your Child About Love

March 31st - Advocacy for All Children

Register at www.gvsu.edu/healthwellness click on Upcoming Events.

FAMILY HELPER DATABASE

The Family Helper Database is an exciting new service for GVSU Faculty/Staff/Student parents to utilize when desiring short-term babysitting, house sitting, pet sitting, or elder care giving services. The database enables students to post information regarding what kind of services they provide, and their babysitting qualifications including CPR, First Aid, and/or Baby Sitter Certification. The Family Helper Database Administrator also conducts a criminal background check on each student before his/her information is posted.

For more information, please contact the Women's Center at 616-331-2748 or womenctr@gvsu.edu.

MATERNITY MANAGEMENT

The UMR Maternity Management Program is provided to all GVSU Base and Enhanced PPO medical plan faculty and staff members. It all begins with a confidential survey online or by calling a toll free number to get a paper survey. Please visit myumr.com to enroll or call 1-800-837-7927.

CHILDREN'S ENRICHMENT CENTER

Accredited by the National Association for the Education of Young Children, GVSU Children's Enrichment Center has been serving the community since 1974. The Children's Enrichment Center is focused on our mission, to create a learning community that encourages habits of intellectual growth, curiosity and a love for learning. The CEC is committed to enriching the lives of Grand Valley's youngest students, by offering a wide variety of developmentally appropriate learning opportunities in a safe and nurturing environment.

- * Serving children 2.5 to 12 years of age
- * GVSU discounts available
- * Allendale bus route (before and after school)
- * AM preschool options available

To contact the Children's Enrichment Center call 616.331.KIDS (5437) or e-mail at arnoldsh@gvsu.edu

GVSU WORK LIFE CONNECTIONS PROGRAM

(Faculty and Staff Only)

Life can be full of stressors, large and small, at home and at work. Fortunately, there is a place to turn. GVSU Work Life Connections is your link to information, resources, support and referrals on most any concern that you may experience, whether personal or work related. We offer nationwide referrals for child care, elder care, financial and legal services and more. Free counseling is available to GVSU faculty and staff through Encompass, our employee assistance service.

For counseling services and resources or referrals call 1-800-788-8630. To contact Sue Sloop, Work Life Consultant from the Work Life Connections Program, call (616) 331-8011 or sloops@gvsu.edu

GVSU WOMEN'S CENTER

The GVSU Women's Center is dedicated to meeting the diverse needs and interests of women at the university. Our office is rich in resources and offers a supportive environment for a variety of audiences, including nontraditional women and mothers.

To contact the Women's Center, 1201 Kirkhof, call (616) 331-2748 or e-mail at womenctr@gvsu.edu.

STUDENT PARENT NETWORK

The Student Parent Network is a peer support network providing resources and family-oriented activities for students with families. All student-parents are welcome and encouraged to get involved and take advantage of the resources.

Please check the Women's Center or email womenctr@gvsu.edu for more information. Hope to hear from you soon!

STUDENT FOOD PANTRY

Obtaining an adequate food supply is often a major component of the financial stress that students bear. GVSU recognizes that "Helping Grand Valley's neediest with the cost of food would allow those students to focus their time, money, and energy upon more academic pursuits." The Food pantry is open to current GVSU students. The pantry can be accessed through the Women's Center at 1201 Kirkhof Center.

SUPPORT FOR NURSING MOTHERS - NURSING NESTS -

GVSU is striving to make it easier for nursing mothers to maintain breastfeeding after returning to work by providing private and comfortable “nursing nests”. We know that allowing mothers to continue nursing has many advantages to moms, families and to the institution. The number one advantage being that breastfed babies have fewer illnesses. In addition, studies have shown that mothers who breastfeed return to their normal weight faster, are less likely to be depressed, and have a reduced risk of getting breast or ovarian cancer or osteoporosis.

The locations provide a quiet comfortable space, electrical outlets for equipment and resources on nursing. If milk storage is an issue, the Women’s Center has a small refrigerator that can be used if requested.

Nursing nest locations:

- * Kirkhof Center, Women’s restroom
Main floor near Women’s Center, Room 1252
- * Fieldhouse, Women’s Restroom
Main floor close to the athletic offices, Room B-127
- * Performing Arts Center [PAC], Women’s Restroom
Main floor, Room 1404
- * Mackinaw Hall, room B-1-1103
- * Green Room, Pew Campus - please contact Kathleen Wright to reserve a time
- * Ultrasound Locker Room Center, area for Health Sciences - contact the front desk on "M" level to reserve a time.

BABY CHANGING STATIONS

Baby changing stations have been added to restrooms in the women’s and men’s restrooms across campus. This has been done to serve the children of our faculty, staff, students and community members during working hours or for events that may be on campus.

- * To learn where these are located, please contact the Women’s Center.

On Campus Resources:

Women’s Center
1201 KC
Marlene Kowalski-Braun
331-2748
www.gvsu.edu/women_cen

Work Life Connections
140 LMH
Sue Sloop
331-8011
sloops@gvsu.edu

Children’s Enrichment Center
1 W. Campus Drive
Sharalle Arnold
331-5437 (KIDS)
www.gvsu.edu/child

