

Virtual Baby Shower | April 4th-8th, 2022

Planning, expecting, and new parents are encouraged to attend the variety of sessions to learn more about the benefits and leave options available to JHU and JHHS employees, as well as information from pre- to post-natal services and wellness for everyone. Sessions include subject matter experts sharing their wealth of knowledge, and open dialogue with Q&A opportunities. View the schedule and register below or at hr.jhu.edu/baby-shower.



JHHS BENEFITS & LEAVE

This presentation will provide a brief overview of FMLA, Leave of Absence, and benefits for the Health System.

Monday, April 4th, 10am-11am [Register](#)

FROM OVERWHELM TO EASE: MINDFULNESS FOR THE NEW PARENT

Are you an expecting or new parent, feeling overwhelmed just thinking about all of the new responsibilities and changes in your life? Do you find yourself feeling like you can't keep up with it all and then feel guilty for not being able to keep up? Mindfulness can help. If you are looking for ways to de-stress and find more ease in life as a new parent, this workshop is for you!

Monday, April 4th, 11am-11:30am [Register](#)

JHU BENEFITS & LEAVE

This session will provide an overview of the various benefits and leave options available to Johns Hopkins University employees who are planning, expecting or welcoming a new member to their family. Leave options covered include Short Term Disability, FMLA, Birth Recovery & Parental Leave. This session will also review the benefits available to you and your family members as well as the steps necessary to add a dependent to your benefits package.

Tuesday, April 5th, 10am-11am [Register](#)

HOP ON QUALITY CHILD CARE: THE IMPORTANCE OF QUALITY EARLY CARE AND EDUCATION FOR HOPKINS FAMILIES

This session will help Hopkins families understand the role of quality child care and early education for the child's lifelong outcomes. Additionally, Maryland-based families will be introduced to free resources such as Maryland EXCELS and LOCATE Child Care for finding quality programs in their area. Non-Maryland based families will be equipped with where to find similar models in their respective states, and all participants will be equipped with key look-fors and considerations when evaluating the best fit of care for their child.

Wednesday, April 6th, 1pm-2pm [Register](#)

INTRO TO COLLEGE SAVINGS WITH MARYLAND 529

It's never too early to start thinking about your child's future. Learn about the features and benefits of Maryland's two 529 college savings plans – the Maryland Prepaid College Trust and the Maryland College Investment Plan.

Thursday, April 7th, 10am-10:30am [Register](#)

RECOGNIZING POSTPARTUM DEPRESSION

While many women have short periods of mood changes after giving birth, some experience more significant depressive symptoms. Dr. Karen Swartz will discuss how to recognize when postpartum mood changes are more serious and need specific treatment. She will also discuss the benefits of treating postpartum depression for both mothers and babies.

Thursday, April 7th, 12pm-1pm [Register](#)

LACTATION SUPPORT

This presentation will provide an overview of the Johns Hopkins Lactation Support Program as well as best practice tips and resources from a NICU nurse and lactation consultant.

Friday, April 8th, 10am-11am [Register](#)

PRENATAL PILATES WITH BURNALONG

Pilates provides many benefits for the pelvic floor, balance, confidence, and helps pregnant people feel great about their changing bodies before and after having a baby. Heather Gidusko has been a certified Pilates instructor since 2001 and has led many Mat Pilates classes, having taught many women during various stages of pregnancy. As a mom of 3, she also taught and took Mat Pilates classes during all of her pregnancies.

Friday, April 8th, 12:30pm-1pm [Register](#)