

New Parents' Guide For Students

Office of Work/Life Programs and Services

Backup Care (pending eligibility) is for the care of adults, children and elders nationwide and in some international locations for those situations when normal care arrangements are interrupted or when short-term care is required but you still need to attend to your academic responsibilities. <http://worklife.columbia.edu/backup-care>

Breastfeeding Support Program provides a variety of supports and educational resources for nursing mothers, including private lactation rooms equipped with hospital-grade breast pumps, on all Columbia campuses, for nursing mothers to express milk. Attachment kits for the hospital-grade pumps are available for purchase below retail value. Breastfeeding workshops are offered each semester, free of charge. <http://worklife.columbia.edu/breastfeeding-support>

Early Education and Child Care Services and Information:

- **Website Resources** include descriptions of education and child care options, lists of programs, tips and checklists for hiring an in-home child care provider, and more. <http://worklife.columbia.edu/affiliated-child-care-centers/early-child-care-birth-age-five-2>
- The Columbia University **Affiliated Child Care Centers** are independent centers, conveniently located on or near Columbia campuses and/or University housing. <http://worklife.columbia.edu/affiliated-child-care-centers>
- **Eduprofile** is a free, online school finder used to search detailed information about public and private nursery schools in New York City. <http://worklife.columbia.edu/online-school-finder>
- The **Pre-K and Kindergarten newsletter** disseminates relevant and timely information on the admissions and enrollment process. <http://worklife.columbia.edu/kindergarten-listserve>
- An annual **Child Care Fair** is held in the fall with representatives from many area early childhood education and care centers. <http://worklife.columbia.edu/affiliated-child-care-centers/early-child-care-birth-age-five-2>

Workshops on parenting, child care, schooling, and more are offered each semester to support parents at the University. Additional workshops on adult/elder care, housing, and wellness are also offered through the Office of Work/Life.

Benefits, Policies, and Resources

Columbia Student Health Insurance has options for prenatal and postnatal care and for health insurance options for dependents. <http://health.columbia.edu/student-insurance/about-columbia-insurance-plan>

Child Care Subsidy is available for fully funded Ph.D. or D.M.A. candidates in Arts and Sciences for each child who qualifies (under the age of five and not yet attending Kindergarten). <http://gsas.columbia.edu/student-parents>

Doctoral students who become parents may have access to a **suspension of responsibilities** accommodation period and/or extension of time to degree completion. Check with your School.

The **Columbia University Family Support Network (CUFSN)** is a student-run organization focused on developing a support network for undergraduate and graduate student parents. www.cufsn.com

***Please note:** The information provided is a summary only, prepared for general informational purposes, and is not a complete description of the University's policies and benefits. No decisions affecting your family or your future should be based solely on the information presented here.*