

DRAFT: EXISTING RESOURCES FOR CSU PARENTS AND WHERE TO FIND THEM

**** This may not be an exhaustive list yet ****

- Checklist for expecting parents created by Toni-Lee Viney and Alex Carter
Not posted publicly
 - How/ when to have challenging conversations:
 - Telling supervisor and colleagues you're expecting
 - Transition back to work
 - Childcare ([Early Childhood Council of Larimer County](#))
 - [How to calculate sick/ annual leave balance](#)
 - HR leave policies
 - Overview of how to research benefits
 - Breastfeeding logistics (pumps, FSA funds)
 - [FML paperwork](#)
 - [Mental health/ EAP](#)
 - Insurance/ Flexible Spending Account post-birth or adoption
 - Tips to ease back in to work

- Human Resources (*multiple pages/ links*)
 - [Parental leave](#) (faculty, APs, and graduate assistants)
 - [Policy](#)
 - [Explanation of benefit](#) (pages 54-57 in Human Resources manual)
 - [Application](#)
 - Dependent benefits
 - Open enrollment
 - [Tuition scholarship program](#)
 - [Volunteers in public schools](#)
 - [Dependent care flexible spending account](#) (I saw this on the HR website but didn't know what this was or that it was relevant to being a parent until told by another mom 1.5 years after my child had been enrolled in daycare)

- [Provost Office](#)
 - CARE Program
 - Insurance benefits (HR insurance)
 - Insurance policy for faculty, AP, and other salaried employees
 - FMLA policies
 - Adding new dependents to insurance benefits
 - Extension of probationary period for tenure-track faculty
 - Early Childhood Center link
 - *Flexible Spending Accounts for dependent care*
 - [Accommodations for nursing parents policy](#)
 - Lactation rooms at CSU
 - Youth resources (VIPS, sports and after-school campus, environmental learning center, 4-H, CCAC)

DRAFT: EXISTING RESOURCES FOR CSU PARENTS AND WHERE TO FIND THEM (continued)

- [CARE program](#)
 - Food, clothing, household necessities; dependent care; housing; emergency food and shelter, transportation
- [Ombuds and Employee Assistance Program](#)
- [Commitment to Campus](#)
- [Adult Learner and Veteran Services](#)
 - Childcare/ Alternative Child Programming
 - Ram Kidz Village
 - HHS Youth Sports Camp
 - <http://alvs.colostate.edu/resources>
- [Facilities Management](#)
 - Lactation room maps across campus, floor plans of buildings, and Outlook scheduling calendars
- The Women & Gender Collaborative
 - [Feminist Fight Club](#) - No specific details on the website, but there was a presentation about “fight moves” for working parents
 - [Moms Group contacts](#)
- CSU Moms Group
Information not posted publicly, available through word of mouth
 - Monthly lunch meeting
 - E-mail listserv
 - Facebook group
- Committees and Task Forces:
 - Dependent Care Task Force
 - Standing Committee on the Status of Women Faculty

IDEAS

- Central location for related Source stories (like on [Collaborative](#))
- Tips page
 - Example: Suggestions for adjusting benefits to be most beneficial for your prenatal/ postnatal/ family care during open enrollment periods
- Sign up for CSU parent listserv on centralized site (CSUMoms already exists)