While it is no one's first choice to bring their child to a professional conference we know that it is sometimes inevitable, even during a pandemic. Here are some tips from pre-pandemic years in case you get stuck without a sitter during your panel or have other reasons why you must bring your baby along:

- Bring snacks, or immediately shop for basic groceries upon arrival.
- Get someone you trust to babysit at least a couple of hours here and there.
- HYDRATE - all those air conditioned rooms are killer for drying out little eyes and mouths. (If you have a toddler, a popsicle can be refreshing!)
- Tag-team if your S.O. or another willing parent can do so; panels are better without distraction.
- If you are the one who is scheduled to attend the events (while tag-team partner is watching kid/s) BE ON TIME when you return, even if you run into your editor or whatever, have them walk with you. It’s only fair to the person stuck waiting.
- IT’S OK TO SKIP STUFF. Follow #AWP23 on Twitter to catch up – and don’t bother attending anything that will be podcast.
- Bring friends up to your room or find an empty room to socialize. (keeps the kid contained)
- Wearable carriers are better than strollers for watching crowded panels. Stand in the back so you can rock.
- The lights and recycled air in conference rooms are hell on babies. Expect a lot of crying if you don’t get outside a lot.
- A lot of people will want to touch/hold your baby. Follow baby’s lead: watch for signs of overstimulation (turning head away, for example, rubbing eyes, etc.)
- Do the best you can, realize it won’t be like it used to be. Be proud of yourself for making it at all. Lots of parents of tiny tots won’t!
BREASTFEEDING? AWP HAS A LACTATION ROOM FOR YOUR USE AND COMFORT: THE LACTATION ROOM IS LOCATED IN ROOM 303 OF THE WALTER E. WASHINGTON CONVENTION CENTER. TO ACCESS THE LACTATION ROOM, PLEASE SEE THE AWP HELP DESK TO OBTAIN THE KEY CODE.

ROOM 303, WALTER E. WASHINGTON CONVENTION CENTER
WEDNESDAY, FEBRUARY 8, 2017
12:00 PM TO 7:00 PM

TIPS FROM ON CHILD MASKING:
WWW.PBS.ORG/PARENTS/THRIVE/TIPS-TO-HELP-YOUR-CHILD-WEAR-A-MASK

NEED A SITTER? HERE ARE SOME RESOURCES:

- SITTERCITY: SEATTLE
- DESTINATION SITTERS
- URBAN SITTER
- JOVIE
- CARE.COM

8 WAYS TO FIND CHILDCARE ON VACATION
CHILD-FRIENDLY LOCATIONS NEARBY

25 MINUTE WALK OR LESS

PIKE PLACE MARKET
SEATTLE ART MUSEUM
GUM WALL
SEATTLE PUBLIC LIBRARY
SEATTLE AQUARIUM
THE SEATTLE GREAT WHEEL
PIER 56
WASHINGTON STATE FERRIES
SEATTLE CHILDREN’S MUSEUM
OLYMPIC SCULPTURE PARK
CHILD-FRIENDLY
RESTAURANTS NEARBY
15 MINUTE WALK OR LESS

- The Cheesecake Factory
- NYC Deli Market
- Taco Del Mar
- Nordstrom Grill
- Johnny Rockets
- Gyro Place
- 206 Burger
- Italian Family Pizza
- Serious Pie Downtown
- Chipotle
FOLLOW US ON INSTAGRAM, TWITTER, AND FACEBOOK @PENPARENTIS FOR MORE ADVICE AND SUPPORT FOR WRITER-PARENTS
VISIT OUR SITE www.penparentis.org

VISIT PEN PARENTIS AT AWP AND HANG OUT WITH US AFTER!

National Writer-Parent Meetup: Sheraton Grand Seattle 1400 6th Avenue Seattle, WA 98101 Willow Room A, 2nd Floor, 6–7:30 PT
CLICK HERE TO RSVP

Writing career at any stage; Raising kids of any age.

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