

SEMINARS

Pregnancy + Birth Seminar A

Newborns + New Parents Seminar B

Life with a Baby Seminar C

DEMOS

Exhibitor Floor

ACTIVITIES

Exhibitor Floor

11:00AM
11:15AM
11:30AM
11:45AM
12:00PM
12:15PM
12:30PM
12:45PM
1:00PM
1:15PM
1:30PM
1:45PM
2:00PM
2:15PM
2:30PM
2:45PM
3:00PM
4:00PM

Exhibitor floor opens at 11 a.m.



Birth Partner Boot Camp
Collin Parsons, RHS, CD-L, NCS, IFS
Doula Differently



Breastfeeding & Returning to Work
Bri McCoy, CLC
SimpliFed



Feeding Your Family Through Pregnancy & Parenthood
Jenna Lee Rude + Jake Rude
Raised on Plants

Pre- & Postnatal Fitness
The 360 Method

Baby Registry Lab Hands-On Demos
with
Jamie Grayson



Get answers to your registry and product safety questions, and try out gear from top brands ...*all on the exhibitor floor!*



Safe Sleep
Cribs for Kids

Reading to Baby
Little Legacies Books for Young Readers

The Pelvic Floor
Greater Charlotte Pelvic Collaboration

Infant CPR
The Mama Coach (Kaitlynn Edwards)

Comfort Measures in Labor
Doula Differently

Breastfeeding Positions
Baby Settler (Lindley Caves)



Pain Management Options for Labor
Mariana Chen, RN, CD
Larissa Rose, RN, CD
What the Bump CLT



The Fourth Trimester
Collin Parsons, RHS, CD-L, NCS, IFS
Doula Differently



Relationship Toolbox for New Parents
Chris + Sarah Helms
The Couples Academy

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Writing Your Birth Plan
Andrea Gerdes, CD (BAI)
Sarah Smith
Charlotte Doula Team



Newborn Care Basics
Stephanie Johnston, RN, CD
Jennifer Baalaer, RN, BSN, CD
What the Bump CLT



The First Year of Sleep
Becca Feeney, MSW
The Mindful Nursery

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Exhibitor floor closes at 3 p.m.



Baby Registry Lab with Jamie Grayson, CPST
Seating is plentiful, but first come, first served. Grand prize drawing ~4 PM; MUST be present to win.



Car Seat Safety Clinic
Safe Kids Charlotte Mecklenburg

Baby & Bump Photos
Tonya Grimm Photography

Babywearing Test Drives
with Q

GIVEAWAYS & PRIZES

Registration

Charity Raffle
100% of proceeds donated to **WakeMed Mothers' Milk Bank**
Ticket sales end / last entries due at 2:30PM
Winners displayed at raffle table ~3PM
Prizes must be claimed by 5PM or forfeited



Gift Bags
Guests with Premium Admission, stop by the welcome desk for your gift bag before you leave!

Babies & Bump Grand Prizes

Ticket(s) given to attendees upon entry to Babies & Bumps
Winning numbers announced and displayed at Registration ~3PM
Prizes must be claimed by 5PM or forfeited

Main Stage

Baby Registry Lab Giveaways

Tickets given to attendees upon entry to BRL's session at 3PM
Winning numbers called at the end of BRL's session ~4PM
MUST be present to win