

## 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 11AM



**Birth Planning**  
Amy V. Haas  
Healthy Birth of Rochester



**Pregnancy, Exercise & Pain Relief**  
Dr. Sarah Tirimacco  
Pinnacle Hill Chiropractic



**Pain Management Options for Labor**  
Christy Muscato, CD/BDT(DONA), LCCE, S&BCPE  
Beautiful Birth Choices



**Breastfeeding Basics**  
Dianne Cassidy, IBCLC  
Dianne Cassidy Consulting



**The Pelvic Floor**  
Natalia Farnsworth, PT, DPT  
Iron Rose Women's Health Physical Therapy



**Breastfeeding & Returning to Work**  
Lynsey Garver, BSN, IBCLC  
UR Medicine Breastfeeding & Lactation Services



**Baby's First Foods**  
Stacia Paganelli, SLP, CLC  
Help with Feeding



**Infant Developmental Milestones**  
Cat Turco  
Child Care Council



**The First Year of Sleep**  
Missy Yandow  
Slumber and Bloom



**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.

**Breast Pumps**  
Finger Lakes Lactation

**The Pelvic Floor**  
Iron Rose Women's Health Physical Therapy

**Comfort Measures in Labor**  
Beautiful Birth Choices

**Safe Sleep**  
Cribs for Kids

**Breastfeeding Positions**  
Dianne Cassidy Consulting

**Car Seat Safety**  
Mama Knows Car Seats

**Sign Language for Babies**  
Budding Signers

**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!*



**Car Seat Safety Clinic**  
New York State Police

**Babywearing Resource Area**  
The Fat Black Educator

**Baby & Bump Photos**

## GIVEAWAYS & PRIZES

Registration

**Charity Raffle**

Proceeds donated to  
Parenting Village

Ticket sales end at 2:30PM

Last entries due by 3PM

Winners will be notified via text  
between 3 and 4PM

Prizes must be claimed by 6PM on 6/25 or forfeited



**Gift Bags**

Premium Admission attendees, stop by the  
Registration for your gift bag before you leave!

**Babies & Bump Grand Prizes**

Ticket(s) given to attendees upon entry

Winning numbers will be displayed  
at Registration ~3PM

Prizes will NOT be posted online  
or available over the phone

Prizes must be claimed by 6PM on 6/25 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

