

## SEMINARS

### Pregnancy + Birth Seminar A

### Newborns + New Parents Seminar B

### Life with a Baby Seminar C

## DEMOS

Exhibitor Floor

## ACTIVITIES

Exhibitor Floor

11:00AM

Exhibitor floor opens at 11 a.m.

11:15AM

11:30AM



**What Birth Is Really Like**  
Lauren Crum, cd  
Laurelen Muller, cd  
Signature Birth Services

11:45AM



**The Fourth Trimester**  
Stacia Scott, FNP-BC  
Postpartum Care of Indiana

12:00PM



**Baby's First Foods**  
Bethany Ferguson, RD, IBCLC  
Ferguson Nutrition

**Babywearing**  
Babywearing Library

12:15PM

12:30PM



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

12:45PM



**Bringing Baby Home**  
Dawn Boys-Sibley, RN  
The Mama Coach

1:00PM



**Navigating the First Year of Sleep**  
Richelle Clayton, R-PLC, CD-L, PIC  
From Pregnant to Parent

**Playing with Baby**  
Gymboree Play & Music

1:15PM

1:30PM



**Birth Partner Boot Camp**  
Nina Koehler, cd  
Blue Egg Birth Stories

1:45PM



**Postpartum Wellbeing**  
Lauren Alcorn, PMHNP-BC  
Innate Way Wellness

2:00PM



**Breastfeeding & Returning to Work**  
Dr. Lindsay Moore, MD, IBCLC  
Lindsay Moore MD

**Movement During Pregnancy**  
Sacred Spines Chiropractic

2:15PM

2:30PM

2:45PM

**Safe Sleep**  
Cribs for Kids

**Breastfeeding Positions**  
Dianne Cassidy Consulting

3:00PM

Exhibitor floor closes at 3 p.m.

**Comfort Measures for Labor**  
From Pregnant to Parent

### 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!*

jamie grayson



**Baby & Bump Photos**  
Memory Lane Photography

**Babywearing Test Drives**  
Babywearing Library

**Car Seat Safety Clinic**  
Marion County Public Health  
Department / Safe Kids Indianapolis

## GIVEAWAYS & PRIZES

### Registration

#### Charity Raffle

Proceeds donated to  
The Milk Bank

Ticket sales end at 2:30PM

Last entries due by 3PM

Winners will be texted between 3 and 4PM  
Prizes must be claimed by 6PM on 8/6 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 8/6 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



**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.



4:00PM