

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
Rachel Mans, BAI CD, S-BCPE, CBE
The NaturalBirth Site



Nutrition by the Trimester
Alyssa Flores, CPT, SSN, APNS
Dumbbells N Doughnuts



Pain Management Options in Labor
Jaclyn Wallace, cvd (TVL), BD
Jaclyn Wallace Doula Services



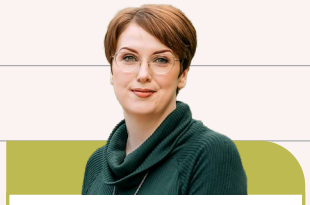
The Pelvic Floor
Dr. Brooke Kalisiak, PT, DPT
Legacy Physical Therapy



The Fourth Trimester
Kilah Lawson
Elephant Baby



Holistic Care for Pregnancy & Postpartum
Dr. Beth Becherer, dc
Turning Point Chiropractic



Breastfeeding Basics
Sarah Southards, cd, lc, CBE
Heritage Consulting STL



Preparing for Parenthood
Courtney Wilson, Ph.D.
Build Parenting



Sleep in the First Year
Kiersten Hansen
Concierge Sleep Consulting



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.

Babywearing
Greater St. Louis Babywearing

Pre- & Postnatal Fitness
Dumbbells N Doughnuts

Safe Sleep
Cribs for Kids

Comfort Measures for Labor
The NaturalBirth Site

The Pelvic Floor
St. Louis Women's Physical Therapy

Breast Pumps
BLISS Lactation & Postpartum Support

Infant CPR Basics
SSM Health Cardinal Glennon Children's Hospital

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!*



Babywearing Test Drives
Greater St. Louis Babywearing

Baby & Bump Photos
Aurora Photography & Design

Car Seat Safety Clinic
SSM Health Cardinal Glennon Children's Hospital / Safe Kids St. Louis

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 7/30 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 7/30 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