



The Premier Event for
New & Soon-to-Be Parents

COLUMBUS

April 21st • 11AM - 4PM

Renaissance Columbus Westerville-Polaris



30+ Exhibitors & Vendors • 9 Seminars • 7 Demos
Car Seat Safety Clinic • Babywearing Test Drives
Baby & Bump Photos • Lavish Gift Bags • Grand Prizes
Charity Raffle *...and more!*

SUPPORTED BY



SPECIAL GUEST



WELCOME!

Thank you for joining us at our 6th annual event in Columbus!

In my first few months as a new parent, I found so many incredible resources in our local birth and parenting community... after I needed them. And after meeting with other new parents, I realized I wasn't alone. That's why I created Babies & Bumps! We exist to empower you on event day and beyond. To inform you, build your confidence, make sure you know what your options are, and have the tools you need to advocate for your rights and preferences.

My goal is that you leave today with a realistic picture of what it's like to bring home a newborn, inspiration for how to care for yourself in your new role as a parent, ideas for how to support your little one's health and development as they grow from an infant into a toddler, and insight into where you can find help when you need it.

While you're here, be sure to visit with our event partners, who offer products, services, and resources in your back yard year round... as well as brands we believe in, like Bambaroo and Ceres Chill. Jamie Grayson will also be featuring top brands in his Baby Registry Lab booth from 11 to 2:30, and you can catch him at his keynote from 3 to 4, where he'll help you demystify top gear categories and make the right choices for your lifestyle and budget. There are also a ton of giveaways!

Throughout the day, you'll have access to a variety of experts in our 9 classroom-style seminar sessions and 7 skill-building demonstrations. You can check out the full schedule on page 10. You can also learn about babywearing and car seats in dedicated resource areas. This year at our Columbus event, we're proud to donate proceeds from our raffle ticket sales to the OhioHealth Mothers' Milk Bank. So, visit the raffle table, take a peek at everything that's been donated by brands and local businesses, and purchase tickets for a chance to win, if you'd like to support this worthy cause.

I'd like to give special thanks to Jamie Grayson / Baby Registry Lab, and Cribs for Kids, all of whom are on the road with us the entire season and supporting us in countless ways to make Babies & Bumps the best it can possibly be for all who join us this year.

Welcome to the Babies & Bumps family!
We're excited to meet you and honored to be invited into your parenting journey.

With love,

Monica

Monica Infante
Babies & Bumps Founder



EVENT DAY INFO



STICKERS

Wear these pink B&B stickers to gain access and re-entry to the event (and show our staff and security that you're a paid guest).



WRISTBANDS

Each of our guests with VIP Admission will receive a wristband at check-in. Hang onto these bad boys, as they're not replaceable and you'll trade them in at the end of the event for your gift bag. Please note that there's one gift bag per VIP ticket.



BABYWEARING TEST DRIVES *(Exhibitor Hall)*

The experts at Columbus Babywearing can show you how to wear your baby so you're both comfortable and safe. Stop by to try any of their carriers and wraps to find one that's right for you and baby.



CAR SEAT SAFETY CLINIC *(Exhibitor Hall)*

The best way to keep your little one safe in the car is to use the right car seat, the right way. Visit the experts at Safe Kids Central Ohio, who will highlight the ins and outs of car seat safety, including details about installation techniques, getting the right fit, and more.

LOUNGE *(Compass)*

You can feed your little one wherever you want to at Babies & Bumps! But if you prefer to have some privacy to nurse or pump, or your baby needs peace and quiet, the Lounge is available for your use.

Aqua-Tots Swim Schools



Aqua-Tots is on a mission to save lives by teaching children the skills they need to remain safe in and around the water and become confident swimmers. If you thought water safety and swimming was for older kids, think again! Aqua-Tots has classes for babies starting at four months. They're a fun way for parents and their baby to bond with each other and learn together.

With a 90-degree pool and 4:1 student to teacher ratio, they're the perfect place to help your little one become a lifelong swimmer. They also offer flexible schedules and make-up classes, so it's easy to fit baby's swim lessons into your life. Visit their table to learn more about their classes, register to win great prizes, and pick up a few freebies while you're there!

And if you take part in our charity raffle, you just might win an Aqua-Tots gift basket with a one-month gift card, children's swim goggles, and water toys!

**START
SWIMMING
TODAY!**

4 MONTHS & UP

90° POOL

YEAR ROUND



AQUA-TOTS
SWIM SCHOOLS

WESTERVILLE

614-984-3732
714 N. State St.
Westerville, OH

POWELL

614-682-8687
4018 Powell Rd.
Powell, OH

**GAHANNA/
NEW ALBANY**

614-407-3388
5984 N. Hamilton Rd.
Columbus, OH

aqua-tots.com

Bambiroo



It wasn't that long ago that purchasing eco-friendly products meant limiting your options and possibly sacrificing quality. Bambiroo is one of the companies changing that. They're on a mission to provide parents with the best baby feeding sets and teethers – all with a commitment to sustainability. They use only high-quality materials like BPA-free, food-grade silicone, wood, and bamboo to offer affordable, safe, and sustainable feeding products for your little one.

Their feeding sets are not only adorable, but also dishwasher safe and durable. And their unique feeding pacifier brilliantly combines feeding with teething in a way you just have to see.

One of the things we love about Bambiroo is that it's a family business based right here in Columbus! It's been a great way for the owner Tiffany Ann's two teenage sons to help out and learn about running a business. Her family is also in the thick of it with other Babies & Bumps attendees, as they're beginning their adoption journey!

Be sure to visit their table where they'll be demonstrating their products. You'll be able to buy their feeding sets and teethers right there, and they'll have some great giveaways, too!



About Us!

We are a family-owned and operated business located in Columbus, Ohio. Bambiroo was founded to support our family's adoption journey and our family long-term after that. We provide eco-friendly, sustainable baby feeding supplies for babies and toddlers. Our products do not contain harsh chemicals and are instead made using silicone and bamboo.



Shop Now!
www.Bambiroo.Com



Follow Us on Social Media



GIVEAWAYS & PRIZES

RAFFLE *(Registration)*

At every Babies & Bumps event, we hold a raffle in which guests can win prizes donated by our incredibly generous sponsors. For our Columbus event, the **OhioHealth Mothers' Milk Bank** will receive 100% of the proceeds from our raffle. As you find community, support, and connections at our event, we hope you'll consider supporting their mission to improve the health and survival of infants in need by providing them with safely pasteurized donor human milk when their parents' own milk is unavailable or insufficient.



Tickets are available at the registration desk for cash or credit. Sales will end at 2:30PM and last entries are due at 2:45PM. We will text winners between 3 and 4PM,

so make sure to write your cell number (with area code) clearly on your tickets! All prizes must be claimed by 6PM or they will be forfeited. There's one winner for each prize; if it's not claimed, it will be added to the raffle in our next city!

GIFT BAGS *(Registration)*

After enjoying all that Babies & Bumps has to offer, attendees with VIP Admission will leave with a gift bag full of goodies from our partners and sponsors!



GRAND PRIZES *(Registration)*

Upon arrival, all guests will be entered in our grand prize drawing. Those with General Admission receive one entry in the drawing and those with VIP Admission receive two entries. Winners will be contacted by text between 3 and 4PM via the cell number provided when they purchased tickets to the event. All prizes must be claimed by 6PM or they will be forfeited.

GEAR GIVEAWAYS *(Baby Registry Lab)*

Guests who attend Baby Registry Lab's session at 3PM will receive one entry for BRL's baby gear giveaways as they enter the room. Guests must personally join Baby Registry Lab to be eligible to win prizes from Jamie Grayson / BRL and their sponsors. Winning numbers will be announced during this session anytime between 3 and 4PM. Winners **MUST** be present to win.



BABY REGISTRY LAB



Visit Jamie on the exhibitor floor to test out gear from a variety of brands. Afterward, check out his don't-miss 60-minute keynote. **Jamie Grayson, CPST and baby gear expert**, will share insights on gear from top registry categories, like car seats, strollers, high chairs, and carriers... and there will be giveaways galore!

Gear Test Drives
on the Exhibitor Floor

11AM - 2:30PM

60-Minute Keynote
on the Main Stage

3 - 4PM

ABOUT

jamie grayson

Jamie Grayson, CPST, spent 4½ years as a product demonstrator and personal shopper in Manhattan, as well as a year at NYC's top birth education center. And he's been an internationally recognized baby gear expert and highly sought after speaker for 20 years! Jamie's passionate about helping parents make decisions on the best baby gear for their family through honest and entertaining product testing, reviews, and parenting events both virtual and in-person. We're thrilled and honored to be partnering with him all season long!





Tripp Trapp®
The Chair That Grows
With The Child™



Peg Perego



SEMINARS

Pregnancy + Birth Seminar A

Newborns + New Parents Seminar B

Life with a Baby Seminar C

11:00AM

Exhibitor floor opens at 11 a.m.

11:15AM

11:30AM

11:45AM



Breastfeeding Basics
Leah Christie, BSN, RN, IBCLC
L&M Lactation



**Fourth Trimester
Nutrition & Wellness**
Stacia Scott, FNP-BC
Postpartum Care USA



The First Year of Sleep
Alexa Lee, csc
Alexa Lee Sleep Consulting

12:00PM

12:15PM

12:30PM



**Pain Management
Options for Labor**
Cole Ramsey
Ohio Birth Center



**Breastfeeding &
Returning to Work**
Rebekah Scroggy, RN, IBCLC
Ceres Chill



Modern Motherhood
Ashley Germann, LISW-S, PMH-C
Modern Motherhood Therapy

12:45PM

1:00PM

1:15PM

1:30PM

1:45PM



Writing Your Birth Plan
Cayla Cupp, CLD, PICD, PEC, CBE
The Labor Doula



**Mental Health
After Baby**
Sarah O'Donnell, LISW, PMH-C
Sonder Psychotherapy



**Thriving Together
with Baby**
Chelsea Skaggs, cpc
Postpartum Together

2:00PM

2:15PM

2:30PM

2:45PM

3:00PM

Exhibitor floor closes at 3 p.m.



Baby Registry Lab with Jamie Grayson

Seating is plentiful, but first come, first served. *MUST be present to be eligible.*

4:00PM

DEMOS

GEAR

ACTIVITIES

Exhibitor Floor

Exhibitor Floor

Exhibitor Floor

Car Seat Safety
Safe Kids Central Ohio /
Columbus Public Health

Comfort Measures for Labor
The Labor Doula

Playing with Baby
Gymboree Play & Music

Postpartum Prep
Real Mama Co.

Safe Sleep
Cribs for Kids

Babywearing
Columbus Babywearing

Breast Pumps
Ceres Chill

Baby Gear Test Drives in Baby Registry Lab

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*



11:00AM

Baby & Bump Photos
Ce Moment Photography

11:15AM

Babywearing Test Drives
Columbus Babywearing

11:30AM

Car Seat Safety Clinic
Safe Kids Central Ohio /
Columbus Public Health

11:45AM

GIVEAWAYS & PRIZES

Registration

Charity Raffle

Proceeds donated to
OhioHealth Mothers' Milk Bank

Ticket sales end at 2:30PM.

Last entries due by 2:45PM.

Winners will be texted between 3 and 4PM.

Prizes must be claimed by 6PM on 4/21 or forfeited.



Gift Bags

VIP attendees, stop by Registration
for your gift bag before you leave!

1:15PM

1:30PM

1:45PM

2:00PM

2:15PM

2:30PM

Babies & Bump Grand Prizes

Winner/s will be drawn randomly and notified
between 2:30 and 3PM via the cell number used
to purchase their ticket.

Prizes must be claimed by 6PM on 4/21 or forfeited.

2:45PM

Main Stage

3:00PM

Baby Registry Lab Giveaways

Everyone who attends Baby Registry Lab will be
eligible to win baby gear prizes.

Doors open at 2:50PM.

MUST be present to win.

4:00PM

n, CPST

e to win BRL's baby gear giveaways.



SEMINARS

Pregnancy + Birth

Seminar A

11:45AM: “Breastfeeding Basics”

Presented by Leah Christie, BSN, RN, IBCLC, L&M Lactation

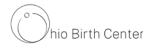
Dive into the essentials of breastfeeding with a seminar that demystifies it all. In this session, you'll discover how to ensure a proper latch, interpret your baby's feeding cues, and tackle common challenges like what to do if you're experiencing pain. Leave with practical tips and straightforward guidance to help you navigate breastfeeding with confidence.



12:45PM: “Pain Management Options for Labor”

Presented by Cole Ramsey, Ohio Birth Center

Explore the ins and outs of both medicated and natural pain management options for labor. In this session, you'll learn how each choice affects you and your baby, and discover how to make decisions that align with your preferences and needs. Leave feeling equipped with the knowledge you need to confidently choose the pain relief option/s that are right for you.



1:45PM: “Writing Your Birth Plan”

Presented by Cayla Cupp, CLD, PICD, PEC, CBE, The Labor Doula

In this session, you'll learn what a birth plan is and the role it plays in aligning your birth experience with your preferences and values. Explore the variety of decisions to consider in advance and the potential impact of these choices on your labor and birth. Walk away with guidance on how to share your plan with your midwife or OB, your rights in a hospital setting, and how to advocate for yourself.



Newborns + New Parents

Seminar B

12:00PM: “Fourth Trimester Nutrition & Wellness”

Presented by Stacia Scott, FNP-BC, Postpartum Care USA

Whether you're pregnant or in the thick of your fourth trimester, this session is for you! You'll learn about how your hormones and mental health change after having a baby, and hear about a variety of symptoms that are often dismissed as “normal.” Leave with strategies for using nutrition, supplements, and self-care to help you thrive postpartum.



Continued on page 14.

Postpartum Care USA



The postpartum period can be overwhelming, especially when it feels like every physical, mental, and emotional aspect of your energy is dedicated to nurturing your baby. But so much of what is often dismissed as "normal," may be treatable.

We're thrilled to be featuring Postpartum Care USA on event day! They're a holistic healthcare clinic exclusively devoted to postpartum care. And by focusing on preparation, sleep, supplements / nutrition, partner support, and coaching, they'll help you find the stability and healing you need during the fourth trimester.

Visit them at their table to ask your postpartum-related questions and learn all the ways they can help you thrive. They'll also have some great giveaways and be booking services at a 10% discount! Also, if you participate in our charity raffle, you could win a \$50 Visa gift card!

PPCU is
All About
Mama.



Postpartum Care
USA

I am thrilled that you have taken the time to read more about the passion and commitment that PPCU has for postpartum mamas like you!

I hope this brings you the confidence and permission to reach out and allow us to take care of you!

*love,
Stacia*

Ready to conquer postpartum together?

Contact us today at
Stacia@PPCareUSA.com or
visit PPCareUSA.com



PPCU
Postpartum Care
USA



1:00PM: “Breastfeeding & Returning to Work”

Presented by Rebekah Scroggy, RN, IBCLC, Ceres Chill

If you're breastfeeding, returning to work comes with its own set of planning needs. In this session, you'll learn how to build your stash, develop a pumping routine that works with your schedule, and safely store your milk. You'll also walk away with guidance about your rights in the workplace with respect to breastfeeding, and tips for how to have conversations with your employer.



2:00PM: “Mental Health After Baby”

Presented by Sarah O'Donnell, LISW, PMH-C, Sonder Psychotherapy

This session will shed light on the complexities of postpartum mental health. Gain insight into what Perinatal Mood and Anxiety Disorders (PMADs) are, as well as how hormone fluctuations, postpartum recovery, sleep deprivation, and the transition to motherhood can contribute to them. Learn about coping mechanisms and preventative self-care strategies, as well as how to recognize symptoms, and identify when to seek professional help.



11:30AM: “The First Year of Sleep”

Presented by **Alexa Lee, CSC, Alexa Lee Sleep Consulting**

Understanding your baby’s sleep isn’t just about rest, it’s about promoting their overall health and development. In this session, you’ll gain insights into sleep patterns, learn how to establish effective bedtime routines, and set realistic expectations for “sleeping through the night.” Leave equipped with practical tips to navigate sleep regressions and foster healthy sleep habits from the start.



ALEXA LEE
Sleep Consulting

12:30PM: “Modern Motherhood”

Presented by **Ashley Germann, LISW-S, PMH-C, Modern Motherhood Therapy**

In an era marked by social media pressures, work-life balance struggles, limited support networks, and heightened mental health concerns, this seminar offers a safe and supportive space to explore the realities of modern-day motherhood and set yourself up for success from day one. Gain invaluable insights, practical advice, and evidence-based techniques to promote mental wellness, strengthen family dynamics, and foster a positive parenting experience.

Ashley Germann LISW-S, PMH-C
MODERN MOTHERHOOD THERAPY

1:30PM: “Thriving Together with Baby”

Presented by **Chelsea Skaggs, CPC, Postpartum Together**

Becoming a new parent is a profound change, but it doesn’t have to sideline your relationship. In this session, you’ll gain insight into balancing the dual roles of partner and parent, ensuring that while you focus on your baby, your bond as a couple continues to thrive. Learn to effectively communicate, share the joys and challenges of new parenthood, and reinforce your relationship’s foundation, so you can create a strong, supportive environment for your growing family.



Postpartum Together



HOW TO BECOME A TEAM AS PARENTS AND PARTNERS SO THAT YOU CAN ENJOY MORE OF THE LIFE YOU’VE BUILT TOGETHER.



Visit the website



@postpartumtogether

DEMOS



11:30AM "Car Seat Safety"

Presented by Safe Kids Central Ohio / Columbus Public Health

The best way to keep your little one safe in the car is to use the right car seat, the right way. But what is the right seat for each stage and how is it installed and used properly? This demonstration will highlight the ins and outs of car seat safety, including details about choosing the right car seat for your child, installation techniques, getting the right fit, and when to change seats.



12:00PM "Comfort Measures for Labor"

Presented by The Labor Doula

Explore comforting and soothing options for labor and delivery in this demonstration. Learn about comfort measures like hand massagers, birthing balls, and more. Discover what they entail, how they are used, and how birth partners can assist. Leave feeling prepared with ways to find comfort during all aspects of labor.



12:30PM "Playing with Baby"

Presented by Gymboree Play & Music

Everything your little one absorbs at this age lays the groundwork for overall functional development. This demonstration will provide a preview of developmentally appropriate activities for your child! Gain insight into how you can engage in play with your little one, and understand the role of play in development.



1:00PM "Postpartum Prep"

Presented by Real Mama Co.

Prepare for your postpartum recovery with tips for what to pack in your hospital bag and practical skills like how to relieve perineal soreness. Learn about what the hospital will provide during your stay (and to take home!), supplies to stock up on, and strategies you can put in place before baby is born.

Continued on page 18.

Cribs for Kids



Understanding how to keep baby safe while sleeping is something every parent and caregiver needs to learn about. Cribs for Kids is a non-profit organization that educates parents about infant safe sleep and provides Cribettes (a safe sleep crib and playard) to families in need across the country. They're also a supporting sponsor of our 2024 season!

Stop by their table on event day to learn more and to check out the signature line of infant safety products offered through their sister organization, ette cetera! All the proceeds from those sales support Cribs for Kids and their national infant safe sleep initiative.

Cribs for Kids has also donated a 3-in-1 Potty to our charity raffle. This durable potty fits standard toilets and can be used throughout all three stages of toilet training.

While you're with us on event day, be sure to attend their safe sleep demonstration at 1:30PM on the exhibitor floor, where you can learn how to set up a safe and comfy sleep environment for baby!



Shop the Cribs for Kids signature line of infant safety products at ettecetera.com. 100% of the profits benefit Cribs for Kids' mission to help every baby sleep safer.



Use Coupon Code **SAFESLEEP10** at checkout to save 10% on your next purchase





1:30PM "Safe Sleep"

Presented by Cribs for Kids

Quality sleep is the foundation for growth and development, and safe sleep habits are essential. From sleeping positions and environment to cribs and bedding, in this demonstration, you'll learn how to provide baby with a peaceful, safe place to sleep each and every time.



2:00PM "Babywearing"

Presented by Columbus Babywearing

Just because you've given birth doesn't mean you need to give up the closeness (or convenience) that carrying your baby provides. The right baby carrier allows both wearer and baby to feel safe, secure, and comfortable, with weight evenly distributed. Learn about the different types of wraps and carriers, see them demonstrated, and learn how to decide what's right for you.



2:30PM "Breast Pumps"

Presented by Ceres Chill

Explore different types of breast pumps and discover how to pick one that will best fit your lifestyle and budget. This demonstration will highlight different types to purchase or rent, explain the difference between them, and provide information about getting the best product for your needs and billing through medical insurance.



Tired of being tired?

We can help your child become a little sleeper.

Sleep consulting services for children 0 to 5 years.

little sleepers ★ **BIG dreamers**

LittleSleepersBigDreamers.com



Two ratcheting canopies with UPF 50+ for sun protection and mesh windows for airflow



Hideaway Pull Handle



Transforms from push stroller to pull wagon mode



babytrend[®]
Quality • Comfort • Style

NAVIGATOR
Stroller Wagon




ergobaby™

jamie
grayson



SCAN HERE FOR BABY GEAR GOODNESS

BROUGHT TO YOU BY



tula™

PegPerego



evenflo.

Inglesina



britax

