

## SEMINARS

## DEMOS

## GEAR

## ACTIVITIES

### Pregnancy + Birth Seminar A

### Newborns + New Parents Seminar B

### Life with a Baby Seminar C

### Exhibitor Floor

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11:00AM

Exhibitor floor opens at 11 a.m.

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



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



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



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



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



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



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



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



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



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



**Baby Registry Lab with Jamie Grayson, CPST**

Seating is plentiful, but first come, first served. **MUST** be present to be eligible to win BRL's baby gear giveaways.

**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



**Baby & Bump Photos**  
Ce Moment Photography

**Babywearing Test Drives**  
Columbus Babywearing

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

## 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!

**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.

Main Stage

**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.

