

**CLASSES**

**DEMOS**

**GEAR**

**ACTIVITIES**

**Pregnancy + Birth**

**Newborns + New Parents**

**Life with a Baby**

Room A

Room B

Room C

Ballroom

Ballroom

Ballroom

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.



**Breastfeeding Basics**  
Abigail Miles, RN, IBCLC  
LatchLine




**Emotional Wellness for New Moms**  
Chloe Ford, LCSW  
Thereafter Therapy



**Birth Planning**  
Stephanie Kraft Sheley, JD, MHA  
Kraft Sheley Law



**Teamwork After Baby**  
Lindy Cashdollar  
WTF Parenthood



**The Pelvic Floor**  
Jana Richardson, PT, DPT, WCS, PRPC, CIDN  
Chicago Pelvic Health and Wellness



**Newborn Care Basics**  
Kaela Redmond, BSN, RN  
Fourth Trimester Training



**Sleep in the First Year**  
Jessica Byrne  
My Dreamy Sleeper



**Baby's First Foods**  
Alison Smith, MS, MBA  
Heartful Sprout



**Breastfeeding & Returning to Work**  
Cindy Rubin, MD, IBCLC  
In Touch Pediatrics and Lactation

**Babywearing**  
Ergobaby

**Newborn Care Basics**  
Fourth Trimester Training

**The Pelvic Floor**  
Chicago Pelvic Health and Wellness

**Safe Sleep**  
Cribs for Kids

**Comfort Measures for Labor**  
Mamma Jamma Dance & Maternal Wellness

**Postpartum Prep**  
Partum Health

**Infant CPR**  
In Touch Pediatrics and Lactation

**Baby Gear Test Drives**  
with  
Jamie Grayson, CPST

Get answers to your registry and product safety questions, and try out gear from top brands ...*all in the ballroom!*



**Babywearing Test Drives**  
Ergobaby & Tula


**Swaddling Practice**  
Fourth Trimester Training

**Baby & Bump Photo Booth**

**GIVEAWAYS & PRIZES**

**Check-in**

**Charity Raffle**  
Proceeds donated to:  
**Mothers' Milk Bank of the Western Great Lakes**  
Ticket sales end at 2:45PM / Last entries due by 3PM.  
We're cashless!  
Winners will be texted between 3 and 4PM.  
Prizes not claimed by 5PM on 4/27 will be forfeited.



**Gift Bags**  
VIP attendees, stop by our Check-in desk for your gift bag before you leave!

**Babies & Bump Grand Prize**  
Winner will be drawn randomly and notified between 3 and 4PM, via the cell number used to purchase their ticket.  
Prizes not claimed by 5PM on 4/27 will be forfeited.

**Keynote**

**Baby Gear Giveaways**  
Everyone who attends Jamie Grayson's keynote session will be eligible to win baby gear prizes.  
Attendees **MUST** be present to win.

**Keynote on the Main Stage with Jamie Grayson, CPST**

Doors open at 2:55PM. Seating is plentiful, but first come, first served. **MUST** be present to be eligible to win baby gear giveaways.