



10:00AM

## Kick-off Panel Discussion

Hosted by Monica Infante, Babies & Bumps Founder & CEO. Check-in begins at 9:30AM and doors open to the Main Stage at 9:45AM. Seating is plentiful, but first come, first served.

**Lactation**  
Denisse Mejia, IBCLC  
Texas Breastfeeding Center

**Birth & Postpartum**  
Lisette Saleh, PhD, MSN, RNC-OB  
Belly to Baby Coaching

**Mental Health**  
Jasmine Stephens, MD  
Perinatal Psychiatry of Dallas

**Pelvic Floor**  
Alex Taylor, PT, DPT, PRPC, PCES  
Texas Health Plano

### Pregnancy + Birth Classroom A

### Newborns + New Parents Classroom B

### Life with a Baby Classroom C

### Skill-Building Demos Ballroom

### Activities 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



**Birth Partner Boot Camp**  
Doreen Brass, RN, IBCLC  
The Mama Coach



**Pain Management Options for Labor**  
Jessie Prim, ICEA, ICCE, ICBD  
Texas Health Plano



**Postpartum Planning**  
Kaitlyn Grace Schaefer, MA, CD, CYT-200, CPYT-85  
Mothering with Grace



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



**Breastfeeding Essentials**  
Veronica Schaedler, BSN, RN, IBCLC, LCCE  
Texas Health Plano



**Mental Health for Moms**  
Thea Jones, LCSW  
Her Seasons Therapy & Wellness



**Baby Basics**  
Kaela Redmond, RN, BSN  
Fourth Trimester Training



**Sleep in the First Year**  
Amber Kidd, CPSC  
Sleepy Kidd Consulting



**Breastfeeding & Returning to Work**  
Tiffani Dickerson, RN-IBCLC  
The Breast Choice Lactation



**Infant CPR & Home Safety**  
Elizabeth Bondy Reynolds, RN, BSN, RNC-NIC  
Texas Health Plano

**Car Seat Safety**  
Texas Health Plano

**Newborn Care Basics**  
MD Kids Pediatrics

**Labor & Birth Positions**  
The Placenta Pill

**Prenatal Yoga**  
Mothering with Grace

**Breast Pumps**  
The Breast Choice Lactation

**Comfort Measures for Labor**  
Belly to Baby Coaching

**Safe Sleep**  
Texas Health Plano

Exhibitor Floor Open

**Baby Gear Test Drives**  
Baby Registry Lab with Jamie Grayson

**Car Seat Safety Clinic**  
Texas Health Plano

**Babywearing Test Drives**  
Dallas Wearing Community

**Giveaways + Prizes**  
Welcome Desk

**Charity Raffle**  
Proceeds donated to:  
Mothers' Milk Bank of North Texas

**Gift Bags**  
VIP attendees, stop by our Welcome Desk for your gift bag before you leave!

**Babies & Bumps Grand Prize**  
Winners texted between 3 and 4PM and pick-up required by 5PM.

**Keynote**  
**Baby Gear Giveaways**  
Everyone who attends our keynote session will be eligible to win baby gear prizes.



Doors open at 2:50PM. Seating is plentiful, but first come, first served. MUST be present to be eligible to win baby gear giveaways.