



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.

Birth & Postpartum
Trish Ware, RN
Labor Nurse Mama

Pelvic Floor
Brooke Kalisiak, PT, DPT
Legacy Physical Therapy

Mental Health
Shannon Lenze, PhD
Wash U Perinatal Behavioral Health Service

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 Planning
Tia Wente, CD, CCBE
Metro-East Birth & Baby



Pain Management Options for Labor
Taryn White, MD
BJC Medical Group West End OBGYN



The Pelvic Floor
Ashley Williams, DPT
PelviMama Physical Therapy



Keynote on the Main Stage with Jamie Grayson, CPST

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



Breastfeeding Essentials
Molly Veltz, RN, BSN, IBCLC
Missouri Baptist Medical Center



Postpartum Planning
Ali Kochtanek, PCD
New Mom School



Breastfeeding & Returning to Work
Katie Croslow, RN, CLC
Daily Dose



Sleep in the First Year
Kim Lorenz, OTR/L, NTMTC
Grow Well



Developmental Milestones
Alyssa Hoyer, PT, DPT
Together in Motion Therapy



Newborn Home Safety
Laird Vermont, MD
Monarch Pediatrics

Babywearing

Greater St. Louis Babywearing

Push Positions

Labor Nurse Mama

Car Seat Safety

Safety Stop

Feeding Skills

Grow Well

Fitness for Moms

FIT4MOM

Tummy Time

Together in Motion Therapy

Comfort Measures for Labor

BJC HealthCare

Exhibitor Floor Open

Baby Gear Test Drives

Baby Registry Lab with Jamie Grayson

Car Seat Safety Clinic

Safety Stop

Babywearing Test Drives

Greater St. Louis Babywearing

Giveaways + Prizes

Welcome Desk

Charity Raffle

Proceeds donated to:
The Milk Bank

VIP 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.

