

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 Prep
Bryn Yozzo, CLD, CPD, CNPE, CCBE, LE
New England Doula Support

Lactation
Paula Norcott, IBCLC
Maine Mother & Co.

Mental Health
Rophe Mason, DEM, CD, CLC
Root + Rise Perinatal

Pelvic Floor
Kimberly Norton, PT, DPT
Weeks Wellness

11:00AM

Pregnancy + Birth Classroom A

Newborns + New Parents Classroom B

Life with a Baby Classroom C

Skill-Building Demos Ballroom

Activities Ballroom

11:15AM



**Nutrition in
Pregnancy & Beyond**
Andrea Dynes, MS, RD, LDN
Coord Health



Baby Basics
Ashley Argella Denham, BSN, RN
Nurtureley



Sleep in the First Year
Bryn Yozzo, CLD, CPD, CNPE, CCBE, LE
New England Doula Support

Car Seat Safety
Jamie Grayson

11:30AM

11:45AM



Healing After Birth
Danielle Zamarelli, DNP, CRNA
The Tush Present

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



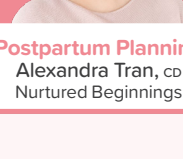
Mental Health for Moms
Rophe Mason, DEM, CD, CLC
Root + Rise Perinatal



Baby's First Foods
Brenda Anders Pring, MD
Essential Pediatrics

Safe Sleep
Cribs for Kids

Babywearing
Jamie Grayson



Postpartum Planning
Alexandra Tran, CD
Nurtured Beginnings



**Baby's Healthcare, from
Check-Ups to Challenges**
Rebecca Lockard, BCPA
Pediatric Patient Advocates



**Breastfeeding
& Returning to Work**
Paula Norcott, IBCLC
Maine Mother & Co.

Comfort Measures for Labor
New England Doula Support

Push Positions
Weeks Wellness

Infant CPR & Choking
Nurtureley

Exhibitor Floor Open

Snack Break

Little Sprouts Early Education & Childcare

Baby Gear Test Drives

Baby Registry Lab with Jamie Grayson

Baby & Bump Photos

Giveaways + Prizes

Welcome Desk

Charity Raffle

Proceeds donated to:
Mothers' Milk Bank Northeast

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.

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.

