

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 Prep
Melissa Lucchesi, CD, CLC, BS
Moon Sage Mama

Lactation & Postpartum
Iza Thiago-Munoz, MA, IBCLC
Clementina Health

Mental Health
Moya O'Leary, PsyD, PMH-C
Healing Clover Counseling

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



**Pain Management
Options for Labor**
Jaionna Harris, cd
Moon Sage Mama



Postpartum Planning
Iza Thiago-Munoz, MA, IBCLC
Clementina Health



**Calm, Confident,
and Ready for Birth**
Melissa Lucchesi, CD, CLC, BS
Moon Sage Mama



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



Mental Health for Moms
Moya O'Leary, PsyD, PMH-C
Healing Clover Counseling



The Pelvic Floor
Samantha Fazio, PT, DPT, PHC
New Mom School



Sleep in the First Year
Georgette Kerr, CPD
After the Stork



Baby's First Foods
Megan Bragg, PhD, RDN, LDN
Family Centered Nutrition Science



Thriving Together with Baby
Meaghan Fattizzi, LCSW, PMH-C
Equilibria Psychological
and Consultation Services

Infant CPR & Choking
New Mom School

Car Seat Safety
Jamie Grayson

Push Positions
New Mom School

Babywearing
Jamie Grayson

Birth Prep Stretches
Forever Strong Physical Therapy

Breastfeeding Positions
Clementina Health

Newborn Care Basics
After the Stork

Exhibitor Floor Open

Bloom Bar

Luna Bloom Experiences

Baby Gear Test Drives

Baby Registry Lab with Jamie Grayson

Nursing Bra Fittings

Davin & Adley

Baby & Bump Photos

Giveaways + Prizes

Welcome Desk

Charity Raffle

Proceeds donated to:
Mid-Atlantic Mothers' 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.

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.

