



# Birth & Babies Fair Schedule

Time	Pregnancy & Childbirth	Infancy & Toddlers	Family Life & Care	Childrens' Classes
11:30 am - 12:15 pm	<p>Exploring Home Birth: What's the Difference?</p> <p><i>Mairi Breen Rothman, M.A.M.A.S, Inc.</i></p>	<p>The Basics of Sleep</p> <p><i>Jessica Brodey, Eat-Sleep-Love</i></p>	<p>Four Key Steps to Finding the Right Sitter/Nanny</p> <p><i>Linda Quinones, Seeking Sitters</i></p>	<p>Zumbini</p> <p><i>Amanda Holliday, Bouncing Bambini, LLC</i></p>
12:45 pm - 1:30 pm	<p>Midwifery in a Hospital Setting</p> <p><i>Midwives of Medstar</i></p>	<p>Development and the Power of Play</p> <p><i>Kerrie LaRosa, LaRosa Parent Coach</i></p>	<p>Self-Care in the Fourth Trimester (Postpartum)</p> <p><i>Emily Griffin, Happy Parents, Happy Babies</i></p>	<p>Gymboree Bethesda</p>
2:00 pm - 2:45 pm	<p>PostPartum Strong</p> <p><i>Miriam Graham and Oyinda Awe, Restore Motion</i></p>	<p>Introduction to Wrapping</p> <p><i>Rachel Boarman, Wrapping Rachel Casey Clark, Tekhni Woven Sling Studio</i></p>	<p>Raising Healthy Eaters</p> <p><i>Jessica Braider, The Balanced Kitchen</i></p>	<p>You and Me Song Circle with Imagination Stage</p>
3:15 pm - 4:00 pm	<p>A Wellness Pregnancy</p> <p><i>Dr. Kat Kadin, Kadin Family Chiropractic &amp; Wellness Center</i></p>	<p>Breastfeeding 101</p> <p><i>Neva Powers, Holy Cross Health</i></p>	<p>What is Therapy and How Does it Help?</p> <p><i>Chana Lockerman, Rock Creek Counseling</i></p>	<p>Kids Break Room</p>