

idaho Baby & Tot Expo



Mommy and Me SEMINARS

10AM

7 HEALTHY SLEEP HABITS FOR BABIES AND YOUNG CHILDREN

Shannon Glenn, Sleep Well Children Consulting

11AM

LEARN THE 5 S'S TO SOOTHE A CRYING BABY

Wallene Stoddard, CNM, New Beginnings Birth Center

12PM

KEEPING YOUR BABY SAFE; ABC'S OF SAFE INFANT SLEEP.

Bart Buckendorf, Safe Sleep Educator and Paramedic
with Safe Start

1PM

FIT FOR BIRTH: PREPARING THE BODY AND MIND FOR DELIVERY AND BEYOND

Jenn Williams, Jenn Williams Life & Health Coach

