

Seminar Schedule:

DOOR PRIZES: Given away in Seminar Sessions!!!

Meeting Room A:

10a – 10:20a: Nutrition During Pregnancy. By Aubree Hays, MS, RD, CSP, LD, of Washington Regional Nutrition Services.

11a – 11:20a: Getting your Belly and Booty back after Baby. By Kristen Davidson, PT, DPT Washington Regional Pelvic Therapy/Outpatient Therapy Services.

12a – 12:20p: Prematurity – Risk factors, Ways to prevent, Signs of preterm labor, What to expect in the NICU. By The March of Dimes.

1p – 1:20p The ABC's of Sleep.

By The Arkansas Children's Hospital.

Meeting Room B:

10:30a – 10:50a: Healthy Babies are Worth the Wait. By Mary Pat Hardman, MD, of HerHealth Clinic.

11:30a-11:50p: Breastfeeding Basics.

By Brandi Sprouse, BSN, RN, IBCLC, of Washington Regional Women and Infants Center.

12:30p– 12:50p: Nutrition: Keeping Your Family Healthy with a New Baby.

By Aubree Hays, MS, RD, CSP, LD, of Washington Regional Nutrition Services.

1:30p – 1:50p: Breastfeeding 101. By Woman's Health Association.

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DIAPER RACES:

A race for crawling babies, under one year in age. Win a \$500.00 Gift Certificate towards New Tires from Fayetteville Tire and Auto

Game Times: 10:00a 10:30a
11:00p 11:30p
12:00p
12:30p - Finals

DADDY BOOT CAMP

Obstacle Course:

Dads get to test their new dad skills by competing in the obstacle course and could win a Flat Screen TV from Walmart.

Game Times: 10:15a 10:45a
11:15a 11:45a
12:15p 12:45p

Design your own Gerber ONESIES®

9:03a -2:00p



BABY SHOWER

DIAPER RACES

FASHION SHOW

CAR SEAT CHECKPOINT

EDUCATIONAL SEMINARS

DESIGN YOUR OWN GERBER ONESIES®

DADDY BOOT CAMP OBSTACLE COURSE



To benefit:
march  of dimes



Stage Schedule:

9:20a: GREETINGS and ANNOUNCEMENTS
from Darren Stephens of POWER 105.7.

10a: ATA Martial Arts Demo

10:30a: Quick Nutritious Meals Demo: By:
Optimal Nutrition Cooking Center

11:30a: ATA Martial Arts Demo

12:30p: Quick Nutritious Meals Demo: By:
Optimal Nutrition Cooking Center

1:30p: Matilda Jane Clothing FASHION
SHOW :

Featuring: Matilda Jane Clothing, Gerber Children's
Wear & Sam's Club!

**Honda of Fayetteville – Car Seat
Installation Demonstrations.**

By The Springdale Police Department:
11a, Noon & 1p

Car Seat Safety Checks courtesy of The
Springdale Police Department held in the
front of the main entrance on the east side of
the Jones Center.

Infant CPR– Taught by the Springdale Fire
Department. Learn life saving skills.

