

We know that your baby will be the center of your world, and you are at the center of ours. And that starts with Baby Grand. Join the happy family of moms who chose Woman's for their experience of a lifetime.

Meet the Pediatricians

Meet and interview several pediatricians before choosing the one you will entrust with your child's healthcare.

Tours

See firsthand why Woman's is the **Birthplace of Baton Rouge**. Tours will run every 30 minutes beginning at 8:30 AM in the Labor and Delivery waiting area on the second floor. The final tour will begin at 12:00 PM.



get **ready**

Presenting Sponsors

96.1
THE RIVER

102.5
WFMF
TODAY'S HIT MUSIC

WYNK
101.5

Event Sponsor

Gullen's
babyland & playland
A family tradition since 1971

Booth Sponsors

- | | |
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| Ameda Breastfeeding | Louisiana Department of Health - WIC Program |
| Associates in Pediatric Dentistry | Louisiana Office of Student Financial Assistance |
| Bayou Rose Photography | Mom 365 |
| Bayou time Babysitting and Nannies | Motherhood and Moods |
| Camp Bow Wow Baton Rouge | Preeclampsia Awareness |
| Capital Area Breastfeeding Alliance | StoryTime in the Garden |
| Capital Area Human Services District | Volunteers of America - Partnerships in Childcare |
| Cher Bebe Birth Stories | Western & Southern Life |
| Cherilyn Haines Photography | Woman's Center for Wellness |
| Coffey Insurance Agency (Allstate) | Woman's Lactation Department |
| East Baton Rouge Parish Library | Woman's Mom and Baby Boutique |
| Family Road Healthy Start Program | Woman's Pregnancy App and Prenatal Education |
| La Leche League | Woman's Research Department |
| Lexlee's Kids | |

Baby GRAND

Saturday, September 30 • 8:30 AM-12:30 PM

get ready for
the apple of
your eye


Woman's



Classes

Attend our classes for a chance to win a door prize

Natural Labor

Now, more than ever, mothers can choose how they experience labor. Learn about natural birthing options available at Woman's.

Meghan Bardwell, RN, BSN, Community Childbirth Educator, Woman's

Relieving Back Pain and Other Common Pregnancy Discomforts

Pregnancy can be tough on your body. Our physical therapist will show you how to relieve back pain, leg cramps, swelling and more.

Angela Page, PT, Woman's

Breastfeeding

A nurse specializing in lactation will discuss the benefits of breastfeeding. Gain an overview of how to prepare to breastfeed, how to get the baby on the breast properly, the father's role, what supplies are needed and how to avoid common problems.

Nicole Fox, RNC, IBCLC, NICU Lactation Consultant, Woman's

Just for Dads

A "What to Expect 101" for dads. So much focus is put on helping new moms, but dads need to get ready too! Learn tips and tricks on everything from "daddy nesting" to diaper changes!

Stephen Sanches, MD, Baton Rouge Clinic, Experienced Dad

Babies and Pets

Bringing a new baby home is an adjustment for every family member-even the family pet. Learn how to help your pet adjust and receive tips on what to look for when selecting a new family pet.

Stephen M. Lee, Jr., DVM, Sherwood South Animal Hospital

Patrick Ransom, Canine Training and Behavior Specialist, Camp Bow Wow

When Your Baby is Sick

When should you call the doctor? What are causes for concern? Get advice on your child's care and learn how to get the most from your visits to the pediatrician.

Brett Hutchinson, MD, Pediatric Medical Center

Allison Prevost, MD, St. Elizabeth Pediatricians

Bringing Baby Home

Learn what to expect about a newborn's ever-changing care. Discover what is normal and what is not. This class will cover common newborn conditions, rashes, normal bowel movements and umbilical cord care.

Rodger Elofson, MD, Associates in Pediatric and Adolescent Medicine

Christina Holmes, MD, Baton Rouge Clinic

Car Seat Safety

Car seats save lives and prevent injuries, but only when they are used correctly and consistently. Learn how to protect your precious cargo, beginning with the first ride home from the hospital.

Crystal Pichon, Executive Director, Lexlee's Kids, Child Passenger Safety Instructor

Class Times	Conference Rooms 1-3	Conference Rooms 4-5
9:00 AM–9:30 AM	Natural Labor	Relieving Discomforts
9:45 AM–10:15 AM	Breastfeeding	Just for Dads
10:30 AM–11:00 AM	Babies and Pets	When Your Baby is Sick
11:15 AM–11:45 AM	Bringing Baby Home	Bringing Baby Home
12:00 PM –12:30 PM	Car Seat Safety	When Your Baby is Sick

Due to space constraints, no strollers will be allowed.



get **ready** for a **berry sweet** day