

Seminar SCHEDULE

10:30AM
**PUZZLED BY PUMPING??
THE WHAT, WHY AND
HOW OF PUMPING**

Presented By

Katie Scott

Over the Moon Lactation Consulting



12:00PM
**HOW TO SURVIVE AND
THRIVE WHEN YOU ARE
SLEEP DEPRIVED**

Presented By

Heidi Christianson

Let Mommy Sleep of Idaho



1:30PM
**7 THINGS TO DO PRIOR
TO BABY'S ARRIVAL**

Presented By

Brian Birch

Treasure Valley Children's Clinic



3:00PM
**THE BENEFITS
OF DOULAS**

Presented By

Heather Norris

Treasure Valley Doulas

idaho Baby & Tot Expo

Seminars Sponsored By

