

## MAIN STAGE SEMINARS

**12:00pm - SpoonfulONE - How to Feed a Baby in 2022: Breastfeeding, Formula, Starting Solids & Ways to Reduce Food Allergy Risk**  
Dr. Wendy Sue Swanson MD, MBE, FAAP

**12:30pm - Delivery Day Do's and Don'ts - How to Have Less Stress and Prepare for it All**  
Natalie Diaz, Founder of Twiniveristy

**1:00pm - BabyBjorn - The Many Benefits of Babywearing with BABYBJORN**  
Sarah Quinn, BABYBJORN North America  
Emily McCormach, BABYBJORN North America

**1:30pm - buybuyBABY - Baby Registry Must Haves & Tips for Bulding your Dream Registry**  
Tammy Dotson, buybuyBABY

**2:00pm - EZPZ - Starting Solids: Feeding + Swallowing Milestones for Baby**  
Dawn Winkelmann, M.S, CCC-SLP

**2:30pm - Chicco - Car Seat Safety**

**3:00pm - SpoonfulONE - How to Feed a Baby in 2022: Breastfeeding, Formula, Starting Solids & Ways to Reduce Food Allergy Risk**  
Dr. Wendy Sue Swanson MD, MBE, FAAP

**3:30pm - BINGO**  
Join Sam & Jules for a fun BINGO game featuring registry must haves!

**Main Stage sponsored by**



SpoonfulONE

Prego Expo's Emcee: **Natalie Diaz**

Founder of Twiniversity and Bestselling Author - Natalie Diaz is not just a lactation consultant or child passenger safety tech. She's also the founder and CEO of Twiniversity, a revolutionary company that provides resources for multiple birth families and sometimes more!

