



# Saturday

## MAIN STAGE



10.30 am

Baby Sensory

### Baby Sensory Taster Session

A gentle and fun introduction to the world of Baby Sensory. Join us for a gorgeous mini session with cuddles, baby signing, movement, and more

11.15 am

Daisy Foundation

### Birth During A Pandemic

Find out more about what you need to know and how to prepare for labour and birth.

12 noon

Positive Birth Scotland

### Three Steps to a Positive Birth

from midwife, birth educator and birth trauma therapist Gemma Nealon.

1.30 pm

Diana Baker Photography

### Newborn Photography at Home

How to take great photos of your newborn baby at home during lockdown.

2.15 pm

Puddle Ducks

### Swimming With Puddle Ducks

Benefits of baby and pre-school swimming with an IntroDUCKtion to what to expect at our fun lessons!

3.00 pm

Safe Sleep Scotland

### Back to Basics, Back to Baby

Learn all about how to keep baby safe for all sleep times. You will leave the session understanding the 'why' behind safe sleep and how simple it can be to prevent sleep related accidents.

# SATURDAY SESSION SCHEDULE



10.30am

**Sano Pilates & Wellness  
Pregnancy Pilates**  
Join Heather for some mat based pregnancy pilates.

**Mum Me  
Fashion Display**  
Come & see our best sellers in our breastfeeding and maternity range.

**The Birthing Quilt**  
A Doula's Guide to Setting Up Your Home  
How to set your living space up for a supported postpartum.

11.15 am

**Samuel Sensory**  
The Benefits of Black and White for Baby Stimulation and Development

**From Acorn to Oak  
with Love**  
Baby Massage & Baby Yoga  
A fun and relaxing session for you and your baby.

**Mama Bamboo**  
How to Reduce Nappy Rash  
Why nappy rash occurs and how you can help your little one avoid developing it.

12 noon

**Little Pumpkins**  
Beyond the Baby Box Sling  
Exploring the different options of slings available for carrying once the baby box sling is no longer suitable.

**Baby Matter  
Sleep Matters**  
Why sleep is so important? What's normal? Expectations v realities in relation to newborn sleep.

**Lothian Childcare  
Solutions**  
How to Choose The Right Childcare For You and Your Child.

1.30 pm

**The Mummy Nanny**  
Postnatal Preparation, Planning and Support  
How to plan and prepare for your postnatal transition into the fourth trimester and beyond

**The Sensory Sessions  
Tummy Time Tips**  
The importance of tummy time on infant development and some ideas on how help your little one enjoy their tummy time.

**Hypopressive**  
What are Hypopressives?  
What Hypopressives are and how they can help you reconnect with your pelvic floor post birth.

2.15 pm

**Sano Pilates & Wellness  
Reformer Pilates in  
Pregnancy**  
A demonstration to introduce you to the pilates reformer.

**Twist Training**  
What To Do If Your  
Baby Chokes  
The differences between choking and gagging and what to do if your baby is choking.

**Best Birth**  
Calm and Relaxed  
Why preparing for birth and baby during pregnancy is important and how you can achieve the right birth on the day for you.

3.00 pm

**Family Payroll**  
A Complete Payroll Service  
When You Employ a Nanny or Carer

**The Birthing Well**  
Introduction to Hypnobirthing  
Come and find out about how hypnobirthing can benefit you and help you and your birth partner to have an empowering and positive birth!

**The Bear Hub  
Reflux!**  
What you don't know about reflux and why it's not normal.



# Sunday

## MAIN STAGE



10.30 am

Daisy First Aid

### First Aid, Fevers and Fast Action!

From febrile seizures to what you should do if your little one swallows something poisonous. This session will give you the first aid knowledge every new parent needs.

11.15 am

Baby Matters

### Be Ready to Parent

A mini taster session from our completely unique, hands-on "Be Ready to Parent" workshop, including what to expect in the early days, cord care, bathing, swaddling and settling techniques

12 noon

The Birth & Baby Space

### Story Massage

Join me and see how to use stories and songs alongside massage strokes, and discover the many benefits of positive touch for babies and their development.

1.30 pm

Mama Bamboo

### Eco- Nappies and Wipes, Which is Best?

3 billion plastic nappies & 11 billion wet wipes go into landfill every year. You have the power to change this by choosing eco-disposables. But which is best? Let us walk you through the various options.....

2.15 pm

Nurture The Play

### Childrens Yoga Session

A guided Yoga Story Session, Suitable for children 2 years and over.

3.00 pm

The Sensory Sessions

### Baby Brains, Sensory Development and Play

Lots of information on how baby brains and our sensory systems develop and some play ideas you can do at home too

# SUNDAY SESSION SCHEDULE



10.30am

## The Birthing Well Pregnancy Yoga

Move your body with some gentle yoga stretching and take some time out for you and your baby.

## From Acorn to Oak with Love

### Baby Massage & Yoga for Mobile Babies

A fun & relaxing session for babies on the move.

## Fairy Sleep Mother Sleep Success

Overtiredness, Sleep Associations, and how to achieve successful sleep with your little one.

11.15 am

## Born Ready Baby

### Introduction to Hypnobirthing

Feeling nervous about giving birth? Come and learn how hypnobirthing can help you go from totally bricking it, to totally bossing it!

## CalmFamily Scotland Connecting with Your Values as a Parent

Interactive session to help you feel confident in following your own parenting path.

## Sano Pilates & Wellness Postnatal Pilates

Join Heather for some mat based postnatal pilates.

12 noon

## Mini First Aid

### First Aid for all the Family

Top First Aid tips including what should be in your first aid kit and how to make mealtimes safe for your baby to reduce the risk of choking.

## Daisy Foundation

### Your Toolkit for Birth

Learn the tools and techniques for labour and birth.

## Rebecca Holmes Photography

### Getting Mums in Photos

Why it's essential you get in photos too and 10 tips to help you feel better about it.

1.30 pm

## The Caesarean Birth Specialist

### We Need to Talk About Caesareans

## Brenda Porter Sleep Solutions

My Top Tips for Great, Healthy and Safe Sleep for Babies and Toddlers.

## Little Pumpkins

### Beyond Birth Introduction

Using a simple journalling exercise & some mindfulness techniques Beyond Birth is designed to give you the tools to help your mental wellbeing

2.15 pm

## Graceful Changes Eco Babies

Exploring simple ways to live more sustainably with baby and beyond. Sharing ideas that can help you, help baby and help the planet

## Mabel & Moose Photography

Choosing The Right Photographer For You and Your Newborn.

## The Birth & Baby Space Packing Your Hospital Bag

What you might need to pack in your hospital bag for birth and for your baby, and why!

3.00 pm

## CalmFamily Scotland

### Demystifying Slings & Carriers

Sling Consultants discuss benefits of carrying, myth-busting, and tips for choosing a carrier

## The Mummy Nanny Mindful Hypnobirthing

A taster session to let you experience 'Mindful Hypnobirthing' & explore the unique combination of mindfulness & hypnosis.

## Daisy Foundation Using a Birthing Ball

Learn how you can use a birth ball in pregnancy as well as for labour and birth