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26

# BABY DAY<sup>®</sup>

2024 PRESENTED BY: FIRST 3 YEARS

## VIRTUAL PROGRAM

9:00  
AM

### **Everyday Connection**

**Renee Mirick, First3Years**

*Explore navigating tough parenting moments and embracing the journey of nurturing strong, positive relationships with your little one*

10:00  
AM

### **Safe Start: Car Seat & Safe Sleep Essentials**

**Karla V. Iraheta, Molina Healthcare**

*Make informed decisions and take proactive steps to safeguard infants at home and on the road*

11:00  
AM

### **Brain Building for Babies & Toddlers**

**Claudia Macias, The Hackett Center for Mental Health**

*Learn strategies to intentionally improve brain development for children ages 0 to 3*

12:00  
PM

### **How to Become Self-Sufficient**

**Lakisha Otis, Obtaining New Ground, Inc.**

*Foster social capital and individual skills necessary for long-term success*

1:00  
PM

### **Introduction to Infant Massage**

**Melanie Wattles, Babystrokes Infant and Child Massage**

*Learn massage strokes that can help with relaxation, sleep and offer relief from gas and colic*

2:00  
PM

### **Don't Stop Believin' in Snuggles: Harmonizing Felt Safety Through Toddler Tumult**

**Heather Pugh, First3Years**

*Foster connection, coregulation, and address challenging behaviors in very young children*