
**Program Facilitator:** Milissa Fellers, Senior Librarian, Early Literacy – [mfeller@ppld.org](mailto:mfeller@ppld.org)

**Topic: Birthing Plans, Labor & Delivery, and the First Week**

**Speakers:**
- Summer Hiett - Registered Nurse with Nurse Family Partnership, Colorado Springs
- Jennifer Green – Midwife with Organic Home Births, Colorado Springs

**Topic: Postpartum: The First Six Weeks**

**Speakers:**
- Amanda Baker - Licensed Clinical Social Worker with Mindful Springs Counseling, Colorado Springs
- Jennifer Green – Midwife with Organic Home Births, Colorado Springs

**Topic: Sleep and Self-Care**

**Speakers:**
- Antoinette Burns - DO, MPH | Visiting Associate Professor of Clinical Pediatrics | University of Colorado School of Medicine | Associate Medical Director, Colorado Springs Pediatric Sleep Lab | Pediatric Sleep Medicine | The Breathing Institute | Children's Hospital Colorado
- Teresa Littlefield - Registered Nurse with Nurse Family Partnership, Colorado Springs (*Talks about Purple Crying Period*)
- Silvia Lara, Peak Vista First Visitor's Program in Colorado Springs (*Talks about Self-Care*)
- Maria Pantoja Garcia, Peak Vista First Visitor's Program in Colorado Springs (*Talks about First Visitor Program*)
- Carolyn Moreno – Program Manager, Best Start Baby Boxes, Rocky Mountain Children’s Health Foundation in Arvada, CO (*Talks about the Baby Boxes*)

**Topic: Breastfeeding, Part 1**

**Speakers:**
- Mary Enger, RN, BSN, IBCLC - Lactation Consultant with Pikes Peak Lactation, Colorado Springs
- Amber Travis – R.D.N., IBCLC – WIC Registered Dietician Supervisor and WIC Breastfeeding Coordinator, El Paso County Public Health, Colorado Springs
- Lenna Gregory – CLE – Donor Relations and Outreach Coordinator with Mother’s Milk Bank, a part of Rocky Mountain Children’s Health Foundation in Arvada, CO

**Topic: Breastfeeding, Part 2**

**Speakers:**
- Mary Enger - RN, BSN, IBCLC - Lactation Consultant with Pikes Peak Lactation, Colorado Springs
- Lenna Gregory – CLE – Donor Relations and Outreach Coordinator with Mother’s Milk Bank, a part of Rocky Mountain Children’s Health Foundation in Arvada, CO
Topic: Early Literacy and Prenatal Yoga
Speakers:
- PPLD Family Place Librarians and staff
- Jenna Child – Certified yoga instructor – Monument, CO