

Prenatal Series - <https://ppld.org/whats-new/prenatal-series>

Program Facilitator: Milissa Fellers, Senior Librarian, Early Literacy – 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
- Erin Mason – R.D.N. – WIC, El Paso County Public Health, 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