



**calgary baby
& tot show**
For bump, baby and beyond



OCTOBER 28 & 29, 2023 GENESIS CENTRE

GENERAL ADMISSION \$12.00 - CHILDREN UNDER 12 FREE

- Daily Baby Bux Draws
- New & Exciting Products
- Educational Seminars
- Family Entertainment
- Online Discounted Tickets
- Daily Diaper Derby



CALGARYBABYSHOW.COM



/// BABY AND YOU

PRE-BABY & POST-BABY FITNESS CLASSES



FALL 2023

Baby & You Yoga

Nov.6-Dec.18 | 9-10am | \$91.00

Baby & You Aquafit

Nov.7-Dec.19 | 9:15-10:15am | \$91.00

Nov.9-Dec.21 | 9:15-10:15am | \$91.00

Baby & You Barre

Nov.8-Dec.20 | 9-10am | \$91.00

Baby & You Strong

Nov.10-Dec.22 | 9-9:45am | \$91.00

ONLY
\$13
a session

REGISTRATION
IS OPEN!



WINTER 2024

Baby & You Yoga

Jan.8-Feb.26 | 9-10am | \$91.00

Baby & You Aquafit

Jan.9-Feb.27 | 9:15-10:15am | \$104.00

Jan.11-Feb.29 | 9:15-10:15am | \$104.00

Baby & You Barre

Jan.10-Feb.28 | 9-10am | \$104.00

Baby & You Strong

Jan.12-Mar.1 | 9-9:45am | \$104.00



TRICO CENTRE FOR FAMILY WELLNESS

11150 BONAVENTURE DRIVE SE; CALGARY, AB
BESIDE SOUTHCENTRE MALL

WWW.TRICOCENTRE.CA



Prize Sponsors

Artistries By Sue

Baby Brands

Bare Necessities Kids

Beaners

Costco Wholesale

Family Tails Dog Training

Georgie, Harriet & Walter
Variety

Girl Guides of Canada

My Smart Hands Calgary

Once Upon A Child Varsity

Orange Naturals

Pawsitive Families

Pureform & Pureform Kids

Radiology

Scentsy

Swag Sponsors

Art Market

artmarketcraftsale.com

BioGaia Probiotics Canada

biogaia.com

Calgary's Child Magazine

calgarychild.com

Costco Wholesale

costco.ca

ET Browne Palmers

palmers.com

La Leche League Canada

lllc.ca

Lansinoh

lansinoh.com

Music in Nature

musicinnature.com

Optimum Perinatal Health

optimumperinatalhealth.com

Orange Naturals

orangenaturals.com

Partake Brewing

drinkpartake.com

Peekaboo Consultancy

peekabooconsultancy.com

Pink Zebra

pinkzebrahome.com/monicareichert

P3 Cohort Study U of C

ucalgary.ca



SEMINARS/ENTERTAINMENT ZONE

saturday

10:00am

Save my Pelvic Floor - Pregnancy & Postpartum Physiotherapy Tips

Join us for important pelvic floor tips and insights to better understand how to care for your pelvic floor as you journey from pregnancy into motherhood.

Presented by Gina- Marie Cerantola PT & Corina Kerrison PT from Optimum Perinatal Health

10:45am

Intro to Dogs & Storks

We will talk about some of the most important things to consider when you are preparing for life with a baby when it comes down to your dog.

Presented by Kari Joy, KPA, ABCDT, Family Paws Parent Educator, and Elysia Ostrander, CPDT-KA, Family Paws Parent Educator from Pawsitives Families & Family Tails Dog Training

11:30 am

Feeling Confident about Supporting your Baby's Sleep

We will briefly discuss the fundamentals of sleep, safe sleep guidelines, sleep environment and dressing your baby for sleep, wake windows, regularity and routine, navigating naps, development and more.

Presented by Denise Becker, Founder/ certified sleep and potty consultant from Peekaboo Consultancy

12:30pm

DIAPER DERBY

Let the Races begin! Bring your little crawler, register to race and share laughs. Registration begins at 12:00 pm.

1:15 pm

Tiny Hands, Big Connection: Bridging the Gap on the Path to Early Communication

Learn basic ASL signs babies use to communicate and reduce frustration by knowing what they want and being able to give it to them before verbal skills emerge.

Presented by Laura Peace, BCYC, Certified My Smart Hands instructor from My Smart Hands Calgary.

2:00 pm

Costume Parade with YYC Princesses - \$100 BABY BUX DRAW

Let your little one dress up in their favorite costume and join in on the parade dance party hosted by YYC Princesses at the Entertainment Zone. Following we will draw a lucky ballot for \$100.00 in Baby Bux to spend at the show!

2:45pm

Doula What?

The bizaare misrepresentation of Doulas and what a Doula actually is. Presented by Riley Baran, CD/PCD from The Doula Besties

3:30pm

Setting up your Child's Financial Future

Help your child achieve goals such as education, savings, a down payment on their first home or starting up a new business. We will share interesting facts about how you can financially support your children, how and where to save money and more!

Presented by Cecilia Nanez, Financial Planner from Alliance Financial Consulting

4:15pm

Intro to Dogs and Children

Come learn some effective bonding activities, ways to manage chaos, and how to set up for success. We talk about why our dogs seem to struggle with this time and what we can do to support them through it.

Presented by Kari Joly, KA, ABCDT, Family Paws Parent Educator and Elysia Ostrander, CPDT-KA, Family Paws Parent Educator from Pawsitive Families & Family Tails Dog Training

SEMINARS/ENTERTAINMENT ZONE

sunday

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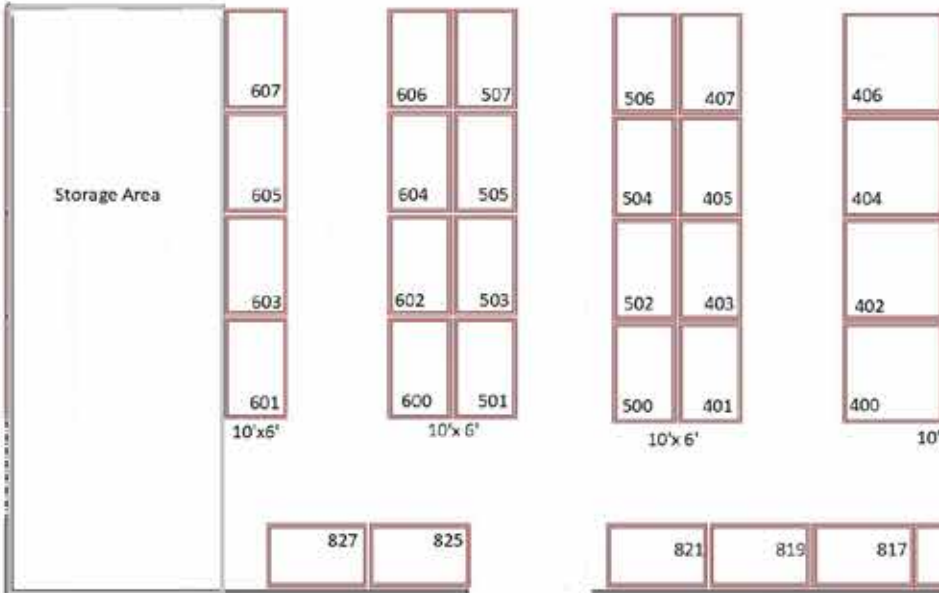
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EMERGENCY EXITS

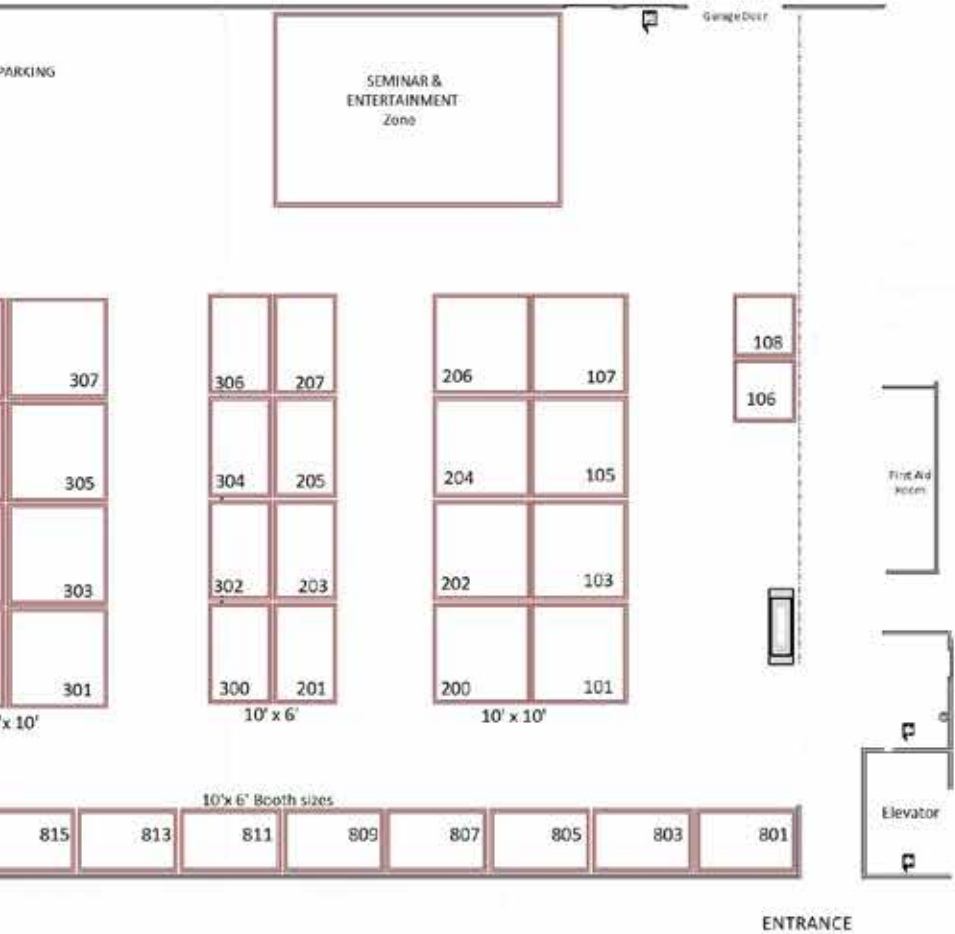
DREAMLAND RENTAL YYC
Play & Activity Zone

REST ZONE and STROLLER



Thanks to all o

Fall 2023 Floor Plan Genesis Centre



our exhibitors!

EXHIBITOR**BOOTH #**

Alberta Health Services EMS	606 & Outside
Alliance Financial Consulting	205
Artistries By Sue	302
Bare Necessities Kids	505
Boobyfood	407
Calgary Fire Department	300
Calgary Foodbank	602
Calgary French & International School	821
Calgary Mini Donuts Food Truck	Outside
Calgary Police Service	107
Car Seat Tech of Alberta	404
Closer To Home Community Services	403
Color Street	506
Costco Wholesale	603/605
CST Savings	817
Direct Ventures	503
Dreamland Rentals YYC	Feature Area
Egg Farmers of Alberta	105
Elevated Abilities	815
Food Coma Food Truck	Outside
Fresh Prep	809
Georgie Harriet 'n Walter Variety	402
Girl Guides of Canada	401
Health Canada	101
Huggabee Nursery Designs	305
Inspection Lifebank	301
Jena Lee Photographs	811
K&K Swim School	200
Lemon Heaven	400
Leon's Furniture	204/206
My Smart Hands Calgary	203

Once Upon A Child	807
Optimum Perinatal Health	304
Pawsitive Families & Family Tails Dog Training	502
Peekaboo Consultancy	207
Perinatal Embrace	601
Primerica	604
Pumpkin's Diaper Delivery	405
Pureform & Purekids Radiology	201
Sampes Babybrands	103
Scentsy	825/827
Sunridge Mazda	307
Sydney Crowe Coaching	504
The Doula Besties	813
The Happy Birthday Project	805
True Blue Swim School	406
Tupperware	501

4-Month Head Shape Checkup

ROKband Pediatric Headshape Clinic is your community resource for **infant head shape** information. We offer:

- Free head shape assessments for babies 3 - 18 months old
- Education for families regarding prevention and treatment options
- Treatment programs with ROKband - our FDA - cleared 3D-Printed Cranial Remodelling Orthosis



📞 1 844 944 3237

✉️ hello@rokbandclinics.ca

📷 @ROKbandClinics

🌐 rokbandclinics.ca

ENTER TO WIN

THE CHANCE TO WIN A STRIDER BIKE!



DREAMLAND RENTALS NYC WILL HAVE A WONDERFUL BIG SOFT PLAY ZONE FOR YOUR BABY AND TODDLER TO CHECK OUT SO BRING THEM TO THE SHOW TO EXPERIENCE EVERYONE'S FAVORITE PLAY STRUCTURE!



Whether you're a serious art collector, a lover of all things handmade, or are looking for something different for the people on your gift-giving list this year, this is the place for you! There really is something for everyone on your list for every occasion!



At The Happy Birthday Project, we believe that every child deserves to feel special and celebrated on their birthday. We work with local agencies that support families who are going through a time of crisis – whether that is a sudden change in their family dynamic, an unforeseen situation, or financial distress.

Do you want to support The Happy Birthday Project?

CURRENT NEEDS INCLUDE:

- | | |
|----------------------------------|---------------------------|
| Birthday Cards for Boys | Lego & Duplo Sets |
| Chocolate Icing Tubs | Craft Kits & Science Kits |
| \$10 - \$25 Gift Cards for Teens | New books for kids 8+ |

Donations will be accepted at the Fall Show



Costume Parade with YYC Princesses

Your little ones can dress up in their favorite costume and join the YYC Princesses in a dance party hosted by at the Entertainment Zone.

Saturday at 2pm | Sunday at 1:15pm



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