

The Philly Baby Bump Guide: Pregnancy, Postpartum, and Parenting in Philadelphia



To New and Expectant Moms in Philadelphia: Find the Resources You Need, When You Need Them Congratulations! You're about to enter one of the most profound, most beautiful stages of your baby's life, and maybe your own. As a new mom, you get bombarded with information on what to expect and what you need to do. You're told to attend classes, to hire doulas, to exercise, to plan baby showers. So then you have to find: * Who offers those services * What other types of services do they offer * What location is the most convenient * Which businesses actually have GOOD reputations... It's not fun. It's pretty much the opposite of fun for a lot of busy new and expectant moms. It may take you hours of research to really make sure you're getting the best services that fit YOUR exact needs. Not to mention the best bang for your buck. Which is why I created The Philly Baby Bump Guide. The Philly Baby Bump Guide is a listing of high-quality pregnancy, postpartum, and parenting services in Center City and surrounding neighborhoods. It's 60 pages packed with everything you'll want to know about services for new and expectant mothers in the downtown Philadelphia/Center City area... and beyond. The guide also includes interviews, tips, and articles from local maternity experts. Here is some of what you will find: * Comprehensive childbirth and parenting education classes * Well-known and trusted birth and postpartum doulas * Newborn and maternity photographers to capture those special moments * Pre & postnatal fitness classes for every level of desired activity * The very best ways to relax and heal, including prenatal massage * Retailers that carry maternity clothes, infant toys, or parenting products * Baby shower planners and venues, just to make it easier on yourself * Maternity & sleep consultants, and general tips on infant sleep *

Reputable and highly-recommended childcare providers in your area * Free services for mothers offered by local organizations * My personal Philly favorites, including baby-friendly restaurants

[\[PDF\] Frommers Vancouver & Victoria 2000 \(City Annual\)](#)

[\[PDF\] Collected Novels Volume 3](#)

[\[PDF\] La dame de Monsoreau \(Volume 2\) \(French Edition\)](#)

[\[PDF\] Zyeux Bleus \(Folio Policier\) \(French Edition\)](#)

[\[PDF\] Nobet](#)

[\[PDF\] Day Hikes in Steamboat Springs \(Day Hike Guides, No. 7\)](#)

[\[PDF\] Trompe Loeil Stenciling](#)

Shop Local Philadelphia Holiday Gift Guide Philly Baby Bump I spent a small fortune on 4 different pregnancy test brands just to be sure I am the founder of Philly Baby Bump, an online maternity and parenting resource for **Popular Archives - Baby Bump City Guide: Philadelphia** This Philly Baby Bump page includes a selection of Mommy and Me Yoga, is a list of mommy and me yoga, storytime, and activities in Philadelphia County. the muscles stretched and weakened by pregnancy and breastfeeding. A neighborhood resource for new and expectant parents in the Philadelphia area. **The Philly Baby Bump Guide - Baby Bump City Guide: Philadelphia** Special Needs Guide for Philadelphia Fam . Wake Up Yoga (South Philly, Fairmount, & Rittenhouse), Baby Bump Barre at Y2B Fit (Mt. Airy) **Prenatal and Postpartum Resources Every Philly Mom Needs** - 34 secClick Here <http://?book=1533224102Books> The Philly Baby Bump Guide **Philadelphia Pregnancy Deals and Discounts - Philly Baby Bump** The Philly Baby Bump Guide has 60 pages packed with information you will want The guide lists high-quality pregnancy, postpartum, and parenting services **Interview with After the Stork - Baby Bump City Guide: Philadelphia** Originally featured in Spring/Summer Edition of The Philly Baby Bump Guide health education to pregnant and parenting women through the babies 1st birthday. Cribs for Kids: Provides needy families in Philadelphia with cribs to help reduce prenatal, postpartum, and parenting events and classes in Philadelphia! **Postpartum Archives - Baby Bump City Guide: Philadelphia** SNAPSHOT: Maternal Wellness Group views birth and becoming a parent as **PHILLY BABY BUMP EXCLUSIVE INTERVIEW WITH KATHLEEN FURIN, FOUNDER:** I have always loved working with pregnant women and felt these choices with my friend who was a therapist specializing in post-partum depression. **Interview with Confident Parenting - Baby Bump City Guide** SNAPSHOT: Maternal Wellness Group views birth and becoming a parent as **PHILLY BABY BUMP EXCLUSIVE INTERVIEW WITH KATHLEEN FURIN, FOUNDER:** I have always loved working with pregnant women and felt these choices with my friend who was a therapist specializing

in post-partum depression. **Interview with Maternal Wellness Group - Baby Bump City Guide** The idea for Philly Baby Bump came to life when I found out I was pregnant I realized that Philadelphia did not have a website that was specifically OUR BABY CLASS: Offers prenatal and parenting classes that are simple, . BIRTH & POSTPARTUM DOULA Pregnancy, Childbirth, Newborn & New **The Philly Baby Bump Guide Spring/Summer 2016 - Issue** SNAPSHOT: Babytalk is a comprehensive baby planning and new parent PHILLY BABY BUMP EXCLUSIVE INTERVIEW WITH FOUNDER, MAGGIE A. The greater Philadelphia area is lucky to have many pregnancy and postpartum **Home - Baby Bump City Guide: Philadelphia** The Philly Baby Bump Guide has 60 pages packed with information you will want The guide lists high-quality pregnancy, postpartum, and parenting services **The Philly Baby Bump Guide: Pregnancy, Postpartum** - Philly Baby Bump is the Philadelphia edition of the Baby Bump City Guide. that help expectant moms to navigate pregnancy, maternity leave, and life after baby. Show All **FEATURED MOMMY AND ME ACTIVITIES DAY CARE PRENATAL AND POSTPARTUM FITNESS CHILDBIRTH CLASSES** Confident Parenting **Blog Page - Baby Bump City Guide: Philadelphia** PA is currently casting pregnant couples who are expecting their baby in 2016 and are looking for 10 couples for the first season in the Philly/NY/NJ/DE/MD area. prenatal, postpartum, and parenting events and classes in Philadelphia! **The Philly Baby Bump Guide - Baby Bump City Guide: Philadelphia** SUBSCRIBE Philadelphia baby bump and get exclusive access to special pregnancy and Prenatal offers Subscribe to our mailing list Philly Baby Bump readers receive XX% OFF their first Pregnancy Facial. to create step-by-step, personalized sleep solutions that suit the parents style and the childs personality. **Philly Baby Bump Ultimate Giveaway! - Baby Bump City Guide** SNAPSHOT: Confident Parenting is a sleep consulting company founded by Erica PHILLY BABY BUMP EXCLUSIVE INTERVIEW WITH ERICA DESPER, FOUNDER to get certified as a sleep consultant when I found out that I was pregnant. That is why I teach a variety of classes all over Philadelphia in addition to my **7 Community Maternity Resources in Philly That You Probably Didnt** Philly Baby Bump Guest Post by Kellie Wicklund, MA, NCP, LPC 5 Ways To Thrive In and get back into pre-pregnancy shape by 10 weeks postpartum (or my birthday). We want to lessen parenting stress by educating families on simple **Mommy and Me Yoga, StoryTime, and Activities in Philadelphia** Philly Baby Bump is Having The Ultimate G I V E A W A Y ! and includes services from Philadelphias top prenatal and postpartum maternity vendors! For the time being, its fine for a pregnant woman to attend Fit4Mom Stroller classes The giveaway winner (and her birth/parenting partner) will have the option to attend **none** Philly Baby Bump is Having The Ultimate G I V E A W A Y ! and includes services from Philadelphias top prenatal and postpartum maternity vendors! For the time being, its fine for a pregnant woman to attend Fit4Mom Stroller classes The giveaway winner (and her birth/parenting partner) will have the option to attend **Books The Philly Baby Bump Guide: Pregnancy, Postpartum, and** The Philly Baby Bump Guide: Pregnancy, Postpartum, and Parenting in Philadelphia eBook: Victoria Hefty: : Kindle Store. **Philly doula co op - Postpartum doula Philadelphia** SNAPSHOT: Babytalk is a comprehensive baby planning and new parent **GREATER PHILADELPHIA & WILMINGTON: Babytalk Maternity and postpartum** SPECIAL OFFER: Philly Baby Bump readers receive 10% OFF Babytalk Online For a more comprehensive pregnancy through bringing your baby home guide, **Casting Call - Due Date! - Baby Bump City Guide: Philadelphia** See who you know at Philly Baby Bump, leverage your professional network, and get hired. with prenatal, postpartum, and parenting services and events in the greater Philadelphia region. The Philly Baby Bump Guide: 60 pages packed with information you will want to pregnancy, parenting, postpartum, maternity **Philly Baby Bump Ultimate Giveaway! - Baby Bump City Guide** Affordable Skin Care is a Best of Philly, Philadelphia-based skin care salon that Philly Baby Bump readers receive 20% OFF their first Pregnancy Facial. personalized sleep solutions that suit the parents style and the childs Philly Baby Bump readers receive \$10 OFF a one hour prenatal or postpartum massage. **Blog Page - Baby Bump City Guide: Philadelphia - Philly Baby Bump** NJ Becomes First State with Universal Baby Box Program Originally featured in Spring/Summer Edition of The Philly Baby Bump Guide Philadelphia is home to education to pregnant and parenting women through the babies 1st birthday. **Interview with Maternal Wellness Group - Philly Baby Bump** The #ShopLocal Philly Baby Bump Holiday Gift Guide highlights specials, discounts, **AFTER THE STORK** has been Philadelphias premier postpartum doula Holiday Special: Two free gifts (for parents and baby) for new contracting clients a normal pregnancy, looking for birth support, processing a pregnancy loss, **Pregnancy Archives - Baby Bump City Guide: Philadelphia** SNAPSHOT: After the Stork is Philadelphias longest-running postpartum PHILLY BABY BUMP EXCLUSIVE INTERVIEW WITH FOUNDER, GEORGETTE KERR parents to set an appropriate sleep routine and goals for their baby or babies. I recommend at least by the beginning of the second trimester of pregnancy.