



BEYOND THE BUMP BULLETIN

THIS MONTH'S NEWS AND INFORMATION:
VOL VII • MARCH 2024

NY TIMES WIRECUTTER SLEEP WEEK RECOMMENDATIONS



TIPS AND TOOLS THAT FINALLY HELPED GET OUR KIDS TO SLEEP



THE BEST BLACKOUT CURTAINS



OUR FAVORITE KIDS PAJAMAS



THE BEST WHITE NOISE MACHINE



BEST BASSINETS & BEDSIDE SLEEPERS



BEST BODY PILLOW

SEE ALL OF WIRECUTTERS RECOMMENDATIONS [HERE](#)

SUPPORT GROUPS

NEWBORN BABIES

BABIES BIRTH-3 MOS

WEDNESDAY
NOON

EVERY WEEK

BABIES 3-6 MOS

FRIDAY
10 AM

EVERY WEEK

BABIES 6-10 MOS

TUESDAY
10 AM

EVERY OTHER WEEK

BABIES 10-18 MOS

WEDNESDAY
10 AM

EVERY OTHER WEEK

TODDLERS & PRESCHOOLERS

FRIDAY
NOON

EVERY OTHER WEEK

MOMS OF TWO

TUESDAY
11:30 AM

EVERY OTHER WEEK

JOIN NOW



PRIVATE CONSULTATIONS

Looking for a little one-on-one time?

SCHEDULE A PRIVATE SESSION

[CLICK HERE](#)

Do you have a... **TODDLER OR PRESCHOOLER STRUGGLING AT BEDTIME?**

ANXIETY AROUND BEDTIME?

ARE YOU GETTING A MILLION QUESTIONS BEFORE BEDTIME?

ONE MORE KISS?
ONE MORE BOOK?
ONE MORE SIP OF WATER?



TRY A WORRY EATER!

INTERACTIVE BOOKS FOR BABIES & TODDLERS

OR CLICK ON INDIVIDUAL BOOKS TO SEE ON AMAZON NOW

SEE ALL OF THE BOOKS, AND MORE

