

**TUESDAY EVENINGS OCT 7-
NOV 4 (730PM-830PM)**

SMART START VILLAGE: WHERE FAMILIES GROW TOGETHER

A FREE WEEKLY ONLINE LEARNING SERIES

Get practical tips, connect with trusted local experts, and enjoy flexible workshops you can attend live or watch later on your time. Topics include:

- **Babywearing**
- **Nourishment for the Postnatal Mom**
- **Finding Your Joy**
- **Importance of Early Movement**
- **Helping parents lighten the mental load**



Brenda Sacino

PT, DPT, CBS
Playful Progress Pediatric PT



Krissy Bold

Mom Identity Project



Tara Ryan

Agenda Hero



Jenna Kim

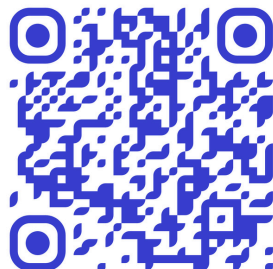
Seacoast
Babywearing



Paige Scudder

Nourish Holistic
Health & Nutrition

Click Here
or
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To submit questions for speakers
and receive the virtual meeting link

Questions? Reach out to
sklein@unitedwaynashua.org

Attend live or watch later on your time!

SMART START VILLAGE:

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Tummy Time and Beyond: The Importance of Early Movement

**Tummy time is important, but why?
Also, what else is important to do
with my new baby?**

Join Dr. Brenda Sacino, physical therapist and certified breastfeeding specialist as she shares the benefits of tummy time, tips & tricks for making it easier, other important purposeful play ideas. She will share why early movement is key for overall development, achieving motor milestones, and successful feeding. Expectations for motor milestone achievement will be discussed as well as time for Q&A

**Target Audience: Expecting Families
and those with infants 0-6 months**

**Tuesday October 7
730pm-830pm**

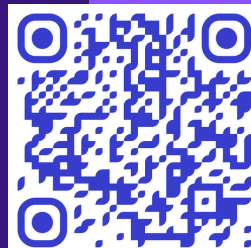


Brenda Sacino

PT, DPT, CBS

Playful Progress Pediatric PT

Dr. Brenda Sacino, PT, DPT, CBS is a doctor of physical therapy and certified breastfeeding specialist with over 16 years working with infants and toddlers. She has worked in a variety of settings, including hospitals, schools and patients' homes. Dr. Brenda is an adjunct faculty member at Tufts University and Franklin Pierce University. She is a mother to two preteen girls and can be found exploring the mountains and lakes of New Hampshire.



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GUEST SPEAKERS-CLICK NAME FOR BIOS

Krissy Bold

Mom Identity Project

Finding Your Joy

OCTOBER 14

Jenna Kim

Seacoast Babywearing

Babywearing

OCTOBER 21

Paige Scudder

Nourish Holistic
Health & Nutrition

Postnatal Nutrition

OCTOBER 28

Tara Ryan

Agenda Hero

**Lighten the
Mental Load**

NOVEMBER 4

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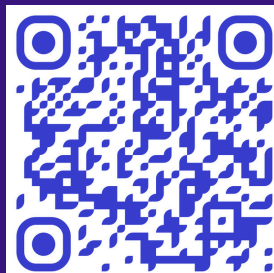
A FREE ONLINE LEARNING SERIES

Finding Your Joy Through 10 Day Challenges

One of the most unexpected parts of motherhood is waking up from survival mode and realizing you don't even know what you like to do anymore.

You may feel like something is missing, that you're not a whole complete person and you don't even know where to start to fill that gap. In this presentation, I'll teach you a simple, realistic method you can use to start trying new things, fight off mom guilt, and find your new "thing" that makes you feel like more than a mom.

**Target Audience:
Any parent/caregiver**



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**Tuesday October 14
730pm-830pm**



Krissy Bold

Mom Identity Project

Krissy is a mom of 2 young boys, a former teacher, and the host of the top podcast Mom's Guide to Finding Herself. Through the podcast and her business, Mom Identity Project, Krissy teaches moms to find new passions and embrace new opportunities through realistic, small steps that can actually be used in the chaos of parenting. Find her on social media @MomIdentityProject for quick tips and relatable content and visit momidentityproject.com to learn how you can work with Krissy to reconnect or start a side hustle that you can fit in during naptime or snack breaks

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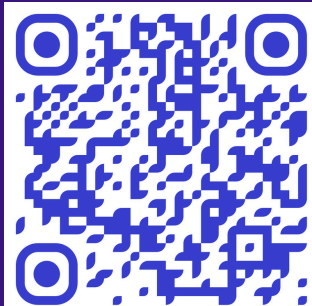
A FREE ONLINE LEARNING SERIES

An introduction to babywearing

A talk covering the benefits of babywearing, an overview of different carriers and basic safety checks

Target Audience: Any parent/caregiver, Prenatal/ Postpartum, Families with infants 0-1, Families with toddlers 1-2, Families with children 2+

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**Tuesday October 21
730pm-830pm**



Jenna Kim

Seacoast Babywearing

Jenna is a babywearing educator from London in the UK. She ran a busy babywearing lending library. She has brought her expertise to the Seacoast and runs a free monthly event at Portsmouth Public library in New Hampshire. Her goal is to demystify babywearing and help all families utilise this important tool.

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NOVEMBER 4

Tuesday, October 28th
7:30pm-8:30pm

Attend live or watch later on your time!

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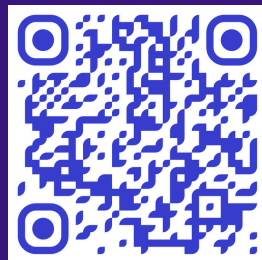
A FREE ONLINE LEARNING SERIES

Nourishment for the Postnatal Mom

Our conversation will focus on specific foods, nutrients + minerals for replenishing Mom and for supporting baby. We'll also touch on topics and tools such as meal prepping for post-partum, milk-supply boosting foods, and more!

**Target Audience: Prenatal/Postpartum,
Families with infants 0-1**

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Paige Scudder

Nourish Holistic Health & Nutrition

Paige Scudder, NTP got into the world of holistic health & nutrition after being diagnosed with an autoimmune condition in order to regain control over her symptoms. Her personal experiences led her to pursue a degree in Holistic Health Sciences, and after earning this, dove deeper into the world of holistic nutrition by enrolling in the Nutritional Therapy Association's Nutritional Therapy Practitioner (NTP) Program.

As an NTP, Paige works to honor the whole person, and to recognize that each and every body can heal. She takes a food-first approach to health and wellness, while also adding in lifestyle and well-being supports that help you live your most nourished life. Paige believes that there is no greater investment you can make than an investment in yourself!

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Tuesday November 4
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Tara Ryan

Agenda Hero

Tara Ryan is a sales leader, human-centered AI innovator, and executive coach dedicated to empowering parents with tools that foster self-trust and ease the mental load. She is the founder of Confidante, an AI-powered emotional support tool for mothers, and a strategic advisor to Agenda Hero, a smart calendar solution that turns messy messages into organized, shareable schedules in seconds. With over a decade leading sales at HubSpot and Brightcove, Tara now combines her tech expertise and advocacy for working families to build accessible, judgment-free solutions that help parents feel seen, supported, and more in control.

SMART START VILLAGE: WHERE FAMILIES GROW TOGETHER

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From Overwhelmed to Organized: How AI Can Help Parents Lighten the Mental Load

Parenting today comes with more than just love and care—it comes with calendars, logistics, reminders, sign-ups, and constant coordination. The mental load is real, and it's exhausting. In this hands-on workshop, we'll explore how AI tools can take the pressure off parents by transforming everyday chaos into calm. You'll learn how to use Agenda Hero, an AI-powered scheduling tool that turns messy emails, PDFs, flyers, and reminders into beautifully organized calendar events you can share with your village—instantly. We'll walk through: • What the mental load really looks like (and why it's so invisible) • How AI can offload time-consuming tasks like calendar entry and communication • How to use Agenda Hero to turn school schedules, sports flyers, and event info into digital invites in seconds You'll leave with practical tools, a clear understanding of how AI can work for you, and more time to focus on what matters most. This is a workshop for parents, caregivers, and chaos-coordinators who do it all—and are ready to share the load.

Target Audience: Any parent/caregiver



**TO VIEW RECORDINGS OF
GUEST SPEAKERS, VISIT
OUR WEBSITE**

OR EMAIL SKLEIN@UNITEDWAYNASHUA.COM

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