



# BEYOND THE BUMP BULLETIN

THIS MONTH'S NEWS AND INFORMATION:  
VOL IX • MAY 2024

2023

## STATE OF MOTHERHOOD SURVEY REPORT

FROM  
MOTHERLY



[TO SEE THE FULL  
REPORT](#)

**52%** WORKING MOMS  
SAY THE COST OF  
CHILDCARE HAS  
MADE THEM CONSIDER  
LEAVING THE WORKFORCE

**46%** NEARLY  
HALF OF  
MOTHERS  
ARE SEEKING  
THERAPY

OF MOMS  
SPEND @ LEAST

**67%**

\$1K/MOS ON  
CHILDCARE

**64%** NEED FLEX WORK  
SCHEDULES  
TO RETURN TO WORK

**62%** MOMS REPORT GETTING  
LESS THAN 1 HOUR TO  
THEMSELVES EACH DAY

**49%**  
NEARLY HALF  
OF ALL MOMS  
REPORT FEELING  
BURNED OUT BY  
MOTHER-  
HOOD

## FEEDING THE OLDER BABY

5 / 8 / 24  
9 AM  
ZOOM  
\$75

UPCOMING WORKSHOP!

### WE'LL TALK ABOUT:

- HOW TO START
- WHERE TO START
- WHEN TO START
- FOODS TO START WITH
- BABY LED WEANING
- CHANGING MILK NEEDS
- GOALS @ EACH AGE
- GEAR
- ALLERGIES AND MORE

## PRESCHOOL ADMISSIONS

5 / 7 / 24  
10 AM  
ZOOM  
\$75

UPCOMING WORKSHOP!

### WE'LL TALK ABOUT:

- WHEN TO START THE PROCESS
- TYPES OF PROGRAMS
- HOW TO CREATE A LIST
- WHAT TO LOOK FOR IN A SCHOOL
- THE ADMISSIONS PROCESS
- APPLICATION TIPS
- AND MUCH MORE!

[SIGN UP 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

# IN NEED OF A RELIABLE BABYSITTER?

REACH OUT TODAY  
FOR TRUSTWORTHY  
TEEN SITTERS!

LOOKING FOR RESPONSIBLE,  
PRE-VETTED SITTERS AGED 16-18?

LOOK NO FURTHER!