

Episode Descriptions – 300 series

Episode 301- The facts about the centuries old practice of waterbirthing; two remarkable differently-abled mothers; the roller coaster ride of pre - and post-natal emotions.

Episode 302- The benefits and risks of 3D and 4D sonograms; “ Legacy Mom” Margaret Mikol’s triumph over tragedy; how to disease-proof your child.

Episode 303- The Elizabeth Glaser Pediatric AIDS Foundation; the circumcision debate; Michelle Renee, author of “Held Hostage”, her gripping account of the day she became her daughter’s hero.

Episode 304- The Peaceful Touch day care technique harnesses the need for human touch; saving lives – The Safe Haven Law; three successful “Mompreneurs” teach how to launch your own business.

Episode 305- The rebirth of midwifery; perception of pain during labor; multicultural heritage in bi-racial families.

Episode 306- Breastfeeding 101; workplace rights for lactating moms; the challenges and joys of step-parenting.

Episode 307 – Momics – mom comics from around the country; keeping kids healthy; having it all – how to balance your life.

Episode 308 – Family bonding; permanent birth control; pre- and probiotics – their benefits and uses.

Episode 309 – Allergies in the home and new technology to fight them; how to care for your infant’s hair; doula – the natural childbirth choice.

Episode 310 – Couples therapy – how to thrive through parenting; the devastating effects of meningitis; online communities.

Episode 311 - Family travel and bonding; bath time fun and safety for your newborn; surviving divorce.

Episode 312 – Dad’s role in the childbearing years; advances in infant nutrition; The Momologues - the original comedy about motherhood.

Episode 313 – Child safety in the home; how to protect against whooping cough; honoring moms; living guilt-free.