

Moms Strong With Christ

Meeting Dates & Topics

Sept 6 – Meet & Mingle

Icebreaker, introductions, and group vision

Expectations for the Facebook group and ongoing support

The importance of your own research & key Bible verses for motherhood
(Isaiah 41:10, 2 Timothy 1:7)

Oct 11 – Car Seat Safety

Types of seats, secondhand seat safety, and state requirements

Rear-facing vs. forward-facing guidance

Proper installation demo and harness fit

Choosing the right seat for your needs and budget

Nov 1 – Feeding

Breast vs. bottle feeding

Pumping options and when to start solids

Purées vs. baby-led weaning

Feeding myths and safety tips

Dec 6 – Getting Ready for Baby

Baby's first Christmas ornament craft

Hospital bag planning

What to expect in the final stretch