



119 Alpine Drive
Syracuse, NY 13214
T: 315.445.0159
bellyosopregnant@gmail.com
bellyosopregnant.com

Belly O'So Pregnant

FOR MORE INFORMATION, CONTACT:

Trameca Campbell BS, ICCE

Phone: 315.445.0159

Email: bellyosopregnant@gmail.com

FOR IMMEDIATE RELEASE

**BELLY O'SO PREGNANT TO HOST MOTHER'S DAY EVENT AT
KOINONIA CENTER OF HEALTH**

Syracuse, N.Y., April 16, 2014 – Belly O'So Pregnant is pleased to announce that it will be hosting "Keep Calm and Get Your Zen On: A Mother's Day Retreat" at Koinonia Center of Health on May 11, 2014 from 11 a.m – 5 p.m. Koinonia is located at 6800 E Genesee St, Fayetteville, NY. Registration is \$99 for early birds until April 27 and will then be \$120 until the day of the event.

"Keep Calm and Get Your Zen On: A Mother's Day Retreat" is an event celebrating pregnant women and new mothers. The day will focus on health and wellness. There will be various services offered by Koinonia staff. Services include a yoga class, acupuncture, massages, and a gluten free, organic lunch. All activities and services are safe for pregnant women.

Please register at www.bellyosopregnant.com. For additional questions, please contact Belly O'So Pregnant at bellyosopregnant@gmail.com or 315.445.0159.

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FACT SHEET: BELLY O'SO PREGNANT

APRIL 2014

Background Information

Belly O'So Pregnant is a maternity education and consulting company located in Syracuse, N.Y. The primary focus of BOP is the mother, who will need undivided attention and support while going through her pregnancy. We make it our mission to care of the mother through all stages of motherhood: from the big belly, labor, delivery and even after her bundle(s) of joy is born.

Fast Facts

- Trameca Campbell, Founder
- Mother of 6
- Located in Syracuse, NY
- Internationally Certified in Childbirth Education

Our Mission

Freedom of choice based on knowledge of alternatives in supported maternity and newborn care.

Three Core Services

- **Maternity Concierge:** This is a full consultation service for preparation on your upcoming bundle of joy child. This service offers one-on one-education sessions in your home and is tailored to fit your needs. Consultation could be range from maternity wear and pediatrician searches, to meal delivery after the birth of your baby.
- **Childbirth Education Classes:** Belly O'So Pregnant offers childbirth education classes to build your confidence when giving birth. Our classes teach methods of relaxation, such as: massage, breathing, and meditation. We provide in-depth information on childbirth options, the physiology of labor, and emotional coping methods.
- **Breastfeeding Education:** This service provides an experienced educator to help make breastfeeding a rewarding and successful experience. A consultant can visit you in the comfort of your own home or you can join our breastfeeding support groups, to meet other mothers in the community, exchange information and experiences.

For more information about our company, please visit www.bellyosopregnant.com.

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**BACKGROUNDER: BELLY O'SO PREGNANT
APRIL 2014**

About Belly O'So Pregnant

The Belly O'So Pregnant company is a support system for expecting mothers in the Syracuse, N.Y. region. It offers maternity concierge services, childbirth education, and breastfeeding support, as well as childbirth information and opinions on debated topics through the Belly Blog. The business, founded by Certified Childbirth Educator and Concierge Trameca Campbell, will guide and support women and their support systems through pregnancy, labor, and birth.

Early History

Owner of Belly O'So Pregnant, Trameca Campbell is an upstate New York Childbirth Educator and Concierge and mother of six. She began Belly O'So Pregnant after having conversations with other women about their experiences with pregnancy and childbirth. Trameca was surprised to hear stories of women feeling inadequate to control and understand their own bodies during pregnancy. Since then she has made it her mission to empower women and help them understand and enjoy the miracle that childbirth is.

Maternity Concierge Services

Belly O'So Pregnant offers four different concierge packages to meet the expecting mother's and father's expectations and needs. The client receives a complimentary email or telephone consultation, to give you the opportunity to learn more about Mrs. Campbell and the services and packages that Belly O'So Pregnant provides. The packages range from \$150-\$625.

Belly O'So Glowing Package

This package includes a one hour, one-on-one in home consultation. It also includes "Baby Gear 101," explaining what to buy and where to buy it, custom baby registry for one store, and consultation for both the expecting father and expecting grandparents. The package is \$150.

Belly O'So Pregnant Package

This package includes two one hour, one-on-one in home consultations. It also includes

-- more --

“Baby Gear 101,” custom baby registry for two stores, consultation for both the expecting father and expecting grandparents, packing for the hospital, enlisting help around the house including preparing meals, mailing the birth announcements, and a prenatal session with Doula. The first session is four-to-six weeks before the due date, and the second is three-to-four weeks after your pregnancy. The package is \$375.

Belly O’So Pregnant & Busy Package

This package includes two one hour, one-on-one in home consultations. It includes everything from the Belly O’So Pregnant Package, plus: first outing preparation, thank you cards, monthly checklists and timelines, coordination of hospital preparation, nursery organization, one month of unlimited email consultation. The package is \$595.

Belly O’So Pregnant, Busy & Now Relaxed Package

This package is the highest level of services offered. Included are three one hour, one-on-one in home consultations. It includes everything from the previous packages, plus: two months of unlimited email and text consultation, home organization, breastfeeding and bottle feeding assistance, a photography session with a local photographer, child proofing the house, and referral to qualified nannies. This package starts at \$625.

Extra Services

There are more than 20 extra services that Belly O’So Pregnant provides, in addition to the packages. For more information, please visit www.bellyosopregnant.com/maternity-concierge.html.

Childbirth Education Classes

Childbirth education classes are designed to ease the fears of expecting mothers so they can go through labor confidently. These are six two-hour sessions independently covering pain relief techniques, birthing facilities and practices, the physiology and emotional aspects of labor and the post-natal period, and the actions to be taken by the support person on the big day. Women should be at least 26 weeks pregnant when starting the sessions.

Breastfeeding Support Groups

Breastfeeding support is intended to help mothers decide between breastfeeding and bottle-feeding and to teach mothers how to make breastfeeding a rewarding experience. Consultants can perform home location visits where the mother can address the difficulties of breastfeeding in her own home or mothers can attend breastfeeding support groups. The support groups are designed for moms to meet other moms and share their experiences of pregnancy, labor, post-natal, and breastfeeding. Mothers can bond and create relationships with other mothers going through similar experiences.

Mission Statement

Belly O’So Pregnant’s mission is to empower women and their support systems with help and guidance in order to embrace this amazing journey of pregnancy, labor and birth. We believe in freedom of choice based on knowledge of alternatives in supported maternity and newborn care.



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**TRAMECA CAMPBELL
FOUNDER**

Trameca Campbell is a mother of six who found her passion in the process of labor and childbirth. Mrs. Campbell is an internationally certified childbirth educator and concierge. After giving birth to her first child, she began conversing with other mothers and discussing their childbirth experiences. Sadly, she was surprised that so many of the mothers she spoke with felt powerless, doubtful and inadequate during labor and the process of childbirth. Mrs. Campbell's mission is to empower women, support and guide them in order to have a positive childbirth experience. She currently resides in Central New York. She graduated from Syracuse University with a bachelor's degree in psychology. She also graduated from the University of Pheonix with a master's degree in business administration. Mrs. Cambell is the founder and owner of Get Away Travel CNY, where she has been a travel agent since 2007.

Revised: April 2014

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