

We're excited for you to join us this year!

It's time to play!

We're playing #VillageQuestCLT Bingo to chat and share, over social media, all the recommendations and experiences that we would in a supportive mom's group. Only this time, you can win money for doing it. It's easy and fun.

Read the rules below and get to sharing.

Some Important Rules!

- The social media ID (Facebook, Instagram or both) you shared in your registration is how we will be crediting your efforts, so make sure to post from them.
- Always add the hashtag #VillageQuestCLT to all your posts so we can find them.
- Only posts "posted" between Mon. 10/5 at 8 am through Sat. 10/10 @ 5 pm will be counted.
- Be sure to make any posts you use for this competition are <u>public</u> so we can see them!
- If you do not have a social media presence but wish to compete, please email Cynthia at village@mindbodybabync.org for instructions.
- If you do not wish to share your baby's face on social media, fuzzing out of features is accepted. Or get creative!!
- <u>Help us spread the word</u>. Families must live in and around Charlotte with a child anywhere in the journey between conception and 2 years after delivery to be eligible.
- Win you've hit Bingo, take a picture of your card with it's completed squares and email to village@mindbodybabync.org by
- Have fun with it! And don't forget to share some love to our sponsors.....

#VillageQuestCLT #NurturingParenthood2020 @mindbodybabync @Atriumhealth @NovantHealth @AdjustingtheWorld @NodaBrewing











3rd Annual Murturing arenthood #VILLAGEQUESTCLT BINGO

Share the toughest part of your caregiving journey so far



Visit any one of Mind Body Baby's Support groups this week!

Post a family selfie at your fav place for a nature walk!

Post a selfie showing how you are TAKING CARE OF YOU this week.



Post a selfie of you and your family crew supporting locally owned businesses this week.

Write a post or a note of support & empowerment to an expecting mom



Mind Body Baby Newsletter HERE!

Mind Body Baby

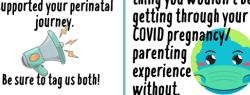
Visit or drink a beer @NODABrewing and share on Instagram. They'll donate a dollar for each taq!!!

#Dad-vice Post a sign selfie or quick video sharing vour best dad/ partner advice.

#Nurture Parenthood mindbodybabync.org

Post a pic of your ride sporting the Mind Body Baby Car Magnet

Give a shout out to your fave local professional that supported your perinatal iourney.



Post to share the one Share a quick video or thing you wouldn't be sign selfie thanking



Atrium Health

For Our \$500 Prize!

In honor of World Mental Health Day October 10 share a link to our New

Perinatal Directory (& it's ample mental health resources)

Share a pic of the most creative way your baby gets tummy time



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Post a your favorite parenting meme or quote

JJ .

Find Joy: post a pic from your own pregnancy/parenting journey so far that makes you smile or laugh out loud. Share a picture that is the epitome of today!

Tag a new or expecting parent you know on one of our Facebook or vour day Instagram Lives or Posts this week.

Share the most useful parenting book You've read!



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Visit or drink a beer @NODABrewing and share on Instagram. They'll donate a dollar for each taq!!!

Post to share your best baby budget hack!



Whose Your Celeb-Baby? post a side by side of your baby & its celebrity doppelgänger!

Post your answer!

"I wish someone would have told me about

when you have a baby."

Share your most cherish picture of your journey so far



TO WIN: 1) You must have registered @ www.mindbodybabync.org by 10/10/20. 2) All posts must tag #villageQuestCLT to be eligible 3) Five posts in a row = one entry to win \$500, 45 posts = five Entries to win, & All 25 posts = 10 entries to win