



3rd Annual VIRTUAL NURTURING Parenthood event

#Taking care of you IS taking care of your baby

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 public 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!!
- Help us spread the word. 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
VIRTUAL

Nurturing Parenthood

Event

#VILLAGEQUESTCLT BINGO

<p>Share the toughest part of your caregiving journey so far</p> 	 <p>Visit any one of Mind Body Baby's Support groups this week!</p>	<p>Post a family selfie at your fav place for a nature walk!</p> 	<p>Post a selfie showing how you are TAKING CARE OF YOU this week.</p> 	<p>#SUPPORTLOCAL</p> <p>Post a selfie of you and your family crew supporting locally owned businesses this week.</p>
<p>Write a post or a note of support & empowerment to an expecting mom</p> 	<p>Sign up for the Mind Body Baby Newsletter HERE!</p> 	<p>N.O.D.A. BREWING COMPANY</p> <p>Visit or drink a beer @NODABrewing and share on Instagram. They'll donate a dollar for each tag!!!</p>	<p>#Dad-vice</p> <p>Post a sign selfie or quick video sharing your best dad / partner advice.</p> 	<p>#Nurture Parenthood mindbodybabync.org</p> <p>Post a pic of your ride sporting the Mind Body Baby Car Magnet</p>
<p>Give a shout out to your fave local professional that supported your perinatal journey.</p>  <p>Be sure to tag us both!</p>	<p>Post to share the one thing you wouldn't be getting through your COVID pregnancy/parenting experience without.</p> 	<p>Share a quick video or sign selfie thanking</p>  <p>Atrium Health</p> <p>For Our \$500 Prize!</p>	<p>In honor of World Mental Health Day October 10</p> <p>share a link to our New Perinatal Directory (& it's ample mental health resources)</p> 	<p>Share a pic of the most creative way your baby gets tummy time</p> 
<p>“ Post a your favorite parenting meme or quote ”</p>	<p>Find Joy: post a pic from your own pregnancy/parenting journey so far that makes you smile or laugh out loud.</p> 	<p>Share a picture that is the epitome of your day today!</p> 	<p>Tag a new or expecting parent you know on one of our Facebook or Instagram Lives or Posts this week.</p> 	<p>Share the most useful parenting book You've read!</p> 
<p>N.O.D.A. BREWING COMPANY</p> <p>Visit or drink a beer @NODABrewing and share on Instagram. They'll donate a dollar for each tag!!!</p>	<p>Post to share your best baby budget hack!</p> 	<p>Whose Your Celeb-Baby? post a side by side of your baby & its celebrity doppelgänger!</p> 	<p>Post your answer!</p> <p>"I wish someone would have told me about _____ when you have a baby."</p>	<p>Share your most cherish picture of your journey so far</p> 



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, 15 posts = five Entries to win, & All 25 posts = 10 entries to win

4) To submit your game card - take a pic of your card with the squares you completed marked. Email it to village@mindbodybabync.org by 8 pm on Sat. 10/10/20, Along with your name and social media tags. 5) Winner(s) will be announced on Mon. 10/12/20

