



Baby

Pre-conception to Pre-school

the best things in life are

FREE
2020 EDITION

Ten fun ways to reveal if you are expecting a girl or a boy

Sensory development in childhood

Pregnancy related anxiety

Safety and newborn photography

For the toddlers

music classes, swim lessons, clothes, sensory toys

For mamas

massage, breastfeeding support, postnatal fitness, natural health, kinesiology, herbal tea, maternity wear, hair care, nursing necklaces

All things pregnancy

conception support, midwives, doulas, hypnobirthing, calmbirth, workshops, yoga, acupuncture, placenta encapsulation

Baby essentials

newborn and birth photography, swim lessons, nappies, keepsakes, infant first aid, teething accessories





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~ Sandra-Lea*


*"I have had no problems with my supply this time around, in fact it has been quite the opposite with ample breastmilk! Also, my mood was a lot more relaxed when taking the tablets"
~ Martha*

*"A few years back, there'd be NO WAY I would've done this. With the capsules, I felt level and grounded, despite the sleep deprivation and demands of life that continue"
~ Cathryn*



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Welcome

"Today you are you! That is truer than true. There is no one alive who is you-er than you! Shout loud "I am lucky to be what I am! Thank goodness I'm not just a clam or a ham or a dusty old jar of sour gooseberry jam! I am what I am! That's a great thing to be! If I say so myself, Happy Birthday to me!" Dr Seuss

With this edition we celebrate five years of Sunshine Coast Baby. From a tiny idea, this baby has grown and is now five, and as of this year, even has siblings around Australia with other cities releasing their own baby magazines. So we celebrated with a cake smash.

Five is a milestone. When my first child turned five, I felt like I had 'made it'. We had survived the early childhood years, and we had come out the other side alive, and mostly happy. I couldn't have done it without all the support of my community - of both professionals and mothers. Both kept me sane in the intense early years of mothering.

Within these pages you will find an abundance of local support. Please reach out; parenthood can be tough sometimes. And it is always okay to ask for support.

love natalie

Founder & Editor in Chief



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Interview with Kerin from Peachly

We caught up with Kerin, the founder of Peachly, and chatted all things memory keeping, motherhood and business.

I'm naturally curious and sentimental.

When I came across the baby book my mum filled out for me, I noticed that there were so many prompts that she didn't fill out. I think this was because they required too much detail, or were irrelevant, and it eventually became a chore for her to fill out.

There is something so authentic and sentimental about writing down your memories and sticking photos into a book by hand.

You're hand writing something, rather than typing it, and you're having to hand stick photos into a book, rather than dragging and dropping files into a virtual folder – but I think this is so great because it gives you more time to experience emotions relating to the memory you are recording.

Those first few years of being a mum are crazy busy. Over time, everything becomes a blur, and no matter how good your memory is, I can guarantee you will forget so many things along the way; things that you want to remember but just don't have anywhere to jot them down. I think it's so important to have a go-to place where you can record these precious memories, and when the time comes, to be able to look back and share these beautiful memories together with your child. This kind of bonding experience is something you can't just put a price tag on.

My focus is not just memory recording, it's also on memory making. I wanted to create something for people to announce their pregnancies to their family and friends in a way that was unique, and would be memorable for years to come. Plus, there are people out there who find it awkward to just bring up their announcement mid-conversation. Our scratchies make it that much easier for people who don't want to have to go through the awkwardness.

Every baby is different – some are easy as newborns and others aren't. And there are days where everything goes downhill, and you aren't enjoying those moments. It's totally OK to feel lousy on these days, and it doesn't mean you are a bad mother. Having people tell me that I should 'enjoy every moment' just made me feel guilty during these times.

The Sunshine Coast can feel small when you are starting a business.

I would tell new businesses to think bigger – take advantage of the online resources we have at our fingertips, and to sell internationally. There are so many platforms that connect small businesses to customers all over the world – be it Amazon, Ebay, Etsy, your own website – use these to your advantage.

Twenty years from now you will be more disappointed by the things you didn't do than by the things you did. Life is short. And can be sweet. Make memories and record them, so you can keep enjoying them.



Kerin Anne Fung is a mum of two girls and the founder of Peachly - a brand that fuses gorgeous, modern designs with traditional baby products. Shop their best selling baby milestone books, pregnancy announcement scratchies, swaddles, and more at www.peachly.com.au



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BABY, IT'S ONLY NATURAL provides new mums with practical advice and up-to-date information so they can confidently introduce new foods to their baby's diet.

This book emphasises the importance of building your baby's natural immunity, gut health microbiome, and the prevention of food intolerances and behaviour disorder. Including a week-by-week guide to introducing foods, explanation of baby-led weaning vs purees, food introduction guidelines, information about allergies and intolerances and recipes.

Available now on the website!

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Perinatal, Child & Family Psychology Clinic
CARLA ANDERSON • CLINICAL PSYCHOLOGIST

How do you “really” feel?

The perinatal journey can have its challenges, and this can be hard to talk about. Carla is passionate about providing psychological support for individuals, couples and families throughout this period, who may be experiencing difficulties.

Carla's areas of support include:

- Perinatal Depression and Anxiety (antenatal & postnatal)
- Grief and loss (miscarriage, stillbirth, and neonatal death)
- Fertility difficulties and IVF
- Premature birth
- Birth Debrief and Birth Trauma
- Support adjusting to the transitions to parenthood
- Children and Youth
- Women's Sexual and Intimacy Difficulties
- Trauma



Pregnancy related anxiety

"Oh, how many weeks are you? You must be so excited" asked the lady in front of Anna in the queue at Woolies.

"Um, thirty four weeks" replied Anna

"Oh, not long now!"

Anna smiled at her. But inside she felt that clawing sensation and tightness in her throat. Her breathing started to quicken and she knew she had to get out of the supermarket. Leaving her full trolley she ran out and managed to find her car. Her breathing was shallow and fast; she couldn't find her keys.

Damn. Come on, come on. Where are you?

At the bottom of her bag she found them. She unlocked the car and slid into her seat. She closed the door and started to focus on her breathing.

It started to slow. And silently, tears slid down her cheeks.

Pregnancy is a complex and vulnerable time for expectant mothers. They are going through major physical and emotional changes, which can increase the risk of depression and anxiety arising, even in women who have not experienced any before.

Unfortunately, mental health during pregnancy is not talked about very often, despite many expectant mums suffering its effects. The common belief that it's just "pregnancy hormones" can feel dismissive, and as though it's "normal" to feel down or anxious during pregnancy. But there are ways of identifying if mood changes are possible signs of perinatal depression and anxiety.

Some of the signs of depression and anxiety may overlap with some of the symptoms of pregnancy, such as tiredness, changes in sleep patterns or nausea. This can make it difficult to tell what to look out for. It is also possible that many women struggle to reach out for help, due to stigma and fear of judgment from others, if they were to say they were experiencing mental health difficulties.

So, what are some of the signs to look out for? Women may experience a range of symptoms including; excessive worry, irritability, low mood, loss of interest in usual activities, a decrease in self-confidence, and withdrawing from friends and family.

They may also experience a range of other pregnancy-related anxiety symptoms, such as; fear of childbirth, fear of something physically or mentally wrong with their baby, and concern about their changing appearance.

These worries tend to be things that are not necessarily considered by those closest to the expectant mother, so it's important to be aware of any worries you might be feeling, so that if the symptoms start impacting on your daily life, you can seek help to work through them.

Journaling or keeping a diary is a wonderful way of tracking your pregnancy journey and gives you a tangible way of looking back and making comparisons in your mood at different stages of your pregnancy.

If you, or someone you know have noticed some of these signs or symptoms, it can be helpful to find someone to talk to, whether it be family and friends, your GP, Midwife, Psychologist, Social Worker or the PANDA - Perinatal Anxiety & Depression Australia website at www.panda.org.au.



Carla Anderson is a clinical psychologist with many years of experience and a passion for working within the Perinatal field. Carla has been in private practice since 2005 with a focus on supporting individuals and families throughout the perinatal journey (preconception, pregnancy and postnatal), child and youth counselling and women's health concerns. www.carlaandersonpsychologist.com



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4 Important Things You Need to Know about IVF



FERTILITY SPECIALIST

Choosing a fertility specialist is important. Your journey can be emotional and stressful and having someone that you feel comfortable and confident with from the beginning can make all the difference. Some doctors will have infertility special interests, such as endometriosis, PCOS or recurrent miscarriages. If you know your infertility issue, then choose a specialist accordingly. Fertility Solutions have 5 fertility specialists based on the Sunshine Coast.

CLEAVAGE VS BLASTOCYST CULTURES

There are varying opinions regarding the best day of embryo transfer to achieve a baby. Cleavage embryos = Day 2-3 of development and blastocyst = Day 5-6. Science shows that blastocyst transfers have a better chance of a live birth. However, some argue that cleavage embryos have a better chance of developing to blastocyst inside the uterus, rather than in the laboratory. It is important that you ask about the best day of embryo transfer for your situation.

TREATMENT TYPES AND COST

Unfortunately, IVF or fertility treatments are not all the same from clinic to clinic. Some will only offer full cost cycles and others only low cost or bulk billed options. Like success rates and day of transfer, it is important to understand the type of treatment options available to you and in consultation with your specialist, make a decision on what treatment is best suited to your situation. Most clinics offer a free consultation with a fertility nurse, so take advantage of these so you can better inform yourself to make the best choice for your situation.

SUCCESS RATES – LIVE BIRTHS VS PREGNANCY RATES

An IVF clinics success rates are extremely important and you need to be familiar with how they are reported and advertised. At Fertility Solutions we measure success rates by clinical pregnancy[^] and live births. There is a difference between these as some clinical pregnancies fail to proceed to a live birth of a baby. The Fertility Solutions website has a calculator that reports success based on your age.

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Interview with Megan from Megan Willis Photography

We sat down with Megan from Megan Willis Photography and discussed all things newborn photography, safety, and what it takes to nail those shots. Here are some takeaways we loved:

I am always so inspired by how amazing women are. They grow and birth complete new humans, and I will never get tired of photographing babies in the early days.

Getting baby beautifully posed is a bit of an art form. A lot of parents haven't had experience with a newborn session, so they are definitely pleasantly surprised with the level of experience and expertise required to get "the" shot.



There is a lot of thought that goes into creating styled shots. Aside from the creative aspect, we always ensure babies are safe. They are never left unattended, and they are supported with hands on with advanced poses, when on posing surfaces or in props. Baby is never forced into a position and their circulation and breathing is always considered. As much time as needed is given for feeding and settling, so it's a relaxed experience for everyone.

Poop happens. We all have funny stories of baby poo explosions. It is okay to ask your photographer what their sanitation practices are, and how often they launder their props (psst, after every session!).



Babies cannot regulate their own temperature. Keeping the room at the right temperature for your baby is important; mottled skin, hot skin, a red face, or lethargy are all symptoms to watch out for, as they are indicators of overheating.

Workplace hazards take on a whole new level when working with babies and kids. It sounds so simple, but I am always aware of trip hazards, cords in the way, props that can tip over, or other equipment that could be unsafe around babies and toddlers. And in the editing process, photoshop is my friend. This is how I can safely get some more styled shots, whilst keeping bub very safe.

It's really important that parents choose a photographer who is experienced and well versed in safety. There are many photographers, and even though newborn photography is a very specialised genre, the industry does not have standardised requirements. It is up to parents to ensure the photographer chosen is professional, experienced, insured, up to date with their vaccinations, and treats baby safety with the utmost importance. Any professional will be happy to answer any questions you may have.

Megan Willis is a mother of two, and a professional photographer specialising in newborn photography. Inspired by your brand new little person, and the love you have for them, she'll capture their first days; a moment in time which passes too soon
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Herbal medicine in pregnancy - more than just a cup of tea

There is something to be said about the ritual of taking time to sit and pause, even if it's just for a few minutes, especially in the precious days of pregnancy, and in the postnatal period.

Incorporating daily self-care into your life, and making sure that you are not only nurturing your physical body, but your mental and emotional wellbeing too, is so important.

A simple and easy way to practice self-care daily is by stopping and pausing, while enjoying a herbal tea. In pausing and enjoying a cuppa, you are not only giving your nervous system a chance to slow down, but you are able to reap the benefits of the herbs too.

Herbal medicine is steeped in a rich and culturally diverse history. It's been well documented as far back as the early fourth century, and is still celebrated by many cultures around the world today. In the 21st century, science validates a lot of the traditional uses of herbal medicine, creating this wonderful relationship between old and new.

As a true holistic medicine, herbs are beneficial for treating the whole person, not just a collection of isolated parts. Furthermore, medicinal herbs are not only useful for when ailments occur, but are amazing at supporting wellness in people, to help them stay at the vital state of health, preventing illness down the track. A popular herb to use in the third trimester

is based on the oldest 'women's tonic' herb, Raspberry leaf, which has been used since ancient times by midwives, to help prepare the uterus for child birth. It has an action directly on the smooth muscle of the uterus, and helps to regulate contractions. It is safe to drink from the beginning of the third trimester, and combined with chamomile and nettle, this blend is specific for nurturing and supporting pregnant mother as she prepares for her birth journey and entering into her fourth trimester.

Breastfeeding, a time of increased physical, nutritional and emotional demands on the new mumma, means she must keep herself as vital as possible. Using a traditional breastfeeding support tea can increase and support breastmilk production, and help you relax and adjust to breastfeeding. It is important to keep the body supported through this period of high nutritional demand with tonic herbs and furthermore, staying hydrated is another huge component of breastmilk production.

Creating time for yourself, despite the never ending to-do list, is a beautiful way to enhance self-worth, self-love and self-belief, and to build strong foundations for the beginning of your journey as a new mother.

So Mama, take some time today to pause and enjoy a herbal tea. From my heart to yours, may you find peace and love in every sip!

Misha xx

Misha Moran is the founder of Heart Therapeutics. Her background is Naturopathy and Herbalism. As a brand, Heart Therapeutics' foundations are built on the philosophy of 'connection to self, connection to the earth and connection to each other'. Each herbal blend has been mindfully created using premium, organic ingredients, with the intention of giving you all the medicinal benefits from the herbs, while also creating an opportunity for you to take that moment and unwind and look after YOU. You can find more blends in their range that are safe for pregnancy and breastfeeding at www.hearttherapeutics.com.au



Photo by Family Eco Life



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rather than fear.
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and empowered to
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Placenta 'on the rocks'



Mikaela Burnett, AKA @pleaseaskmikki shares her experience with placenta encapsulation:

Having a baby is hard bloody work. Sometimes they can be hard to make. Sometimes they're TOO easy to make (I'd like to throw a shout-out to wine for sponsoring my children). And once they are inside you they have the ability to make you beg for an epidural after twenty weeks of carrying them. They make you pee yourself, they give you bacne, they make you so tired you think you might die, they make you hornier than a 17-year-old boy and they make you almost blow up the Google search engine with questions you NEVER thought you'd ask. (Eg: How can I find my own cervix? And once I've found it, how can I insert a vice out of my husbands tool shed to open it the hell up so I can pull my own baby out?)

Of course, there are unicorns who walk around barely noticing that they're a walking, talking human incubator, but we hate them. Most of us need wheelchairs and a 24/7 on-call psychologist to survive pregnancy. Eventually, we stick our arm up our hoo-hah with an eviction notice that says, "Just pick a hole, and get the hell out". Sometimes they will listen; most of the time they will give you the finger and continue their 2am dance parties. BUT, they do come out! Eventually! I

mean they hardly just 'come out'. Birth is what I imagine an exorcism to look like. Screaming, swearing, vomiting and begging for drugs until the thing that has been sucking the life out of you finally exits you dramatically.

As I said, having a baby is hard work. Which is why you need to look after yourself once you've made it to the other side. I first heard about placenta encapsulation from a friend, when I was pregnant with my first child. Her first baby had recently exited her and she could NOT stop raving about how good the tablets made her feel. She told me all about the Blue's Day thing and the Crying About 2975392 Times A Minute For No Reason thing that comes with becoming the proud new owner of a human being. And she SWORE that the tablets made a huge difference in this massive transition. And I believed her! I'd seen Kimmy K barbecue a placenta off eBay for it's health benefits so I knew that there must be something to the whole 'placenta eating thing'.



Natalie Stokell, Placenta Vitality



Mikaela Burnett, Please Ask Mikki

I figured if it's good enough for Kim Kardashian, it's good enough for me! Plus, we're pretty much the only mammal that doesn't back up childbirth with a placenta eating sesh, so if you don't take every word the Kardashians say as Bible, then you can at least trust the animals who don't have access to the Internet. They KNOW how much good stuff is in our placentas! They know that it's our damn right to eat the darn thing that's been sucking the life out of us for ten months.

And I get it, eating a placenta sounds yucky (and a bit borderline cannibalistic), which is what makes the encapsulation process all the more amazing! All you have to do is birth it, and make sure to let your midwife know that your placenta needs to be placed in a bucket of ice (AKA: Placenta On The Rocks). Natalie from Placenta Vitality's spidey senses then begin to tingle (kidding, you text her like a normal person) and she comes and picks up your placenta as ASAP as she possibly can.

You then forget all about it, because you are still deep in shock about the new human in your arms, plus you have the impending trauma of pooping for the first time post-birth. Natalie does all of

her "witchy business" on your placenta (which by the way, is surprisingly massive) and turns it into cute little purple tablets that taste like berries. Hurrah! By the time you're home with your new bundle of joy, you are equipped with your jar of placenta tablets, ready to tackle motherhood like a boss!

I've had my placenta magically transformed into tablets twice now, and I couldn't recommend it highly enough! Natalie makes the process insanely easy, because she understands that a new Mum has a bit going on and doesn't have time to be Google-ing placenta smoothie recipes. As I said, having a baby is hard work on our bodies. So it is INCREDIBLY important to do everything you can to replenish it, and placenta encapsulation is an amazing way to do that.

Mikaela Burnett is a writer, speaker and podcaster. She is passionate about "creating spaces where people aren't afraid to be real, and are brave enough to say the things that everybody else is too afraid to say." You can listen to her Hit Network and Podcast One Production podcast and read more of her at www.pleaseaskmikki.com

Natalie Stokell has encapsulated over 900 placentas. She is fully trained, certified and insured. She loves talking placentas, so please feel free to reach out to her with any of your placenta questions. She can be found at www.placentavitality.com



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Jessica is an accredited professional maternity, newborn and family photographer on the Sunshine Coast. She works collaboratively with her clients to bring their vision to life, and loves to follow the families throughout their lives, capturing each new milestone or special moment in precious photographs.

Getting the most out of your newborn photography session

What do you want to remember most about those first moments of your baby's life? The tiny toes, downy soft cheeks and dream smiles? The way he grasps your finger tighter than you'd imagined possible? Or how she fits so perfectly cuddled into the curve of your shoulder?

And as your baby grows, there are other milestones you'll want to record, like gummy grins, sitting proudly, standing tall, and of course, Baby's very first birthday. Your love grows along with your baby, but memories fade with passing days, which is why photography is so important.

When you engage a newborn photographer, there are things you can do to make the most of your session:

1. Keep the baby warm: Newborns have a difficult time regulating their own body temperature. To keep them comfortable with no clothing on, it is important that the room is kept warm.

2. Make it noisy: Newborns will sleep much more soundly if there is white noise in the room. A sleeping newborn helps you get those sleepy poses.

3. Full belly equals a happy baby: Babies with a full belly will sleep much more soundly. Feed your baby just before your session starts.

4. Keep them awake prior to coming to the studio: A good way to do this is giving your baby a bath. This is a great way for your baby to exercise their lungs a bit before coming, and tire themselves out. It also helps their hair to be nice and fluffy (if they have any!)

5. Time of the day matters: Anyone who has kids can attest to the fact that kids of all ages tend to not be at their best as late afternoon approaches. It is the same for newborns. So, aim for a morning shoot.

6. Stay calm and relaxed: Babies are very perceptive and can pick up on our energy. If you are nervous or anxious, your baby will sense that and will not settle easily.

7. Get them while they are young: The best time to photograph a newborn is in the first ten days of life. During this time they sleep more soundly and curl up more easily into adorable poses. The key to photographing older babies is to make sure they are kept awake for up to two hours prior to starting the session.

8. Take your time: A typical newborn session lasts an hour and a half, however they can last up to three hours. It takes time to get newborns comfortably posed and sleeping soundly. It also takes time to perfect the little details, like keeping their hands flat and fingers straightened.

9. Be safe: While the goal is to capture an amazing image, at the end of the day, this is a precious new life. No portrait is worth putting a baby at risk of getting hurt.

Choosing a fully immunised photographer, who is in good health on the day of the shoot, will help safeguard against your baby being exposed to viruses. And make it a habit to always wash your hands well before starting the session. Babies are very susceptible to infections, and it is our job to keep them safe.

10. ENJOY! What an amazing experience it is to hold a precious new life in your hands, and be able to document all the precious details of these sweet little ones.

Jessica Vince loves capturing the pure beauty of babyhood along with the special bonds of family. Her favourite sessions are with newborns. She would be honoured to share your family's story through her art. For more information please visit www.jessicavincephotography.com.au



Ten fun ways to reveal if you are expecting a girl or a boy



Gone are the days of gender neutral baby showers. Instead, they are being replaced with the new phenomenon of the 'Reveal Party'!

The most accurate non-invasive way to learn the sex of your baby is having a non-diagnostic ultrasound via 2D/3D/4D/5D. Here are ten fun ways to reveal to your family and friends if you are expecting a girl or a boy.

1. Ultrasound Experience - invite and gather your nearest and dearest to share the experience of finding out the sex of your baby.

2. Screen Colour Change – during your ultrasound the large TV screen will change to either 'Pink' or 'Blue'.

3. Reveal Cards – ask for a 'It's a Girl' or 'It's a Boy' reveal card in a sealed envelope for a future reveal.

4. The Cake Cut - Bake or order a specially decorated cake with either pink or blue insides.

5. Balloon Pop – specialty balloons that, when popped, expose pink or blue confetti.

6. Soft Bears/Animals – these are super cute! They are dressed in either a 'Pink 30

Tutu' or a 'Blue Striped Bow Tie' and then packed in a gorgeous box. The toys can also have your baby's heartbeat recorded.

7. Cannons – these are available in both confetti and smoke! These cannons have an amazing effect shooting a pink or blue surprise burst of smoke and confetti 8-10 metres into the air.

8. Piñata – make or buy a specialty piñata filled with pink or blue confetti and lollies.

9. Room Lights – fill the party room with pink or blue tinted string lights, and turn them on in front of your party guests

10. White Party – This is for the adventurous ones! Dressed in white, you fill a water gun with pink or blue coloured water or paint and well, you guessed it!.... It gets a bit messy, but it's very fun! Another variation is to have your partner or child dip their hands in coloured paint and then place them on your tummy, revealing the sex of your newest addition.

Sneak Peek Ultrasounds are the Sunshine Coast's Gender Reveal Specialists. They can assist you with the perfect 'Reveal Party' ideas. They work with specialty suppliers, and sell cannons and reveal toys with a recording of your baby's heartbeat. Book your reveal experience today. Ph. 07 5406 0689 www.sneakpeekultrasounds.com.au | Buderim

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Embracing your unique mothering style

Amanda Skoczek shares how she came up with the concept of the eight mothering styles, and how knowing your style can help you be a better mother:

While as mothers we all experience the same things, none of our stories or situations are the same. Of course, there are common denominators, but we need to understand that we are all unique. We all have different experiences, different problems, different solutions, and different judgments. We love differently, respond differently, and have different family dynamics. When we understand what style of mother we are, we can become aware of our judgments, strengths and stressors. And once we realise this, we can go on to accept, thrive and become more resilient in our motherhood experience.

Like many women, my transition to motherhood was wrought with anxiety. I felt I should have all the answers. With a strong background in nutrition, exercise and personal development, I couldn't understand why I was struggling. I've been educated in all these areas, so why is this so difficult? Why do I feel so isolated and alone?

With all the questioning and overthinking, I felt exhausted and overwhelmed. Seeking advice on the internet, as well as professional advice, I got even more confused. I couldn't relate, and I wasn't fitting the mould of motherhood. *Why am I unable to cope? Is there something wrong with me?*

After gathering an enormous amount of information (and misinformation), I saw that I was comparing myself to the unrealistic archetype of 'mother' that is promoted by our culture. And I realised that I needed some new archetypes to connect with; ones that would empower me in my unique strengths as a mother, and allow my own mothering style to blossom.

In my search, I couldn't find what resonated with me, so I developed my own. I then went on to test and



retest these with my clients and in my community, and I came up with eight mother styles. I see them as having certain parallels to psychological profiles, but they are also different, as they take into account the unique stressors and demands of motherhood.

Once you know your mothering style, you can understand how to parent in ways that work with it, rather than against it. We can be our own worst enemy sometimes; overthinking and analysing our motherly ways. We can become reactive and defensive under the pressure of our kids not reaching certain milestones, or feeling ashamed and burnt out because of the lack of time for selfcare, or feeling like the way our children behave is a reflection of us as mothers and as parents. Knowing your mothering style allows you to embrace your strengths and to work your weaknesses.

For me, this was a game changer. Once I stopped measuring myself against others, I was able to step into mothering unapologetically and confidently. This resulted in not only a happy me, but a happier family, too.

I believe it is time for us all to optimise and embrace our unique mothering style. It is time for us all to feel like a good mother every damn day.

Amanda Skoczek is a nutritionist, personal trainer, pranic healer and coach. It is her goal that all mothers feel like a good mother every damn day. To find out your mothering style visit www.motherhoodbd.com



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Swings and sensory development

Children love to swing, spin and tumble, jump and climb, and move their bodies in all directions. There's an important reason they crave all that activity - they are waking up their brains and stimulating their vestibular and proprioceptive systems. These are the systems responsible for balance and awareness of where the body is in space.

We all know about the 5 senses - sight, hearing, touch, taste and smell, but these two less known "6th & 7th" senses are crucial for integrating all the other senses, and for developing good co-ordination, attention span, focus, fine motor skills, and even emotional security.

The vestibular system is the first functioning sensory system a baby develops. It forms in utero and is assisted by the movement of the womb. It's the system that helps make sense of movement, telling us whether we are sitting up or lying down, moving fast or slow.

The proprioceptive system helps the body make sense of gravity, and the awareness of where body parts are, without looking, so we can move effectively and feel safe and secure in our surroundings. The body receives sensory information from the joints and muscles through movement.



Swinging, spinning and rocking moves the fluid in the inner ear, which activates the vestibular sensors - tiny hairs within the ear. Movement stimulates the brain to integrate all of the information from multiple senses; it co-ordinates the movement of the head and eyes, strengthens eye contact and spatial perception, and helps to develop focus and concentration.

With the increasing amount of sedentary screen time, and the decreasing free-play time children experience these days, the opportunities for sensory learning are becoming limited and narrow. When these sensory systems are underdeveloped, children may appear clumsy, fidgety, anxious, or lack concentration and focus. Swings are widely used in therapy for children with sensory processing issues.

Swinging fires up the physical and emotional connections in the brain; the swaying, twirling, rhythmic movement can soothe and calm an upset restless child, while the excitement and thrills can stimulate a lethargic one.

Swings are not only one of the greatest joys of childhood, they are also helpful for brain development. Above all, swings are just great fun!

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~ Sharon Arthur, Founder



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Rebounding incorporates gentle bouncing, walking or jogging on the rebounder, which can increase circulation to every cell in your body, including the placenta and your growing baby.

The low impact nature of health rebounding makes it a safe—and fun—way to stay fit and healthy during the intense baby baking days. It strengthens and oxygenates the entire body, and helps prepare it for birth. As a complete cellular exercise, rebounding helps to keep the

growing and developing bodies of mother and baby strong and healthy. It activates the lymphatic system, and assists in building a strong, mineral rich skeletal system, while safely supporting the whole body.

Postnatally, rebounding can assist in your healing, help rebuilding your pelvic floor, heal varicose veins, and build your energy levels. It will also help ease any aches and pains, without the risk of injury and further fatigue.

Finally, the natural movement of rebounding simulates life inside the womb. Gentle rebounding with your baby often soothes and calms them. It is a super easy and fun way to help your baby to settle and get to sleep.

Marina Wedge loves working with artists, mothers, visionaries, and entrepreneurs to inspire a new way of being, breathing and living, shaping a world of limitless creators who build visions from the inside-out. She can be found at www.reboundingrevolution.com.au



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Alecia Staines

Alicia is a fertility coach, HypnoBirthing childbirth educator, yoga teacher and mother of five. She is passionate about no bullsh*t education, wellness and support for all women. She has used fertility coaching, HypnoBirthing, and yoga with all five of her children. She "walks the walk" and "talks the talk".

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