

the best things in life are

TREE

2021 EDITION



birth support, hypnobirthing, calmbirth, yoga, acupuncture, pregnancy safe fitness, placenta encapsulation your baby arrives

Baby essentials

newborn and birth photography, keepsakes, infant first aid, teething accessories

For mamas

massage, clothes, postnatal fitness, haircare, natural health, emotional support, sleep support

How to deal with separation anxiety



Contents

- 6 Legacy of a photograph
- 10 Tips for a nourishing postnatal period
- **12** Enjoying your maternity photo shoot
- 14 Sunshine Coast mamas talk placenta encapsulation
- 17 Importance of nutrition during the first 1000 days
- 21 Starting childcare? Here's how to deal with separation anxiety
- 25 Ten things to do before your baby arrives

Enquiries

Natalie Stokell M: 042 457 8800 E: hello@sunshinecoastbaby.com.au

Get social with us

Facebook & Instagram @sunshinecoastbaby www.sunshinecoastbaby.com.au

For exclusive offers and discounts sign up for our newsletter **on our website**.

Art Editor

Rebecca Turpie Everley Design Boutique www.everleydesignboutique.com.au

Cover Photography

Sandpiper Photography www.sandpiperphotography.com.au

© Sunshine Coast Baby 2021

All rights reserved. Views expressed by contributors do not necessarily reflect those of the publisher. The editorial and advertising content, products and services in this publication are not an explicit endorsement by Natalie Stokell or Sunshine Coast Baby

Welcome

"A new baby is like the beginning of all things wonder, hope, a dream of possibilities" ~ Eda Leshan

This edition comes to you with so much wonder, hope and a big dream of possibilities. The past year has been a historical time for our generation. It has also been a challenging time on many levels for all of us. My greatest learning of this time is around the importance of staying connected and of our community.

Within these pages you will find an abundance of support and ways for you to stay connected with your community. Parenting is a tough gig, and without support we can start to loose the feelings of wonder, hope and possibility.

Please seek and reach out for the support you need. Your community is always here for you.

lare natalie

Founder & Editor in Chief



Sunshine Coast Baby acknowledges the Gubbi Gubbi (Kabi Kabi) and Jinibara people of the Sunshine Coast Region. The nurturing, and care you have given this place as well as your custodial role here is admired, supported, and appreciated. We acknowledge your deep spiritual connection to the land and all the living things here. With our heart we accept and know it's a powerful bond that can never be broken. To the Elders past & present, and to the old people, we wish to pay you great respect. To the wonderful Gubbi Gubbi (Kabi Kabi) and Jinibara community, we acknowledge the amazingness of your continuing culture and the contribution you give to the vibrance of the Sunshine Coast Region.



How do you "really" feel?

The perinatal and parenting journey has many challenges, and these are often difficult to talk about. Asking for help and talking about how you feel can be helpful.

The Perinatal, Child & Family Hub, founded by Carla Anderson, a clinical psychologist has a team of allied health professionals, including psychologists, counsellors, a dietician and an arts and expressive therapist.

Together, we provide a warm and friendly space that caters to individuals and families throughout the challenges and life stages faced by families.

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



Make this moment a timeless masterpiece.





immersive portraiture lizharlin.com/maternity

Legacy of a Photograph

"I sat with my daughter and we rummaged through an old biscuit tin. We looked at sepia toned photos with weathered edges. She ran her chubby fingers over the photos and asked about the people. Who were they, what were their names, how were they part of her life?"

This legacy started long before your photo shoot.

It may have started 10 months earlier as you started at a positive pregnancy test. It may have been many years prior to that when you started dreaming of having a babe in your arms.

Your legacy started as a feeling, became a dream, and grew over time.

Then you had your baby.

Maybe you booked a newborn session just to get some cute photos.

But you soon realised, this is a legacy. After you're gone this photo will still exist. Your great grandchildren will see this photo and look at the baby, now generations passed, and be in awe at this tiny piece of their genetic history.

They will look and wonder how their grandmother or grandfather was so little in this picture, how they were that tiny baby once. And they will look at the woman in the photograph holding the baby. They will wonder about her, ask questions about her. Look at her as a brand new mother. She was beautiful.

Assembling the memories of our lives or

those we love so much is important. Your family will have these photos, that timeless portal, and those photographs will live on and be passed down to the next generation. That is legacy, and that is why you invest in photographing your baby. Capturing that small pocket of time, capturing new motherhood and new fatherhood, a brand new little baby. Get the photo taken. Print it out. And pass it down. Don't let it hide in a drawer.

Photographs are our servant of history and they are immeasurably valuable for the information they hold of us.



My grandmother, great-grandmother and great-great-grandmother. I found this photo five years ago when my Nanna passed away. I wanted to know more about all of them and it is always a catalyst of curiosity and nostalgia

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.

www.meganwillisphotography.com.au

megan willis

newborns | maternity | motherhood



pure, timeless photos of your little love ~ meganwillisphotography.com.au @meganwillisphotography





Specialising in Feminine Practices, Mindfulness and Massage



Pregnancy Yoga



Mums & Bubs Yoga



Pregnancy Massage

Danielle Mondahl (Yoga Teacher and Massage Practitioner)

☑ dani@thaiyogamassagebydani.com.au **८** 0423 393 668 **f** /TYMbyDani

Tips for a Nourishing Postnatal Period

Your body is capable of amazing things - especially when it's given time to rest when needed. When you start to learn how to tell when your body is screaming for energy - whether it's with mood swings, irritability, intense sugar cravings, or just pure exhaustion and lack of energy, you can be back on track to achieving amazing things in just a little time.

While motherhood (including pregnancy, birth and breastfeeding) is one of the most amazing things a woman's body is capable of, it is also one of the most draining and depleting. In Chinese Medicine, there are many ways of supporting mothers, especially in the early weeks - but before we get into that, here are a few very basic Chinese Medical concepts:

Qi - aka vital energy, life-force and/or prana - basically, it is the energy that is in every single thing on this planet (in varying amounts), that gives everyone and everything life.

Yin - the more feminine, fluid, solid, gentle and cool energy (like the Moon).

Yang - the more masculine, active, dynamic, expanding, and warm energy (like the Sun).

Every person has varying amounts of both Yin and Yang in their body, and the way their Yin, Yang, Qi and blood interplay has everything to do with how well a mother is able to withstand the trying times throughout pregnancy, birth and motherhood. Pregnancy is a time in which both Yin and Yang slowly grow (think raised body temperatures, increased blood volume in the body, and increased fluid retention). When a woman gives birth, she uses up all this cultivated Yin and Yang energy - labour and birth itself requires enormous amounts of energy,



and in the weeks following the retained fluid slowly dissipates. In the postpartum period, new mothers can feel depleted (and cold) as their body starts to recover, and build Qi and Blood from the ground up, again.

It's important, especially in the first 40 days, for new mothers to take time to adjust to their new role as "Mum". Throughout traditional Chinese medicine and the world, there are four common threads that help new mums to come out of the postpartum period vibrant, healthy, and in love with their new life.

- 1. Retreat. Traditionally, the first 40 days after birth involved a period of "confinement", where new mums were basically encouraged to stay in bed for this whole period (also called Sitting the Month or The Golden Month). Whilst this is not entirely practical these days, it is wise to lie low for a while at home for longer than you think you need, in fact.
- 2. Stay warm. After the intense energy expenditure that comes with birth, it's imperative to nourish your body with warm (and easily digestible) foods, warming teas, warm baths and warm clothing. In our opinion, there is no better postpartum food than bone broth it is warming, nourishing to your Qi, Blood, Yin and Yang energies, and delicious!

Even better if you can spike it with a few restorative Chinese herbs like ginger, red dates, goji berries and cinnamon (if you would love to know our favourite bone broth recipe, please feel free to get in touch). In Chinese medicine, we practice a nourishing treatment called "motherwarming" 6 weeks or so after birth to really help replenish mum's Yang energy.

- 3. Rest. These days, we grossly underestimate the need for rest and recovery, which is perpetuated by a culture that convinces us we have never done or achieved enough. If we deny ourselves rest in this period, though, we can set ourselves up for an energy deficit further down the line. Know that simply recovering and looking after baby are more than enough for now.
- **4. Support.** This is another aspect we are great at underestimating, in a world that encourages us to be 100% self-sufficient, and in a global world it can be harder

now than ever to access the support you need at home. If you don't have family nearby, it's important to have a safety net of friends or a postpartum doula to make sure you're well supported.

Feeling supported and seeking the support you need in the early postpartum

period is vital for a nourishing recovery.

In today's fast-paced world, it can be all too easy to fall into the trap of feeling like you need to always be "on", and always achieving. But sometimes, mama, just looking after you and baby is the most important thing you can achieve.

Dr Grace Jones (TCM) is a Registered Acupuncturist and Director of Bloom Chinese Medicine in Maroochydore. Bloom Chinese Medicine is a welcoming, inclusive and empathic clinic dedicated to empowering patients throughout the journeys of womanhood (including fertility, pregnancy, motherhood and beyond). Grace is passionate about supporting her patients to feel informed and at ease with their journey.

www.sunshinecoastacupunctureclinic.com.au

Acupuncture, Chinese medicine & natural wellness to support you from pre-conception to post-partum and beyond

(07) 5391 0312

2/106 Sixth Avenue, Maroochydore info@bloomchinesemedicine.com.au SunshineCoastAcupunctureClinic.com.au





Enjoying Your Maternity Photo shoot

In past generations, it was pretty much unheard of to have a maternity photo shoot. There are no pregnancy bump images of my mum carrying me in my childhood photo album. I'm intrigued as to what she would have looked like then. What was she wearing? Was it some kind of trendy maternity flares, or perhaps more likely it was a tent-like dress, hiding me and her pregnancy underneath?

Thankfully the custom of hiding women's pregnancy bumps is over and these days we are all for celebrating the amazing job women's bodies are capable of. Instagram is flooded with women celebrating this miraculous journey they are undertaking and it's beautiful to see.

It might not be something you've considered doing. You've got so many other things to think about; preparing the nursery, organising doctors and midwife appointments and all the other things that come along with pregnancy. But if you have the chance, a maternity photo shoot is something really enjoyable to add to your to-do list.

If you are sporting an amazing pregnancy glow, and breezing through these days with two hearts beating, then maternity photography will freeze frame this moment for you.

But what if you are really not feeling your best? I struggled with pregnancy sickness with all of my pregnancies. With two of them the sickness went on for the entire pregnancy. I was constantly tired, and also worried about how I'd manage my growing family. I've photographed many women who are feeling like this in one



way or another. But your maternity photo shoot will be a break from this; a day to focus entirely on you. Most of my clients book to have their hair and makeup professionally done in my studio and enjoy being pampered. Just this in itself makes a huge difference to how you are feeling. Once you get out on location and you breathe in that fresh Sunshine Coast air, with nothing to do except follow posing directions for the photos, you will be feeling the best you've felt in a long time.

And after the shoot's done? You will have stunning photos to look back on and share with your little one as they grow. No tent dresses in sight.

Brooke Duley is an AIPP (Australian Institute of Professional Photography) accredited photographer. She loves to shoot in studio and also outdoors on the Sunshine Coast. As well as maternity photography, Brooke shoots newborn, family and weddings. www.sandpiperphotography.com.au

Sand Piper photography

Outdoor & Studio Maternity Photography on the Sunshine Coast

Capturing emotive and impactful photographs of the beauty of pregnancy

MENTION THIS AD WHEN BOTTO RECEIVE 1 FREE FINE APP

AIPP Accredited Professional Photographer | info@sandpiperphotography.com.au 07 5391 1294 | • @SandPiperPhotographyNoosa | • @sandpiperphotography

WWW.SANDPIPERPHOTOGRAPHY.COM.AU

Local Mamas Talk Placenta Encapsulation

These days, placenta encapsulation is becoming more and more popular and is swiftly moving from the realms of something the hippies did to a valid option for everyone.

We ask some local mamas to tell us about their experiences with placenta encapsulation.

Why did you choose to encapsulate your placenta?

"I wanted to be as healthy as possible postpartum. I've seen a lot of friends struggle in this period and I wanted to give my body the best chance I could to recover, as well as feel as well as possible." Brigette

"I heard about all the amazing benefits of consuming your placenta and decided that encapsulation was the most appealing method." Janna

"I have always struggled with my iron levels and with my mental health and when I researched placenta encapsulation I found that many women had said it helped with both of these things. The placenta is a very nutrient dense part of a pregnant woman's body, it aids growing a baby and exists inside



you for nine months so it felt natural to put those nutrients back inside" Hannah

"I have a history of mental health issues and I heard that it helps with reducing the baby blues!" Frankie

"To give me the best chance of a smooth postnatal recovery." Amy

"I was nervous about the possibility of postnatal depression, or just the likely bumpy road of emotions after giving birth, and had heard from several trusted friends who'd had their placentas encapsulated that this really seemed to help to balance out their emotions and maintain the beautiful pregnancy 'high' that I'd experienced." Angie

What did you notice when taking your capsules?

"When taking my placenta I felt like a superhuman. I remember thinking to myself, why does everyone tell you that you'll be so exhausted and emotional after having a baby? As someone who was assessed as a risk for postpartum depression I was expecting to feel like trash after having my baby. Instead I had unlimited amounts of energy, I was always in a good mood and was killing it with breast feeding!" Janna

"This was my first pregnancy but I did have the smooth postnatal recovery I was hoping for. I avoided the baby blues, had great milk supply and good energy." Amy

"Actually, I didn't really notice anything - as in, I just seemed to still feel really positive and happy despite the severe lack of sleep and massive change in my body! I noticed that if I had forgotten to take tablets for a bit, my mood would slump - but then half an hour after taking a tablet I felt good again!" Angie

"I was full of energy! Waking up daily to go for morning and afternoon walks days after giving birth." Sophie

"I felt like I was on cloud nine." Chontelle

"I found that despite a significant lack of sleep and postpartum hormonal imbalance, I felt much more emotionally relaxed and confident this time" Donna



Was there anything that surprised you about your experience with placenta encapsulation?

"I was surprised how much energy it actually gave me. It was like a little shot of coffee a few times a day" Chelsea

"How quickly the tablets were ready! And that the tablets tasted a bit like berries." Angie "That it actually did help me!" Frankie

"I was surprised how quickly my body was able to recover after a 42 hour labour that resulted in a c-section." Hannah



"The ease and speed of the whole process & the way they came so beautifully presented. I was worried I wouldn't be able to get past the thought of 'eating my placenta' but when the capsules arrived it was

like taking any other tablet" Jayde

"Just how good I felt. I didn't realise until I noticed how tired my husband was! I also got a lot of comments about how good I looked." Brigette

What would you tell a friend considering placenta encapsulation?

"Give it a go even though it sounds a bit woo woo!" Brigette

"Go for it! Those first weeks and months are hard enough, having something that can help you ride those emotional waves can be a real blessing" Angie

"It's definitely worth making use of all those lovely nutrients to help with hormonal balance and energy levels. The capsules are also very easy and pleasant to take." Donna



"Just do it! It's the best investment you can make for yourself and your baby! It may seem a little gross or strange taking them the first few times but don't think about that because the benefits you will experience will speak for themselves! "Danielle

"I would 110% recommend it! For just the energy alone; all the rest is a bonus!"

Chontelle

- PLACENTA - VITALITY

That which nowrishes your baby can nowrish you.

Ick! Ew? Perhaps, but what if we picked it up and returned it to you 24 hours later, powdered and in capsules?

None of the ick factor and all of the goodness! Full of hormones and nutrients that your body needs after having a baby.

Curious about Placenta Encapsulation? Want to find out more?

OVER 1000 PLACENTAS ENCAPSULATED

Safe • Qualified • Fast • Friendly • Reliable • Professional • Passionate

've got a little one



PERINATAL & PAEDIATRIC NUTRITION

What a dietitian can help with



Important Nutrients for Growing a Healthy Baby
Manage Pregnancy Symptoms
Heartburn, Constipation
Morning Sickness, Food Cravings, Appetite
Hypertension/Pre-Eclampsia
Weight Loss/Weight Gain
Correct Nutritional Deficiencies
Positively Influence Your Baby's Genetics

I'm a new mum

Improve Breastmilk Quality
Postnatal Recovery
Foods to Protect your Pelvic Floor
Energy Levels
Weight Loss/Weight Gain
Food Allergies, Intolerances & Sensitivities
Emotional Eating/Eating Disorders
Body Image Concerns
Mental Health Support





Important Nutrients for Early Childhood
Baby & Toddler Nutrition
Starting Solids
Problem Feeders / Fussy Eating
Restricted Diets (Vegetarian/Vegan Diets)
Food Allergies, Intolerances & Sensitivities
Celiac Disease
Develop Healthy Relationships with Food

S H A U N A S P E N C E R Dietitian | Nutritionist | Psychologist



@thenourishedmumma
@thenourishedmumma_

0433 130 252

shauna@thenourishedmumma.com www.thenourishedmumma.com

Importance of Nutrition during the First 1000 days

If you're a mumma who is keen to set up a healthy life-long relationship with food, you might be surprised to know that there are a number of things you can do during the first 1000 days.

The first 1000 days (pregnancy through to a child's second birthday) are known as the critical window of opportunity. The mother's mental well-being, the foods she eats during pregnancy and what she feeds her little one during this time can significantly influence a child's brain development and their genetics. The types of foods eaten during the first 1000 days can increase or decrease the child's risk of developing health related conditions such as eczema, food allergies and a number of chronic diseases well into their adult life.

Setting up a healthy relationship with food starts when your baby is still in the womb. The flavours from the foods you eat during pregnancy are transferred into the fluid that surrounds your growing baby (the amniotic fluid). Your baby drinks this fluid providing their very first exposure to flavours.



Once the baby is earth side there is often little focus on what the mumma is eating and the focus usually shifts to what and how well the baby is being fed. While of course what the baby is eating is important, just as important is how the

mother is looking after herself. Self-care during this period is often neglected but there is never a more important time to look after yourself and this includes nourishing yourself with good food. This is a time for healing and recovery, the foods you eat during this time can help speed up recovery, limit further pelvic floor damage and help to manage energy levels. Let's face it, any mumma with a newborn knows how important it is to boost energy levels anyway you can.

If you choose to breastfeed, your nutritional needs will be even higher and the foods you eat will impact on the quality of your breastmilk. But did you know that the foods you eat also change the taste of your breastmilk. Eating a wide range of nutritious foods and food flavours during this time can help to provide your baby with those early exposures to different flavours and start to develop their taste preferences. This can help to prepare baby's taste buds ready for the introduction of solid foods. Studies have shown babies that have been exposed to particular food flavours in amniotic fluid, or through breast milk have fewer negative reactions to those food flavours when solid foods are introduced. These babies also appear to enjoy those foods more.

Nourishing yourself and your little one is more than knowing what foods to eat, it's also about how you think and feel about food. The relationship you are helping your child form with food is just as important as what you are feeding them.

Shauna Spencer is an Accredited Practising Dietitian and Food Psychologist. With many years experience and a passion for perinatal and paediatric nutrition, the psychology of eating and perinatal counselling. She assists mummas with nutrition during pregnancy, postpartum and breastfeeding and helps to set up healthy relationships with food for mummas and their bubs. Make an appointment today to give you and your baby the best start.

www.thenourishedmumma.com



2ND SUNDAY OF THE MONTH Pre-loved, new & handmade items



PRE-LOVED STALLS ONLY \$30 **BOOK NOW VIA THE WEBSITE**

noosakidsbabymarket@outlook.com.au Kristy # 0438 390 999 | Heidi # 0410 639 973 www.noosakidsmarket.com.au

Your Private Practice Midwife

IN PARTNERSHIP WITH WOMEN AND FAMILIES

Offering: Pregnancy care Antenatal education

Birth care



E: terri.sch_midwife@biqpond.com

Maleny Holistic Health Centre | 19 Coral Street, Maleny

THE BABY NATUROPATH

- Naturopathic Integrated care for preconception, Pregnancy, Post-natal
- Clinically proven herbal and nutritional medicine
- Hormonal regulation and support
- Mental health support and prevention
- Convention medicine alternatives
- Prenatal and Mama Yoga

THE ESSENTIAL PREGNANCY KIT

The Pregnancy Kit helps to educate and empower you in choices unique to your pregnancy, birth and beyond. It supports the healthy natural growth of your bub-to-be and optimises the birth process and outcome for you and bub. It is enjoyable and inspiring as you give your baby the best start in life from the womb.

INCLUDES: Week-by-Week Holistic Pregnancy Guide | Baby Connection Meditation | Daily Lahbub Yoga Session | See website for more details.



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!

TALITA SHEEDY (BHSC NAT) | NATUROPATH, NUTRITIONIST, MEDICAL HERBALIST, YOGA TEACHER 0418 164 636 | www.lahlita.com.au | @ @thebabynaturopath | ff @LahlitaNaturalMedicine

NATUROPATHIC, NUTRITIONAL INTEGRATED CARE FOR FERTILITY, PREGNANCY & POST-NATAL



Little Characters Early Learning Centre

- Providing a setting where your child is encouraged to reconnect with nature and engage in play as a pathway to lifelong learning
- Creating and maintaining a supportive, inviting and nurturing environment for children and their families
- Key educators nurturing the lives of young children based on best practices in early education and child development

Book a tour for your family today!

07 5442 2387
admin@littlecharacters.com.au
Get social with us! f

www.littlecharacters.com.au



Starting Childcare? Here's How to Deal with Separation Anxiety

Starting your child in childcare for the first time can be very stressful for both parent and child. Your baby has not only depended on you for love and support, but also for survival up to this time.

What you can do before your child commences childcare

Children who are tired or hungry are more susceptible to separation anxiety. Establishing a good routine with your child before they enter childcare can help them have a successful transition.

Have some practice separations. Have a trusted friend or family member look after your child for short periods while you attend to errands or have a coffee. This can be extremely helpful for your child, as they learn that their parent leaves, but also comes back. If you can, visit with your chosen childcare centre. Spend time in your child's room and with their Key Educator. Develop a relationship with your child's educator through talking about your child, their likes and dislikes and their home routine.



Most childcare centres will ask you to write about what your child's routine looks like at home. We use this to maintain a consistent pattern for your child throughout the day as they learn that their Key Educator is an adult who can be trusted to keep them secure in your absence.

Once your child begins childcare

Remember that everyone is forming new relationships, and this takes time. Our own anxiety can be passed on to our children. They are watching you very closely to understand what is happening.

If possible, book your child into care for adjacent days while they are forming these new relationships. This helps them get used to their Key Educator and develop a sense of belonging in the room.

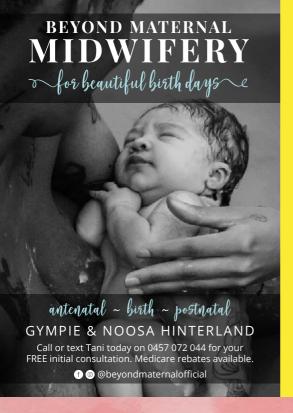
No matter how settled your little one is at childcare, they will always prefer to be with you as their primary attachment. Long drawn out goodbyes can feed your child's anxiety, but a succinct and positive goodbye can help your little one cope better. When you leave the centre, you can trust that even though your child may feel anxiety, they will be expertly supported as they calm down and become settled. If you make a promise to your child about what will happen during their day, always follow through i.e. "I will be picking you up early today". This develops security for your child. If you are having trouble separating, seek out support.

At Little Characters ELC, we ask that when the parent is ready, say "Goodbye" and then pass your child to the Key Educator. This communicates to your child that you approve of this person and trust them to take care of your child in your absence.

Please feel free to ring your centre to check on your child as often as you feel you want to. We would much prefer to put your mind at ease and work through this time together. If you are able, spend time with your child in their childcare environment at the end of the day. This allows your child to be the expert and include you in what they did during the day.

Moving forwards, your child may go through different developmental phases, where separation anxiety surfaces again. Separation anxiety may also surface for very settled children after an extended absence. Maintain your strategies and trust that your child can move through the anxiety with the support of trusted adults.

Little Characters Early Learning Centre is based in Woombye. Our Educators ensure that children are supported to develop dependable and secure relationships, creating a secure base for children to be capable and involved learners, naturally curious about the world around them. www.littlecharacters.com.au



BABY & KIDS MARKET

Preloved, New & Beautiful Handmade Baby and Kids Items

LOOKING FOR STALLHOLDERS & **MARKET GOERS!**

Want more info on the (oast's longest running monthly baby market?



Suzel 0403 883 903 www.sunnycoastbabykidsmarket.com.au

Mother's in Arms



Placenta Encapsulation and Birth Keepsakes

- Raw & Traditonal Chinese method placenta encapsulation
- Resin keepsakes using placenta, cord keepsakes & breastmilk











Servicing North Brisbane, Sunshine Coast/Hinterland up to Cympie





Eloise Davis

REGISTERED MIDWIFE AND HYPNOBIRTHING® INTERNATIONAL CHILDBIRTH EDUCATOR.

The birth of your baby will be one of the most transformative experiences of your lives. It is essential that you & your birthing companion are educated & prepared.

- W HypnoBirthing classes taught from a comfortable studio space
 - Private & flexible sessions available
- Learn practical education, tools & breathing techniques for pregnancy & labour
 - Personalised & nurturing experience

CONTACT ELOISE TO DISCUSS HOW YOU CAN HAVE AN EMPOWERED PREGNANCY & BIRTH EXPERIENCE

0402 581 442 | hinterlandhypnobirthing@outlook.com hinterlandhypnobirthing.com | 🕦 🎯 @hinterlandhypnobirthing



- Award Winning Teething Toys
- Silicone Tableware
- Pram Garlands
- Dummy Chains
- Nursing Necklaces
- Sensory & Educational Toys
- · Bath-time

Non-toxic & Safe ALWAYS!

www.bowerbirdcreations.com.au







Top 10 things to do BEFORE Baby Arrives!

1 - Book your photographer

This time in your life is such a miracle. You may have days where you feel amazing and days where you are over it, but having maternity photographs captured is something that you will never regret. You are growing a baby in your belly!! How beautiful to be able to look back at that and even show your child as they grow or even have their own baby. Then once your baby arrives, you can capture those precious early days too. Your baby will never be that little and squishy again. They grow and change so quickly. You can usually book a maternity and newborn session at the same time and it's best to do this earlier rather than later so you don't miss out on your favourite photographer. Most maternity sessions are done at approximately 30-37 weeks when you are feeling great and not too tired vet.

2 - Self-care treatments

Taking the time to nurture yourself with some self-care treatments is a beautiful thing to do when you are pregnant. Your body is working hard to grow a brand new human and a bit of pampering feels great. It may also be a little while until you can spend time at the hairdressers, so make the most of your last baby-free days and book in what you can.

3 - Babymoon

Spending time with your partner before your baby arrives is a lovely way to connect before two become three. Go somewhere where you don't have to work, worry about dinner or any other commitments. Escape your daily life and focus on spending quality time with each other. This can also be a great opportunity to talk about your shared parenting values, and qualities you would like to nurture in your baby. We are very lucky here on the Coast, there are so many beautiful places for a Babymoon.

4 - Date nights

If you can't get away for a Babymoon then the next best thing is date nights! Hit up all those favourite restaurants that you love or even catch a movie at the cinemas, or take a walk on the beach.

5 - Pack birth/hospital bag

There are a bazillion things that you think you may need for your hospital and baby bag but

really you are all your baby needs. Take some time to put together some basics for your birth time. And make sure to include some treats for yourself too.

6 - Set up nursery

Again, the one thing a baby needs is YOU! It's nice to have a beautifully styled nursery but please know that it doesn't need to be Instagram perfect for your baby to feel loved. Setting up the nursery and sorting clothes and baby things is a lovely nesting activity. It feels nice to just be in the room that your baby will come home to, while dreaming of who they will become.

7 - Sleep

This may sound silly and it is likely you are already getting up often during the night to go to the bathroom, but sleep and rest are important. Unfortunately, we can't store this extra sleep (wouldn't that be wonderful!) but it helps in the days and weeks leading up to birth to be calm and relaxed

8 - Fill the freezer with meals

Have a cook up! Invite your friends around to hang out and cook up a feast. Meals are such an easy thing to prepare and freeze for those first few days/weeks. A lot of people ask how they can help, so give them a recipe and let them go for it! Knowing that your fridge/freezer is stocked means more time to just cuddle and stare at your baby all day long!!

9 - Install car seat

This one is a big one because you absolutely need this to take your baby home in. If you are unsure how to do this, there are plenty of professional installers around the Coast to help with this.

10 - Attend your classes

There are so many different courses and classes you can take these days, so spend some time working out which ones work for you. Classes are also a great way to meet other people who are expecting babies around the same time as you. Often the friendships formed with other mothers are ones that last a lifetime.

Shannon Harth | Photographer is an award winning, AIPP Accredited professional photographer based on the Sunshine Coast. Find her at www.shannonharth.com.au



Capturing your special moments

MATERNITY · NEWBORN · BABIES & CHILDREN · FAMILY



Shannon Harth | Photographer is an award winning, AIPP Accredited professional photographer based on the Sunshine Coast.

Shannon has a beautiful one of a kind, custom designed commercial newborn photography studio on the Sunshine Coast. The studio is white, bright and airy with plenty of room for parents to relax, siblings to play and for her to create her magic for your photography session. The state of the art studio is 10 minutes from Mooloolaba Beach.

Mention this article with the code SCB2021 to receive **20% OFF** your session. For more information visit www.shannonharth.com.au/2021scb





We genuinely care

HELPING ADULTS, CHILDREN AND FAMILIES ON THE SUNSHINE COAST SINCE 2007



The Sunshine Coast Psychology Clinic enjoys a positive relationship with families and individuals and has been serving the community since 2007.

We work predominately with children, adolescents and families, as well as couples and women with perinatal depression and anxiety (PND). The Sunshine Coast Psychology Clinic offers individual and group counselling and our two therapy dogs, Nellie and Bessie also provide much comfort and enjoyment for clients and staff.

Our PND support group has been running for the last 13 years, and is facilitated by two psychologists. Each group runs for 8 weeks and is a fabulous opportunity to learn new skills and make new friends.

We look forward to meeting with you, and providing you with the tools you need to reach your goals.









07 5309 6128 | info@scpc.net.au @sunshinecoastpsychologyclinic | @ @scpc2020 vww.scpc.net.au | www.sunshinecoastpnd.com.au





Registered Nurturelife® Massage Practitioner

Pregnancy Massage

Labour Preparation Massage

Couples Massage training for Labour

Postnatal Massage

Traditional Malay Postnatal Abdominal Binding

Abdominal binding

Kahuna Bodywork

Prenatal and Postnatal Yoga Teacher

Nurturing womens wellness through all stages of life















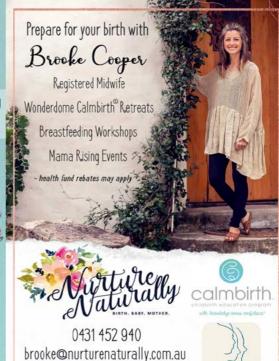
Busy Pram & Car Seat Cleaning

Your baby equipment cleaning specialists

We put love and care into everything that comes through our doors. Using eco-friendly, gentle cleaning product while striving to be flexible to work with your busy schedule.

www.busypramcleaning.com

@BusyPramCleaning (6)



www.nurturenaturally.com.au

MAMA RISING

Pitter Patter Prints



Newborn Photography . Baby Hand & Feet Casting

Call Judy on 0423134300

iudy@pitterpatterprints.com.au

www.pitterpatterprints.com.au f@pitterpatterimpressions @@printspitterpatter

rescueblue &

WOULD YOU KNOW WHAT TO DO IF YOUR CHILD HAD A LIFE-THREATENING EMERGENCY?

At Rescueblue we run a truly valuable Little Aid Workshop which is tailored towards parents/carers with kids aged 0-12 years. It's a hands-on and practical workshop, teaching parents exactly what to do if their child faced a life-threatening emergency.

All of Rescueblue trainers are qualified and knowledgeable paramedics who attend real emergencies on a daily basis.



At Rescueblue we come to you!

Contact us today to book your private workshop or join us at one of our many public workshops!

0405 701 684 \$\phi\$ brisbane@rescueblue.com.au @@rescueblue littleaid ①@Rescueblue \$\phi\$ www.rescueblue.com.au



Conceptions Massage

Passionate about supporting women through their fertility journey, pregnancy, postnatal healing and beyond through massage. Fertility, pregnancy, postnatal, remedial and lymphatic drainage massage. Over 20 years experience. Healthfund rebates available.

www.conceptionsmassage.com.au



Mums and Bubs Pilates

Fun low impact Pilates classes with other like minded mummas and their babies. Classes run for 45 minutes and everyone is welcome! It doesn't matter if your baby cries and it doesn't matter if you don't have designer active wear. Just come as you are! Find us on Facebook - Mums and Bubs Pilates Sunshine Coast

Useful Numbers:

opolal Mallibolb.		
Pregnancy, birth & baby helpline	1800 882 436	
13Health	13 43 25 84	
Health Direct	1800 022 222	
North Coast Aboriginal Corporation		
for Community Health	07 5436 9800	
Perinatal Anxiety and		
Depression Helpline	1300 726 306	
Headspace	1800 650 890	
30		

Parentline	1300 301 300
Domestic Violence Hotline	1800 811 811
Sunshine Sanctuary	07 5476 2785
Najidah Women and	
Children Refuge	07 5479 0394
Lifeline	13 11 14
Legal Aid Queensland	1300 65 11 88
Indigenous Legal Hotline	1300 650 143
Mens Line	1300 78 99 78

Index

Baby | 2021 Links

Facebook

@bevondmaternal @bloomchinesemedicine

@bowerbirdcreations @busypramcleaning

@carlaandersonpsycho

@conceptionsfertilitymas

@everescents @harthphotos

@hinterlandhypnobirthing @hypnobirthingsunnycoast

@joymammahypnobirth ingyoga

@kindredbirth @LahlitaNaturalMedicine

@littlecharactersearlylearn ingcentre

@lizharlinphotographic @meganwillisphotography @mothersinarmsplacenta

@mumsandbubspilatessun shinecoast @noosakidsmarket

@NurtureNaturally @pitterpatterimpressions

@placentavitality @rescueblue @sandpiperphotogra

phynoosa @simplybebodyworkpregn ancyandpostnatalservices

@sleepplaygrow @sunnycoastbabykids market

@sunshinecoastpsycholo gyclinic

@terrischaumbera @the.mumsie

@thenourishedmumma @TYMbyDani

@wmncircle

Instagram

@bevondmaternalofficial @bloomchinesemedicine

@busypramcleaning @bowerbirdcreations

@conceptionsfertilityprea

@everescents organic hair

@hinterlandhypnobirthing @hypnobirthinasunshine coast

@joymamma_ @kindred birth

@lahlita @lizharlin

@meganwillisphotography @mothersinarmsplacenta @mumsandbubspilates

@noosakidsmarket @nurture.naturally @printspitterpatter

@perinatal child family hub @placentavitality

@sandpiperphotography @scpc2020

@shannonharth @simplybebodywork

@sleepplaygrow @sunnycoastbabyandkids market

@rescueblue littleaid @thai voaa massaae by

@thebabynaturopath @the.mumsie

@thenourishedmumma @wmncircle

Want to be in our next edition?



hello@sunshinecoastbaby.com.au

31



Bron Arnold-Briggs
www.kindredbirth.com.au
in celebration of birth and making mothers

