

SUNSHINE
COAST

Baby

Pre-conception to Pre-school

the best things in life are

FREE
2022 EDITION

All things pregnancy

birth support, hypnobirthing,
yoga, pregnancy safe fitness,
placenta encapsulation,
acupuncture

Three common myths about birth photography

Baby essentials

Newborn and
birth photography,
keepsakes, bottle hire,
teething accessories

Documenting baby's first year

For the toddlers

sensory toys, holistic dentistry,
ergonomic table wear, clothes

For mamas

massage, clothes,
postnatal fitness, natural
health, emotional support,
sleep support, hormonal
and emotional support,
pelvic floor health

Placenta encapsulation: the partner's perspective

Nourishing first foods for baby

Developmental red flags





*That which nourishes your
baby can nourish 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.

What Placenta Vitality clients are saying:

"I didn't have a single bout, or even a tiny inkling of anxiety. It was honestly like I was on drugs. I was euphoric, I loved every moment of it."
~ 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



PLACENTA
vitality

**Curious about Placenta Encapsulation?
Want to find out more?**

042 457 8800 • natalie@placentavitality.com
www.placentavitality.com •   [@placentavitality](https://www.instagram.com/placentavitality)

OVER 1000 PLACENTAS ENCAPSULATED

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

Contents

- 7 Interview with Nikiesha from Barefoot and Salty
- 10 Documenting baby's first year
- 15 Developmental red flags
- 19 Three common myths about birth photography
- 21 Placenta encapsulation - the partner's perspective
- 25 Nourishing first foods for baby
- 29 Chinese medicine for labour and birth
- 38 Exclusive offers from our advertisers

Enquiries

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

Get social with us

Facebook & Instagram
[@sunshinecoastbaby](https://www.facebook.com/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

Megan Willis Photography
www.meganwillisphotography.com.au

© Sunshine Coast Baby 2022

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

"When we learn how to become resilient, we learn how to embrace the beautifully broad spectrum of the human experience" ~ Jaeda Dewalt

This edition comes to you after another year of resilience building. For many of us these days have been about maintaining connections with our communities and families in whatever ways we can. We have had to get creative, be patient, and spend more time than ever in the digital world.

What a time for the babies to born in! These babies bring with them hope, compassion and resilience and they remind us of the most important things about this human experience, love and connection.

Wishing you a year ahead full of the best kinds of love and the most beautiful connections - whatever form they may take.

love 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.

Written by Louise O'Reilly



NATUROBEST®

creating a healthier world, one baby at a time



PREMIUM prenatal & preconception SUPPLEMENTS

Designed by fertility naturopath Nikki Warren, a unique prenatal range that evolves according to her trimester

www.naturobest.com

Frank. *nappies*



Frank Nappies are locally owned and designed with function and simplicity in mind. We know you'll love our gorgeous, timeless, and gender neutral designs as much as we do.

simple · beautiful · genderless · frank

Designed in Australia
Ethically manufactured

Facebook Instagram @franknappies | Email emily@franknappies.com.au
Shop now at www.franknappies.com.au

THERE'S ONLY ONE WAY TO BE



BAREFOOT & SALTY



WWW.BAREFOOTANDSALTY.COM.AU

Interview with Nikiesha from Barefoot and Salty

We sat down with Nikiesha from Barefoot and Salty and talked all things business and Mamahood. Here are some of our favourite takeaways:

Why “Barefoot and Salty”? I'm one of those people who walk barefoot everywhere and live for the beach. I honestly could not think of any better way to be, so I named my business after my lifestyle.

What or who are your greatest design inspirations? I draw inspiration from the love I have for all things surf and boho. I've never been a fan of the style of clothing you get in store for children; I just wished they made adult surfy clothes in baby/kids sizes! I believe clothes are an expression of who you are; you shouldn't be put into a 'type'. I wanted my daughter to wear clothes that don't restrict her identity. I know many parents feel the same. So I decided to create my own style.



What has been your greatest biz challenge so far? I had five boxes of stock go missing at the start of this year. It really hurt the growth of my business, so much so I still have not recovered from it. I was meant to receive five boxes in February. Luckily over the space of three months, four out of five boxes came back. The last box was recovered, but it was left outside and couldn't be saved due to mould. I cried nearly every day over this.

It was so draining. I was incredibly lucky that my summer stock still sold well during winter, so from the support of my amazing customers I managed to keep my head above water.

What advice would you give to someone wanting to start a baby product business on the Coast? Just go for it! Make a plan and take the leap. They say if you aren't embarrassed by your first product you started too late. There will never be the 'right' timing and you will never be ready enough so you may as well start now. Also make a business plan; if you aren't willing to sit down and spend time on a business plan, you shouldn't start a business. I look back at mine nearly every day. It helps you stay true to your grass roots.

What is the best advice you were given as a new parent? When the baby sleeps it's YOUR time. Not time to clean, not time to sort out what you haven't done. If you want to sit on your phone and do nothing, do it. We allow ourselves to have a break in a regular job so how is this different. Let the house be messy. It will be clean eventually. Oh, and trust your gut instinct. You're never wrong!

Best parenting purchase? Don't bother buying a baby bath. Head to bunnings and get yourself an oblong flexi tub (\$5). They are much wider and don't tip. They are also great for beach/pool trips with a newborn. You can put bub in it without them getting sandy. We still use it in the shower, and Aria is 2 ½!

Do you have a quote that you live your life by? Once you become personally responsible for your own actions, it is only then you will become successful. Everything you do is YOUR responsibility. This quote is on my wallet and written on a piece of paper that is stuck to the wall in front of me when I'm on my computer. It reminds me every day that only I can create my success.

Barefoot + Salty have a beautiful range of Australian designed children's clothing. Shop online at www.barefootandsalty.com.au



JOYMAMMA

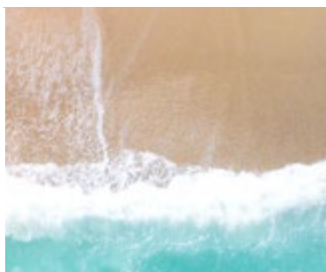
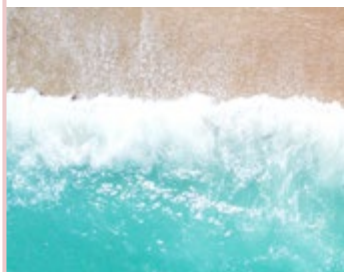
HYPNOBIRTHING
YOGA
MEDITATION

JOYMAMMA.COM.AU

Little Love
Collective

GIFTS • HOMEWARES • CHILDRENS PRODUCTS

Stocking: Wandering Folk | Will & Bear | Hughies Boards | Saarde | Sage & Clare
Miss Frankie | The Clay Society | L'ascari & more.



Bay Village, Hastings Street, Noosa | info@littlecovecollective.com.au | www.littlecovecollective.com.au



facebook.com/littlecovecollective



little_cove_collective



LAHLITA

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](https://www.instagram.com/thebabynaturopath) | [@LahlitaNaturalMedicine](https://www.facebook.com/LahlitaNaturalMedicine)

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

Documenting baby's first year

A question I'm often asked by first-time parents is "when is the best time to have baby photographed?" Should it be when they're a tiny newborn or wait a few months till they can sit up? As much as most families would love to have someone beautifully document each tiny step of the way, this is not a realistic option. Hence, it is such an important decision for you as you will certainly treasure these photos forever.

And the answer is:

There is no right answer. Whatever works for your personal situation, and the photographs captured the day of your shoot will be your time capsule of that moment.

However, there are stages along the way that I think make great guide markers for the journey through the first year of parenthood.

1. Your pregnancy: Honour the incredible transformation of your body. I love to photograph women around the 32-34 weeks mark. You'll have a beautifully pronounced tummy and enough of a "safe zone" to reschedule for weather or other circumstance if need be.



2. Birth: If having a birth photographer present is an option to you, it is one of the most impactful ways to remember and chronicle your baby's entry to the world.

3. Fresh 48: An alternative to birth photography is a Fresh 48 session. Generally, this is a session in the first day or 2 of bubs arrival; either in hospital or home depending on where you birth. These sessions concentrate on all the incredibly fresh details of your baby and the subtle moments of connection you have as you get to know each other.



4. Newborn: My favourite. Newborn sessions are usually held when baby is 1 – 3 weeks old. These can be a session in the studio, or a lifestyle at home depending on your photographer. Again, concentrating on really capturing the uniqueness of your brand new baby and the love you have for them is the aim. Never again will they fit so snugly into your arms, or curl into those peaceful womb-like positions.

5. Sitter session: These sessions are for babies around 7 months old. Or when they can sit steadily, but before they can crawl away. Think chubby legs and tummy, big eyes, soft kissy lips, and dimples on the back of the knuckles. All these delicious details are typical of this age. There is more of a focus on their personality and usually lots of smiles and funny faces are captured.

6. One year old: Finally one lap around the sun and what a journey! You could celebrate with a family session, or a cake smash, or a simple session just for bub. Whatever your heart desires, there'll be a photographer that suits what is important for you to have documented.

And for all the in-between, snap away with your phone to your heart's content. You cannot possibly ever have too many memories documented.

* If you would like a list of "50 first year photos" to capture, jump over to my website and download the PDF *

Megan Willis is an award winning professional photographer specialising in newborn, maternity and family 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. Find out more at www.meganwillisphotography.com.au

Megan Willis

PHOTOGRAPHY

newborns | maternity | motherhood | families



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

Mention this ad when booking for a complimentary matted print valued at \$175.00

Get in touch: info@meganwillisphotography.com.au



Kindred  Alchemy

- ✿ Mother Blessings
- ✿ Ceremony + Ritual
- ✿ Workshops + Gatherings
- ✿ Sound Baths: private sessions, small groups and events
- ✿ VibroAcoustic Sound Therapy

Circle Medicine
Soul Medicine
Energy Medicine

Bron kindredalchemy.com.au

📷 @kindred_alchemy 0400551977

*Mother's
in Arms*



*Placenta Encapsulation
and Birth Keepsakes*

- Raw & Traditional Chinese method placenta encapsulation
- Resin keepsakes using placenta, cord keepsakes & breastmilk
- Cord keepsakes • Placenta artworks



Servicing North Brisbane, Sunshine Coast/Hinterland up to Gympie

0409072879 | lyticia.mothersinarms@gmail.com | 📞 @mothersinarmsplacenta

www.placentasunshinecoast.com.au



THE JOY OF A SMILE

Not much can come close to the purity and delight of baby's first smile, and as an integrative dentist it is a privilege to steward this smile for a lifetime.

From preconception health through baby's first year there are so many considerations. Coming to see the dentist is an important part to ensuring yours and baby's health, encouraging ideal growth and happy smiles.

Integrative dentistry stretches far beyond the mouth, encompassing aspects of nutrition, growth, breathing and muscle function, structural alignment, psychology and more.



some quick tips

PRECONCEPTION

- Book a checkup.
- Having healthy gums and teeth minimises your risk of preeclampsia, preterm birth and low birth weight.

FIRST YEAR

- First checkup before 1 year old to discuss growth, dental care, and start building positive emotional experiences.
- Babies shouldn't snore. Breathing should nearly always be through the nose, lips together.
- Breastfeeding doesn't cause tooth decay.
- When ready, encourage chewing, whole and hard foods.
- Gaps between teeth are good.

Above all, trust your gut. Many things we do instinctively for our kids, have far reaching benefits beyond the primary action. If you think there is an issue, you are likely right. Keep searching for the right people and right solutions.

It's our greatest joy to walk through life with our clients, guiding health in all seasons.

Dr Tom Wauchope

Holistic & Integrative Dentist

drtomdentist.com.au





SUPPORTING CHILDREN AND FAMILIES ACROSS THE COAST FOR 20 YEARS

Speech Pathology · Occupational Therapy · Psychology · Counselling
Play Therapy · Community-based Allied Health Assistants and ASD Advisory
Services for families, community groups and professionals



07 5444 2451 | admin@chatter-boxes.com.au | Clinic locations: Minyama & Aura
f @chatterboxestherapycentre | @chatterboxes_therapycentre

WWW.CHATTER-BOXES.COM.AU

Developmental red flags

Have you ever been at the park and all the other kids are playing together, but your child is on their own? Have you gone over to a friend's place and noticed their 2 year old is talking so much more than yours? Do you ever wonder why other kids happily go and play, but your child is clingy and cries?

We are often told, "It's ok, everyone develops differently", or "He's a boy and boys develop at a slower rate than girls." While in some cases all of this kind-hearted advice could be true, if you are questioning how your child is developing, then follow it and seek out a suitable therapist to help you.

In the first 5 years of life a child's brain is developing 700 neural connections every second. These connections support their rapid learning and development and make new learning easier. 90% of the brain development occurs within the first 5 years. This is why early intervention is important. If we can support a child to learn foundational skills during these times of rapid brain growth, we make the most of these natural developmental stages.

So what are some of the red flags that are worth talking about?



Speech and Language

- At age 2 children should be putting two words together easily and following simple instructions consistently
- An unfamiliar person should be able to understand almost everything a 3 year old says
- A 4 year old should be making well formed "adult-like" sentences.

Fine Motor/Cognition

- Children should be able to dress and go to the toilet independently by age 3 – 4
- While pencil grip might not be perfect, a child should be able to scribble with a crayon by 2 and able to draw lines and basic shapes by 4
- Activities like threading with small beads and building block towers should be easy for a 3 year old

Social / Emotional

- From about 6 months of age babies should enjoy social games and smile and respond to others
- 3 year olds typically want to play with other children rather than on their own
- By 4 kids should be able to play by the rules, take turns and negotiate in play

It may be useful to seek some support if your child.....

- Finds it difficult to move from one place or activity to another
- Has big meltdowns over seemingly small issues
- Gags on certain foods or even avoids certain textures of foods
- Finds it difficult to focus on one given task for a length of time
- Does not react or over-reacts to sounds, smells, textures etc


And sometimes it's not just kids who need support. It doesn't matter how many children you have had or if you have worked in childcare for years or been great with your brother's children. Being a parent is not an easy role to play. Each of us are striving to meet the challenge of supporting children in a modern world, often balancing work commitments and the needs of other siblings and sometimes we just can't do it alone!


Chatter-boxes Therapy Centre are a multidisciplinary team providing speech pathology (communication, literacy and feeding support), psychology, occupational therapy, play therapy, counselling (1:1 and small groups supporting parents) and community-based support through their team of allied health assistants. They deliver a diverse and distinctly different approach to supporting children and families across the Sunshine Coast.
www.chatter-boxes.com.au

her.

WOMEN'S HEALTH

Pelvic Floor Physiotherapy
Online Pre/Postnatal Pilates
& Yoga Studio

 Book online
www.herwomenshealth.com





 @her.womenshealth



Expecting a baby?

HAVE YOU CONSIDERED A DOULA

Supporting women and families throughout
their unique journey to parenthood.

-  birth preparation & education
-  home or hospital birth
-  lactation and postpartum support
-  VBAC experience

Call me for a commitment free coffee today



Jess doula

BIRTH & POSTPARTUM DOULA

Jess Carr-Walker 0435 477 411

jessdoula@mail.com |  

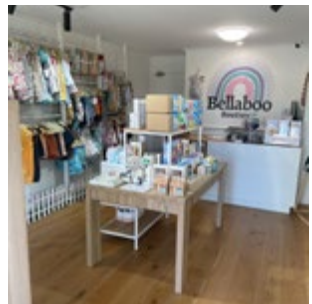
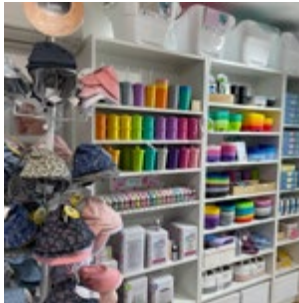
www.jessdoula.com.au





BABY AND CHILDREN'S BOUTIQUE

Replay Dinnerware • Bedhead Hats • Essential Oils & Diffusers
Swimwear • Cloth Nappies • Swim Nappies • Miniland Dolls
Clothing, including handmade • Baby Gifts • Swaddles • Blankets



SHOP INSTORE

2a/35 Seaside Boulevard, Marcoola
Tuesday to Friday 9am-4pm & Saturday 9am-1pm

SHOP ONLINE

www.bellabooboutique.com.au

FREE GIFT WRAPPING, IN-STORE COLLECTION & DELIVERY AVAILABLE

07 5313 3070 | [@bellabooboutiqueAU](https://www.facebook.com/bellabooboutiqueAU) | [@bellaboo_boutique_au](https://www.instagram.com/bellaboo_boutique_au)



**Hinterland
HypnoBirthing**
CREATING POSITIVE BIRTH EXPERIENCES

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.

♥ 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



MARTHA GRACE

AUTHENTIC BIRTH STORIES

Your birth is **powerful**

Your birth is **beautiful**



Your birth is **transformative**

www.marthagracebirthphotography.com.au

0420 908 099

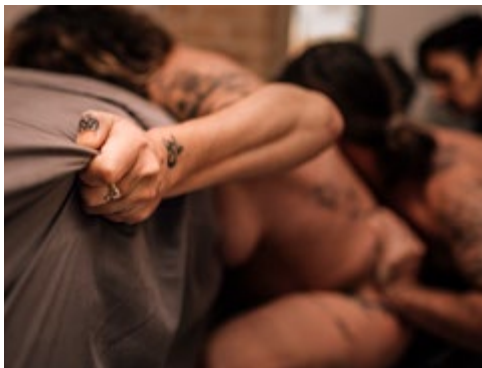
hello@marthagracebirthphotography.com.au

Regardless of how your journey unfolds, I will be there to show you the beauty of it all.

Three common myths about birth photography

1. The camera will be a distraction.

Birth is a deeply intimate and spiritual process, and requires an atmosphere of peace and trust. It can feel like a risk to invite anyone into your birth space. As a professional birth photographer, my number one goal is to document your story without disrupting the flow of it. My experience has taught me how to enter your birth space and move throughout the room without distracting you or your partner. Each click of my camera matters. I want you to be overwhelmed ONLY with the love of your partner, the strength of your own body, and the anticipation of meeting your baby. Clients have often told me afterwards that they hardly noticed my presence at all, and are amazed by the moments I was able to capture when looking through their birth gallery.



2. It's all about THAT shot...

Hiring a Birth Photographer DOES NOT mean you've just signed up to have your vagina photographed! Birth Photography is so much more than just capturing the moment of birth. I love focusing on the connection you have with your partner. The raw vulnerability as you work your way through each contraction. Your strength as you reach transition and feel like you can't possibly go on any longer, but like an absolute birthing goddess, you do. And then all those delicious, brand new newborn details. If crowning shots aren't your thing, I can get creative with angles to make sure there is no nudity. Some clients hire me to capture everything, while others prefer I take a more modest approach, focusing on the emotions and connections instead. Every birth story is unique and every family is unique.

3. Birth Photography is overpriced.

I totally get it! When approaching the birth of a new baby, cost can be an important factor, especially if finances are tight. Many people assume that birth photography is similarly priced to a family or newborn session. But unlike these sessions, birth is unpredictable, we can't plan a day and time to schedule in your birth session! This means I go on call for you and I'm ready to join you – day or night – be it at 37 weeks, on your due date, or even up to 42 weeks. Being on call definitely requires a lifestyle that's different to most (think five weeks of lugging my camera bag everywhere, having my phone attached to me at all times, and no sneaky nighttime wines!) but it's a sacrifice I love to make for my clients. Birth sessions are often much longer too, and whether you give birth in 6, 18, or 30 hours, I'll be there with you for however long your labour takes. Having your birth photographed is an invaluable investment, and I offer flexible, interest-free payment plans. You could also ask friends and family for donations towards birth photography at your baby shower, instead of buying gifts (because really, how many pairs of cute shoes does your newborn actually need?!).

"When you first start to think about who you want to be in your intimate birth space, you might be put off by the idea of having a photographer as you assume the constant gaze may take you out of your primal energy needed to birth effectively. This was certainly not the case with Martha. When Martha arrived to my fast paced birth, the only time I knew she was there was when she first arrived as she gave me a reassuring hand on mine in between contractions to let me know she had made it in time. After that, she melted into the background until just after I caught my baby in the birth pool, had come out of my birth trance to be met by her telling me "You are a birthing goddess!". Having the right people with the right energy is important in your birth space and I truly believe Martha contributed to the calmness I needed on the day." – Kirsten W

Martha has been a photographer for over 8 years and specializes in maternity, birth, and newborn photography. To view more of her beautiful work please visit www.marthagracebirthphotography.com.au

Placenta Encapsulation - the partner's perspective

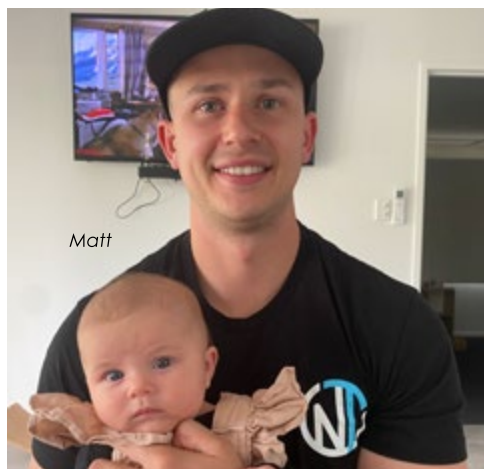
Generally, it's a given that we will support our partners in doing the things they want to do, and when it's something they may not understand or resonate with, we appreciate their support even more. Placenta encapsulation, while no longer in the realm of "something only the 'hippies' do", is still something quite 'out there' and can be a lot to get your own head around, let alone your partner's head around.

So we asked some Sunny Coast locals to ask their partners what they thought about them encapsulating their placenta.

Here's what they had to say:

What did you think when I told you I wanted to encapsulate my placenta?

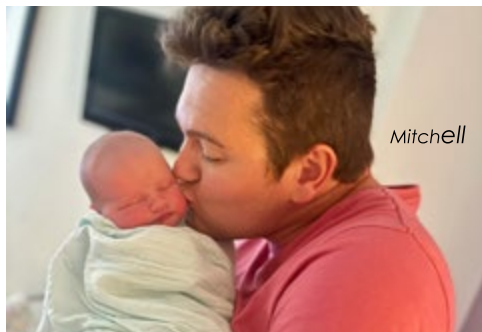
"You what now?" After you explained the natural benefits and you showed me the research behind it, I was supportive. As I always say, it is your body and your choice - and what you decide to do is your say. The benefits were amazing, and we've spoken to other people/health professionals about the benefits too.
- Matt



Matt

I had no idea what it was, apart from it obviously being something to do with your placenta, I hadn't heard anything

about it before but when you told me what it was I did think it was a bit weird/gross - Trent



Mitchell

I had previously heard that we are among a very select few animals that don't eat the placenta - Mitchell

I thought to myself, "What the hell! That's different but cool" - Matthew

How would you describe placenta encapsulation to someone?

It's when they dry out the placenta and turn into powder and encapsulate it. It is really good for recovery for women.
- Matthew

It was quick and easy from our perspective. I had a good look at the placenta when it came out, it's pretty amazing! - Harrison

Basically dehydrated placenta in capsule form; "the goodness pill" - Chris

The process of drying out the placenta while ensuring you keep all the positive nutrients that help your bub grow to then be taken into a fine powder and put into capsules for your partner to help with her post-partum struggles - Matt

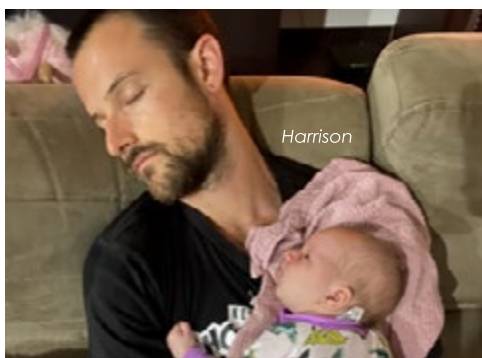
What did you notice when I took my capsules?

You were always more energised when taking your placenta capsules - Chris



You bounced back amazingly both times due to the capsules and your post-partum depression was near non-existent. All up, I believe it gave you more time to further nurture our beautiful baby girl.
- Matt

It seemed to really support you in your recovery from your c-section and just having a baby generally. I would have thought you'd be completely depleted mentally and emotionally like you were with our last baby, but there was a huge difference. Even when I took some of your capsules when I wasn't feeling great it seemed to give me the boost I needed.
- Trent



I took some too... haha. I think compared to the last two babies you were up and doing things quicker and more emotionally stable as well and seemed to have a little more energy - Harrison

What would you tell your friends about it?

I would tell my friends that it is great even

men can take it and benefit from them -
*YES he ate some as well * - Matthew

I'd recommend it 100% for anyone during their postpartum journey - Mitchell

Always do your own research but based on what I have seen (and have taken some myself) the benefits are almost inexplicably positive for mothers and even fathers too - Matt

Any other thoughts to share about it?

If we had another baby I'd say to get it done again - Harrison

I definitely think it is something we would look at doing again with future pregnancies. I believe it assisted with your recovery and we didn't see much of the baby blues at all! - Chris



I think there are so many positives and it's not talked about enough in mainstream hospitals about the potential benefits for post-partum mothers. If there was more easily accessible information, then it could potentially help reduce the overall post-partum struggles we see/hear mothers go through - Matt

I had no idea what it was I thought it was gross but really turned out to be a good thing for us
- Trent

Natalie Stokell has encapsulated over 1000 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

SandPiper

photography

Outdoor & Studio Maternity Photography on the Sunshine Coast

Capturing emotive and
impactful photographs of
the beauty of pregnancy



MENTION THIS AD WHEN BOOKING TO RECEIVE ONE FREE FINE ART PRINT

AIPP Accredited Professional Photographer | info@sandpiperphotography.com.au
07 5391 1294 | [f @SandPiperPhotographyNoosa](https://www.facebook.com/SandPiperPhotographyNoosa) | [@sandpiperphotography](https://www.instagram.com/sandpiperphotography)

WWW.SANDPIPERPHOTOGRAPHY.COM.AU



Passionate about bringing children into the world gently.

Supporting and nurturing women to have the most empowering birth experience possible.

I would love to meet you to discover how I can best support you and your family.

Debbie Brauner | debbie@birthmagic.com.au
0452 658 585 | www.birthmagic.com.au
f @debbiebirthmagic | @@birthmagicdoula

The Milky Days

In home and Clinic Lactation Consultations



SARAH ELPHICK

International Board Certified Lactation Consultant

0423 708 729

Themilkydays.com.au

BUSY Pram cleaning

REFRESH · RESTORE · RELOVE

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

- ✓ Prams
- ✓ Strollers
- ✓ Car seats
- ✓ Bassinets
- ✓ Portacots
- ✓ Bouncers
- ✓ Walkers
- ✓ Highchairs
- ✓ Baby swings
- ✓ Play mats
- ✓ & more!



0457 022 210 | brooke@busypramcleaning.com
f @busypramcleaning
www.busypramcleaning.com

Louie & Sage

| Modern Cloth Nappies | Cloth Nappy Education | Wet Bags |

Our Modern Cloth Nappies are a one-size-fits-most, pocket style nappy, designed to fit bubs from 3.5kg* to 15kg*.

Double Pocket Wetbags.

FREE in-home, online and group cloth nappy education sessions, book on our website.

*Eco-friendly
Affordable*

*Save Hundreds/Thousands of \$
Gentle Against Bubs Skin*



Shop our website or book your consult. Afterpay available.

Contact us: W: www.louieandsage.com | E: louieandsage@gmail.com
IG: @louie.and.sage | FB: fb.com/louieandsage

*these weights are a guide only and depend on the individual shape of each baby/toddler.

BABIES & KIDS NUTRITION

How I can help...

- Baby & Toddler Nutrition
- Starting Solids Guidance
- Immune Support
- Digestive Health & Food Intolerances
- Food & Environmental Allergies
- Overcoming Fussy Eating
- Correcting Nutrient Deficiencies
- Eczema & Skin Conditions
- Nutrition For Restricted Diets
- Developing Healthy Eating Habits

Book a free discovery call to chat about how I can support you, and your little one's needs.



GUT-LOVING JELLY GUMMIES



Gelatin is an incredible baby-friendly superfood, helping to heal the gut, aid digestion, support healthy immune function, joints and skin, and strengthen bones and teeth.

Ingredients

- 250ml unsweetened apple juice
- 3 Tbsp gelatin powder

Method

1. Add juice to a small saucepan.
2. Sprinkle the gelatin evenly on top and leave for a few minutes until it 'blooms', then give it a stir
3. Turn the heat on low, gently warm and stir until the gelatin has dissolved
4. Pour in to moulds or a baking dish - you can slice it in to squares or fingers once set
5. Refrigerate for 2-hours until set, store in the fridge for up to a week.

* *find grass-fed or organic gelatin at the health food store - the supermarket variety doesn't promote the same health benefits.*

LUCY STEWART

PAEDIATRIC NUTRITIONIST

0411 616 662

lucy@lucystewartnutrition.com

[f](https://www.facebook.com/lucystewartnutrition) [@lucystewartnutrition](https://www.instagram.com/lucystewartnutrition)

www.lucystewartnutrition.com

Nourishing first foods for baby

Lucy from Lucy Stewart Nutrition talks us through the often confusing minefield of first solid foods.

Starting solids is an exciting opportunity to nourish your baby's developmental needs, create a positive relationship with food and broaden their palette.

Knowing what first foods to feed your baby can be daunting and confusing and it's often where conventional guidelines for starting solids falls short. So, I've outlined the most nourishing first foods that support your little one's growth and development, and help you approach this milestone with a little more clarity and confidence (and an easy to clean high chair!).

Whilst we can often get caught up on the right 'age' to introduce solids, it's more important to wait until your baby is showing the signs they are developmentally, physically and digestively ready – this usually happens around the age of 6 months, as recommend by the World Health Organisation.

I'm sure you've heard the common saying that "food before one is just for fun", and although playing with food is an important part of the sensory experience, food shouldn't JUST be for fun.

Your baby will grow more rapidly in the first year of their life than at any other time, and they're actually really quite clever. You see, by around 6 months of age when they begin to show a real interest in food, there are certain micro and macronutrients they require for optimal growth and development, that can no longer be met by breastmilk or formula alone. So, it's really important that those first foods you offer your baby contain the nutrients they need, right now.

The most common first foods are soft fruits and vegetables, and whilst these are nutritious and a great start, they are lacking in some key developmental nutrients, like: iron, zinc, choline and vitamin D, as well as nourishing fats, especially DHA.



Two important minerals for growth are iron and zinc. Iron is vital for cognitive and behavioural development and between 6–24 months babies actually require more iron each day than an adult male. The best sources of iron and zinc are: organic chicken liver, beef, lamb and chicken thighs.

Nourishing fats, especially the omega-3 essential fatty acids EPA and DHA, are crucial for the healthy development of your baby's eyes, immune and nervous systems, and brain – their rapidly growing brain is actually 60% fat, so it's being built by the fats in the foods you offer them. Find nourishing fats in: avocado, oily fish (sardines, salmon, mackerel), pasture-raised egg yolk, ghee, seaweed, olive oil, nuts and seeds, coconut products and full fat pasture-raised meat and dairy. Avoid trans fats and industrial seed oils as these are inflammatory and increase the risk of many health issues.

Other nutritious foods to include are probiotic-rich fermented foods like sauerkraut, cultured yoghurt and kefir. These foods help to support healthy digestion, gut and immune health.

The key is to offer your baby a variety of foods, make their meals as nutrient-dense as possible, and have fun.

Lucy Stewart is an Accredited Paediatric Nutritionist, mum and step-mum. With many years of clinical experience working with a range of childhood conditions, Lucy is passionate about helping parents raise resilient and thriving children, by feeding them right, right from the start. Book an appointment to take the first step in your child's journey to better health. www.lucystewartnutrition.com



Shine Yoga

Pregnancy Yoga

Mums and Bubs Yoga

Active Birth Workshops



SHINEYOGASTUDIO.COM.AU

BABY & KIDS MARKET

Preloved, New & Beautiful
Handmade Baby and Kids Items

**LOOKING FOR
STALLHOLDERS &
MARKET GOERS!**

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



Suzel 0403 883 903

www.sunnycoastbabykidsmarket.com.au

DARK MOON ALCHEMY

MEDICINAL MUSHROOMS + TONIC HERBS

Certified Organic

Adaptogenic

Versatile

Easy to take & Yum!

Locally created by

Fertility & Pregnancy Acupuncturist
to create life & renew it.

darkmoonalchemy.com @darkmoonalchemy



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, a lactation consultant 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. We offer individual sessions and group sessions. Our groups include our six week Circle of Motherhood and our monthly Mother's Drop-in Clinic with psychologist, midwives and lactation consultant.

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



Chinese medicine for labour and birth

Pregnancy and childbirth are some of the most amazing things a woman's body is capable of - and can also be very draining and depleting. In Chinese Medicine, there are many ways of supporting mothers-to-be throughout their entire pregnancy journey, including in the weeks before the birth of their baby. At the clinic, we very frequently see mums-to-be for labour preparation treatments as a really important time to support our patients as they prepare for a very unique time in their life. When treatment is started early enough (we like to check in at around 32 weeks) we can help with getting bub in an optimal position, preparing the body for labour, and setting them up for a post-partum period that is as smooth as possible, so they can recover well and begin to enjoy their new life as a mum sooner rather than later.

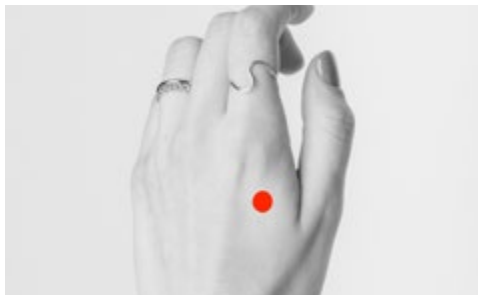
In Chinese Medicine terms, pregnancy is a process that involves the consumption of an enormous amount of Qi (energy) and Blood (the Chinese Medicine concept of Blood includes our physical blood that runs through our veins, but also has a more energetic concept that ties in with many aspects of our physiology). As you approach labour, the way these energies interplay in your body begins to change and, as you approach birth, they begin to descend downwards. Acupuncture and acupressure can be incredibly helpful tools in helping this process to occur as it should, so we thought we would share a few of our favourite labour prep acupressure points with you.

To perform acupressure successfully, all you need to do is apply strong but comfortable pressure to the point for at least 30 seconds. You can massage the point with circular motions a little, if you like. It's completely normal if some of the points are a little sore - that's a normal function of some of the points. We very strongly encourage all of our labour prep patients to get their partners involved with this, as all of these points can be very useful during labour as well.

1. Large Intestine 4

This point is probably the easiest to access, on the hand. This point helps to encourage contractions and is great for pain relief.

28



2. Liver 3

This point has a strong 'moving' function, and is helpful in getting contractions going (and with pain relief).



2. Spleen 6

This is one of our favourite points, and helps to soften and (later) dilate the cervix.



4. Bladder 32

This point is a little tricky to find, being on the sacrum (the triangle bone at the bottom of the spine). Massaging the entire sacrum is a great way to make sure this



point is being stimulated. This point directly talks to the uterus through the nerves that run through the sacrum, and is wonderful for encouraging contractions and for pain relief.

As you get closer to birth, there are a few more things that can help to encourage labour to start:

- massage of the shoulders, lower back and hips (there is actually another great labour prep acupuncture point at the very top point of the trapezius muscle on the shoulders - so cash in some shoulder

rusts!)

- spending plenty of time on your fit ball to help open up your hips
- intimacy with your partner, if you're in the mood (nipple stimulation can be especially helpful)
- and of course, acupuncture and Chinese Herbs (our personal favourites!)

As with any new tool in your kit, the more you can get familiar with these points before you need them, the easier it's going to be to make the best use of them when your labour starts. The human body is an incredible thing, and the pregnant body moreso. Investing some time into learning these new skills in the weeks before birth can be so incredibly helpful throughout your journey of labour and birth - and so, we hope this helps make that journey a little easier.

Dr Grace Jones (TCM) is a Registered Acupuncturist and Director of Bloom Chinese Medicine in Maroochydore. Bloom Chinese Medicine is a welcoming, inclusive, 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

CHINESE
Bloom
MEDICINE





Helping you find the right fit for baby

Being a parent is tough enough. Bibbles is a mum-hack to take the hassle out of introducing bottles. Hire customisable Baby Bottle Bundles of up to 6 different brand-name bottles with age appropriate teats.



Baby Bottle Hire Service



A Company made BY parents, FOR parents. Take the stress out of finding the right bottle. Hire Now. Buy Later.

MAMA SOUL



- Pregnancy Yoga
- Mums & Bubs
- Mother Blessings
- Active Birth
- Womens Circles

www.mamasoul.com.au
Contact Bec: info@mamasoul.com.au

Pitter Patter Prints



10% off email Judy to claim



Newborn Photography . Baby Hand & Feet Casting
Call Judy on 0423134300
judy@pitterpatterprints.com.au
www.pitterpatterprints.com.au [f @pitterpatterimpressions](https://www.facebook.com/pitterpatterimpressions) [@printspitterpatter](https://www.instagram.com/printspitterpatter)

THE ORGANISED LIFESTYLE CO.

YOUR HOME. ORGANISED.

Your **STYLE AND BUDGET** is important to us and we can discuss various options and **TAILOR A PACKAGE** to suit your needs.

If you would like help **GETTING ORGANISED** or would like to know more about what we do, give Jasmine a call today.

0407 143 703 | theorganisedlifestyleco@gmail.com
@TheOrganisedLifestyleCo | @the.organised.lifestyle.co

LET US HELP YOU ORGANISE THE CHAOS
AND BRING CALM TO YOUR HOME

From kitchens, to wardrobes, to toy rooms, to the whole house - we can help you **DECLUTTER** and **ORGANISE** any space in your home. We source and supply any products you need to get organised, including creating **CUSTOMISED LABELS** just for you.



SNEAK PEEK 3D PREGNANCY SCANS

Come for a Sneak Peek ultrasound of your baby using 2D/3D/4D & 5D Real View HD imaging in our friendly, all female COVID safe practice.

CUTE FACE SHOTS GUARANTEED
or one FREE follow up scan (from 20 weeks)

GENDER REVEAL SPECIALISTS

REASSURANCE SCANS
from 8 weeks pregnant

20% OFF Chubba Bubba Scans

DISCOUNT CODE: SCBM22CB20

Receive ALL of your pics on a USB and a Goodie Bag!

sneakpeekultrasounds.com.au P 07 5406 0689
Suite 21, 23 Elsa Wilson Drive Buderim • Sunshine Coast



You and your babies safety are our priority





*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 ☎ 0423 393 668 📱 /TYMbyDani

thaiyogamassagebydani.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 SCB2022 to receive **10% OFF** your session. For more information visit www.shannonharth.com.au/2022scb

The Best Australian Suction Bowls™

Designed by an Aussie mum right here on the Sunshine Coast.



- ✓ **Strong Suction**
- ✓ **Easy Scooping**
- ✓ **2 Ergonomic Spoons**

Save 10% on your order
with a discount code:
SCB10



Easy to scoop up food without the mess
The Brightberry Bowl's raised edge guides the spoon up the curve to easily scoop food.
Inwardly curved walls help to load the food on the spoon instead of pushing it over the edge.

Brightberry®



**FUNCTIONAL & STYLISH
TABLEWARE FOR CHILDREN**
www.brightberry.com.au

Mindful HypnoBirthing

New
to Pomona

One day workshop sharing knowledge
and self-resources to support safe, satisfying
and undisturbed birth as nature intended

- Blending mindfulness, hypnosis and breath
- Audios and printed resources for home practice
- Small groups, private tuition and via Zoom
- Experienced teacher endorsed by midwives and obstetricians
- Tools for life as well as for birth



Zoe Strickland

"I love my work, and here to help you feel calm,
confident and excited on your baby's birth day"



M: 0420 504 421 | info@zoestrickland.com.au | zoestrickland.com.au | [zoestricklandhypnobirthing](https://www.instagram.com/zoestricklandhypnobirthing)

sleep play grow

In Home Consultations | Workshops | Online Programs

zzz

Mention this ad
to receive a
10% discount

Certified Gentle Sleep Consultant (0-5yrs)
Newborn & Postpartum Support Specialist
Toddler Positive Behaviour Builders.

0401 717 658 hello@sleepplaygrow.com.au

www.sleepplaygrow.com.au Find us on Facebook & Instagram



PLACENTA
vitality

Scan for \$20 off
your placenta
encapsulation

www.placentavitality.com



*There's only one way to be and that's
Barefoot & Salty*

Scan for 15% off your purchase

www.barefootandsalty.com.au

BIBBLES
Hire a Build Your Own Bundle
for a Standard Bundle price.
Mention Sunshine Coast Baby at time
of booking to receive discount

@BIBBLES.HIRE
 BIBBLES.HIRE
 BIBBLES.HIRE@GMAIL.COM

**Bellaboo
Boutique**

WWW.BELLABOOBOUTIQUE.COM.AU

ENTER CODE
SCBSHIPFREE
TO RECEIVE
FREE SHIPPING ON
ONLINE ORDERS!



Brightberry?

TABLEWARE FOR CHILDREN

Save 10% on your next order
with a discount code:

SCB10

www.brightberry.com.au



Receive an
additional
5% OFF the
already discounted
prices when you
mention this offer!

www.birthmagic.com.au

DARK MOON ALCHEMY
MEDICINAL MUSHROOMS + TONIC HERBS

10% off FOR LIFE!
use code BABY at check out
for all orders over \$250

darkmoonalchemy.com @darkmoonalchemy



BUSY
Pram cleaning

Scan for \$20 off
your next clean

www.busypramcleaning.com



Save 5% discount off the
Hinterland HypnoBirthing course

hinterlandhypnobirthing.com



Frank.
nappies

Enter SCB20 at checkout
to receive 20% off

www.franknappies.com.au



Jess doula
BIRTH & POSTPARTUM CARE

Scan for \$50 off
any package

www.jessdoula.com.au



Receive 10% off when
you use coupon code
SUNNYCOASTBABY2022
on the website

www.islaandme.com.au



Get 5% off
your first order
Use code:
SCB05

www.louieandsage.com



Lucy Stewart
NUTRITION

Scan the QR code
and mention this
ad for **\$20 off** your
first consultation

lucystewartnutrition.com



10% OFF

ALL BIRTH
COLLECTIONS

www.marthagracebirthphotography.com.au

Megan Willis
PHOTOGRAPHY

Mention this ad when booking your
newborn session to receive a
complimentary matted print valued at \$175.00

meganwillisphotography.com.au | 0448 159 169

Mother's
in Arms

Placenta Encapsulation
and Birth Keepsakes



Mention this ad to receive
\$30 off encapsulation
Limited to the first 10 customers

www.placentasunshinecoast.com.au

SHANNON HARTH
PHOTOGRAPHER



Mention code
SCB2022 to
receive **10% OFF**
your session

shannonharth.com.au/2022scb

Shine Yoga

**20%
OFF**

Pregnancy Yoga
Mums & Bubs Yoga

Use Code: ShineBaby
to redeem offer

ShineYogaStudio.com.au

3D PREGNANCY SCANS

20% OFF Chubba Bubba Scan

CODE: SCBM22CB20

sneakpeekultrasounds.com.au P 5406 0689

Sneak Peek
ULTRASOUNDS

THE
ORGANISED
LIFESTYLE
CO.

YOUR HOME. ORGANISED.

LET US HELP YOU ORGANISE
THE CHAOS & BRING CALM
TO YOUR HOME

Mention this coupon to
receive **\$20 OFF** any
home organisation package!

0407 143 703 | theorganisedlifestyleco@gmail.com

The Milky Days



Mention this coupon to receive
10% off your first consultation
themilkydays.com.au



Receive a 10% discount
when you use coupon
code 2022WILLOWTREE

WWW.ETSY.COM/SHOP/WILLOWTREEWELLNESSCO

The best referrals are those from happy clients

REFER A FRIEND AND RECEIVE A
10% DISCOUNT ON YOUR COURSE
WHEN THEY BOOK THEIRS



Zoe Strickland Mindful Hypnobirthing

M: 0420 504 421 | zoestrickland.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



Isla and Me

Stocking well-known mum, bub and kids accessories. Items range from lunch boxes, to toys to creativity exploration, to teething accessories. All mum tried, tested and approved! Often locally made and from other small businesses.

www.islaandme.com.au



Mini Nanny Agency

Matching hardworking families to trusted nannies. A holistic approach to recruitment, we find experienced nannies to care for your children in the comfort of your own home - a familiar environment for your child. We do everything with fun, excitement and love.

www.mininannyagency.com.au



Willow Tree Wellness & Co

Natural Aromatherapist formulated products for little people and their mums. Aromatherapy affirmation playdough, essential oil rollers and candles. Beautifully handcrafted oil blends. Custom oil blends and matching custom labels available to order!

www.etsy.com/uk/shop/willowtreewellnessco

Community Help Telephone Numbers:

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
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

Want to be in our next edition?



Get in touch now!

hello@sunshinecoastbaby.com.au

Index

Active birth 26, 30
 Acupuncture 28, 29
 Allergies 9, 24
 Anxiety 14, 27
 Baby wearing 40
 Birth debrief 27
 Birth keepsakes 12, 30
 Birth preparation 4, 8, 9, 16, 18, 26, 27, 28, 29, 34
 Bottle hire 30
 Breastfeeding support 16, 23
 Carseat cleaning 23
 Ceremony 12
 Childcare 38
 Clothes 6, 8, 17, 26, 40
 Cloth nappies 5, 17, 23
 Conception 4, 9, 28, 29
 Counselling 14, 27
 Decluttering 31
 Dentistry 13
 Dinnerware 34
 Doula 16, 23
 Family health 9, 24, 25, 28, 29
 Fertility 27
 Gifts 8, 17, 38, 40
 Hand and feet casting 30
 Holistic dentist 13
 Home help 31, 38
 Hormonal support 9, 24, 26, 28, 29
 Hypnobirthing 8, 18, 35
 IVF support 27, 28, 29
 Keepsakes 12, 30
 Lactation consultant 23
 Lactation support 16, 23
 Loss 27
 Market 26
 Massage 32, 38
 Maternity wear 40
 Meditation 8, 9
 Mother blessings 12, 30
 Mum and bubs groups 27
 Nanny 38
 Natural health 4, 9, 24, 25, 26, 28, 29
 Naturopath 9, 24
 Nutrition 4, 9, 24, 25, 26
 Occupational therapy 14
 Organisation 31
 Pelvic floor 16
 Physiotherapy 16
 Pilates 16
 Photography - birth 18
 - family 10, 11, 18, 22, 33
 - lifestyle 18, 33
 - maternity 10, 11, 18, 22, 33
 - newborn 10, 11, 18, 22, 30, 33
 Placenta encapsulation 2, 12, 20, 21
 Play therapy 14
 Postnatal depression 27
 Postnatal support 23, 27
 Pram cleaning 23
 Preconception 4, 28, 29
 Psychology 14, 27
 Scans 31
 Sensory toys 17, 40
 Sleep 35
 Speech therapy 14, 15
 Sound therapy 12
 Toys 8, 17, 26, 38, 40
 Ultrasounds 31
 Weaning 9, 24, 25, 34
 Women's circles 12, 30
 Yoga - mums & bubs 8, 9, 26, 30, 32
 - prenatal 8, 16, 26, 30, 32
 - postnatal 8, 16, 26, 30, 32

Links

Facebook

@barefootandsalty
 @bellabooaboutiqueAU
 @bibles.hire
 @bloomchinesemedicine
 @brightberry.au
 @busypramcleaning
 @chatterboxes_therapy
 centre
 @conceptionsfertility
 pregnancy
 @darkmoonalchemy
 centre
 @dr.tom.w
 @franknappies
 @her.womenshealth
 @hinterlandhypnobirthing
 @hypnobirthingsunshine
 coast
 @isla_and_me
 @jessdoula
 @joymamma_
 @kindred_alchemy
 @lahlita_
 @little_cove_collective
 @louie.and.sage
 @lucystewartnutrition
 @mamasoulyoga
 @marthagracebirth
 photography
 @meganwillisphotography
 @mininannyagency
 @mothersinarmsplacenta
 @naturobest
 @noosakidsmarket
 @printsitterpatter
 @perinatal_child_family_hub
 @placentavitality
 @sandpiperphotography
 noosa
 @shineyoga.sunshinecoast
 @sleepplaygrow
 @sneak.peak.ultrasounds
 @sunnycoastbabykids
 market
 @TellYourDaughters
 @TheMilkyDays
 @the.mumsie
 @TheOrganisedLifestyleCo
 @TYMbyDani
 @willowtreewellnessandco
 @zoestricklandhypno
 birthing
 @bibles.hire
 @birthmagicdoula
 @bloomchinesemedicine
 @brightberry.au
 @busypramcleaning
 @chatterboxes_therapy
 centre
 @conceptionsfertility
 pregnancy
 @darkmoonalchemy
 centre
 @dr.tom.w
 @franknappies
 @her.womenshealth
 @hinterlandhypnobirthing
 @hypnobirthingsunshine
 coast
 @isla_and_me
 @jessdoula
 @joymamma_
 @kindred_alchemy
 @lahlita_
 @little_cove_collective
 @louie.and.sage
 @lucystewartnutrition
 @mamasoulyoga
 @marthagracebirth
 photography
 @meganwillisphotography
 @mininannyagency
 @mothersinarmsplacenta
 @naturobest
 @noosakidsmarket
 @printsitterpatter
 @perinatal_child_family_hub
 @placentavitality
 @sandpiperphotography
 @shannonharth
 @shineyoga.sunshinecoast
 @sleepplaygrow
 @sneak.peak.ultrasounds
 @sunnycoastbabyandkids
 market
 @tellyourdaughters
 @thai_yoga_massage_by_
 dani
 @thebabynaturopath
 @themilkydays
 @the.mumsie
 @the.organised.lifestyle.co
 @willowtreewellnessandco
 @zoestricklandhypno
 birthing

Instagram

@barefootandsalty_
 @bellaboo_boutique_au



MUMSIE HQ
12a Lanyana Way
Noosa

before baby after baby

the *mumsie* & co



all things mama and mini.. womenswear, baby, toddler, gifts, books
www.themumsie.com