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developmentally
ready to change their
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Welcome

"Behind every great kid is a mum who is sure she is screwing things up" - Unknown

The responsibility of raising a child is a big one, and is meant to be shared; shared amongst family, peers and elders of the community - shared amongst the 'village'. However, in this day and age of busy-ness and digital connection, the village can be sometimes feel elusive.

One of the biggest challenges about parenting is the guilt. The fear that you are not doing the best for your child is real and can be overwhelming. The what-ifs hanging over your head are heavy, and the accompanying mother guilt is no fun.

So, I am delighted to bring you the third edition of Sunshine Coast Baby. Within these pages are the peers, and elders, of our community, who will help support you in your parenting journey. This local guide is full of beautiful businesses and services that can become a part of your village.

Be easy on yourself Mama! Drop the mama guilt, know that you are doing your best. You got this! And in the moments that you are feeling like you haven't, please reach out to your village, we are here to support you.

love Natalie

Founder + Editor-in-Chief



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Embrace the Essence of your Pregnancy... Naturally.

How Acupuncture and Natural Methods Can Assist in Becoming and Staying Pregnant

Our lives today are busy; stress levels have risen, and our modern lifestyle includes, less rest, fast food and reduced exercise, which impacts on our health, and can affect our ability to conceive and have healthy babies and children.

Pollutants in the air we breathe, chemicals, pesticides, herbicides and heavy metals found in our soils and foods, pollution in our oceans and chemicals in the tap water we drink can be toxic to our health and impact on our hormones. The result is decreased fertility in both sexes, and a potential for a myriad of fertility problems and unexplained fertility issues, such as repeated miscarriage that affects 1 in 6 couples.

Acupuncture is an ancient, classical medicine technique that can help to reset the body, heal irregularities and relieve symptoms that arise when the body is under stress or unwell. When the body is healthy and the energy is circulating, you feel energised and wake up feeling refreshed and symptom free. Your hormones follow suit with regular menstrual cycles and hormone levels that are at an optimal level for conception. Symptoms such as pain, illness and hormonal imbalance are your body's way of telling you that it is out of balance, and there may be underlying or external factors that are causing stress.

Your fertility is a reflection of your health and vitality. Acupuncture and natural medicines are an excellent way to balance your body to improve hormones, helping you to return to a natural state of good health and fertility. Many cultures traditionally use fertility preparation before starting a family. Preconception preparation for sixteen weeks before making conception attempts is true preventative medicine, and is a way of passing the best health to your offspring. Natural fertility programs have a 'no stone unturned' approach to fertility, and include individual assessment for both partners, and healthcare specific to individual requirements. Couples benefit by restoring their fertility naturally by supporting their



bodies with acupuncture, naturopathy, herbal medicine and nutrition. Diet and lifestyle factors are addressed, and education is given to understand important natural body signs to achieve conception.

A two-year study was conducted with 367 couples who completed the Foresight Natural Fertility Program. Of these couples, 59% had prior adverse reproductive history. The remaining 41% had no adverse fertility history, but were classed as older couples. On completion of the study, 89% of all the couples had successful births, including 81% of those who were previously infertile. Foresight with Surrey University, UK, 1992.

For couples on the IVF route, when acupuncture is used in combination with assisted reproductive technology, clinical pregnancies were documented in 34 of 80 patients (42.5% success rate), compared to the group with no acupuncture, 21 of 80 patients (26.3%) Paulus et al, 2002.

Research

Foresight/Surrey University Research, Published in the Journal of Nutritional & Environmental Medicine, 1995: Foresight with Surrey University, UK, 1992.

Paulus WE, Zhang M, Strehler E, El-Danasouri I, Sterzik K. Department of Reproductive Medicine, Christian-Lauritzen-Institut, Ulm, Germany. paulus@reprotox.de. 2002.

Andrea Bicket Acupuncture Wellness has a highly skilled passionate team with over 50 years experience between them. The team has been successfully supporting couples for more than 15 years and have helped hundreds of couples reach their dream of the healthiest vibrant baby. In 2018, Fertile Retreats will be launched on the coast. Further information can be found at www.abacupuncture.com.au



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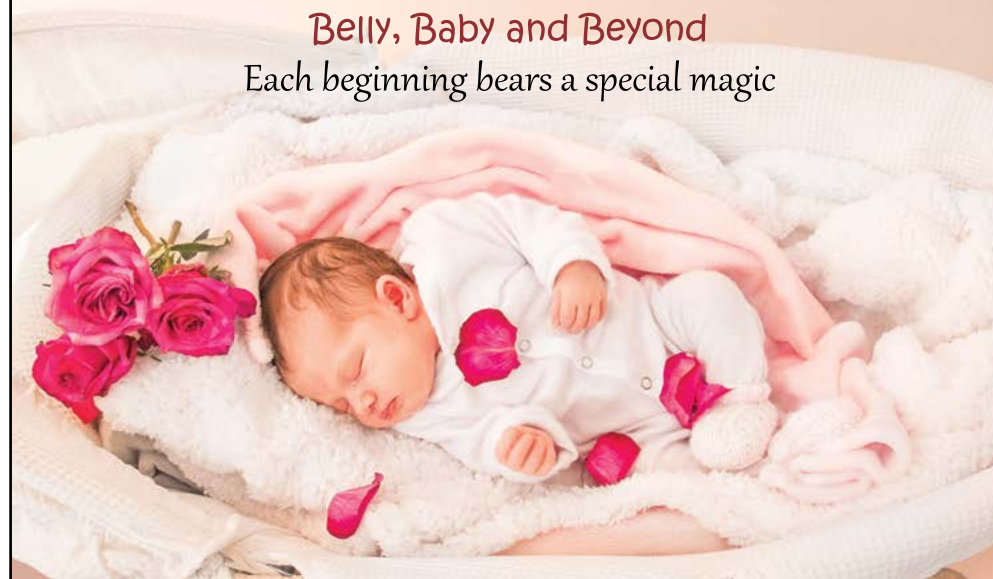
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My Birth Preparation: Insights from Ashlee

Birth is amazing! I love working and supporting women and their partners in their birth journey. I had the privilege of supporting Ashlee for the birth of her son, Jasper. During a postnatal follow up, I chatted to Ashlee about her birth and how she, and her partner, James, prepared for birth in their own unique and personal way.

So, Ashlee... Describe your birth for me?

"Amazing! It was beautiful and still makes me smile and tear up. I truly believed that I would have a painless birth and it was painless and perfect in every way."

When did you start to prepare for birth?

"Around 28 weeks the idea of birth began to play on my mind and I would wake up scared during the night, worrying that it's going to happen soon. This is when I started reading Ina May Gaskin, 'Spiritual Midwifery'. The stories helped me so much! I grew to believe in trusting my body, in the power of my body, how I could trust it to know what to do. Using the term 'rushes' reduced the fear of pain with contractions. I discovered that my mind controls my responses so I got myself into the most positive place of believing and trusting my body. I didn't ask anyone questions or for their opinions. I stuck to my own beliefs."

How did you know what you wanted for birth?

"James and I were both very involved in what we wanted for our birth and in the preparation for it. We talked and planned as though we were both pregnant and invested in working as a couple in having our baby. Together we decided that we would birth in hospital but we wanted a natural birth without intervention."

What research did you do?

"Spiritual Midwifery was such a great resource. I also had heard lots of stories about having the wrong person in the room. How not feeling trust can slow down the labour. I really wanted to have support that I could trust and feel really positive with. Friends' stories made the idea of having a doula sound really nice. It sat well with me, so I researched what to expect from a doula and realised that this is what would give me the best support. Then we found you, through Sunshine Coast Baby. You also encouraged us to research different birth choices that we wouldn't have even thought of on our own. Because of this, we made decisions that were right for our baby."

What preparation made the greatest impact on your birth?

"Perineal massage. I could not recommend this highly enough, and thanks to you encouraging us to do this I felt that I understood exactly what was happening with my body. It's confronting and painful but the practice of breathing and relaxing in my mind helped me understand what to do during birth.

Also, acupuncture, to encourage natural induction which worked brilliantly for me."

Is there anything you'd do differently?

"Yes, I would have more time off work before birth. I had very little rest time. Next time I will plan for more 'me' time.

Deborah Easthope is a mother of two and grandmother of one. She loves helping parents feel supported, nurtured and educated in their pregnancies and postnatal days. She can be found at www.birdsbeesandbubbas.com.au



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Supporting Women through Massage and Yoga

Caloundra local, Danielle Mondahl talks about the importance of holding space for women as they transition into motherhood.



I'm passionate about facilitating 'community' through my yoga sessions, and holding space for women to support one another, and be supported through pregnancy and motherhood. When I became a yoga teacher in 2011, I was delighted to have cultivated a beautiful gift in which to support new mums and mums-to-be on the Sunshine Coast. These sessions help women prepare for an active birth by utilising breath and mindfulness, vocalisation, active postures, and by cultivating strength and balance. Each five week term is unique, addressing the needs of the students present.

All parenting styles, feeding and immunisation choices are respected. Continuing on after pregnancy yoga is my Mums & Bubs Yoga Program, where new mummies and their babies can enjoy friendship and connection with other new mums, while also bonding with their own babies. Classes focus on safe, strengthening postures for mum, and fun songs and movement for babies, and include a lovely relaxation to finish. Students are encouraged to enrol as soon as they 'feel ready'. This might

be five weeks postpartum, or maybe six months. Whatever time you need is perfect for you.

My students have long been asking for relief from the common aches and pains associated with pregnancy and early motherhood. From this, Thai Yoga Massage by Dani was born. I developed my massage practice specialising in caring for prenatal and postnatal women. Thai yoga massage is received fully clothed, on a large supportive floor mat with an array of cushions, and props to maintain absolute comfort for the client. There are no lotions or oils used and the recipient enjoys mobilisation of joints, beautiful stretches and nurturing touch while transitioning through a variety of postures, including sitting, semi-reclined and side lying.

I understand that mums-to-be need to be supported in their own individual way. This is an all-inclusive, head-to-toe treatment, which is utterly nourishing and relaxing. I take the time to really hear what a woman needs for her individual treatment. Safety and comfort are my absolute priority during this very special time.

Work with me. I love working with mums-to-be and new mums as they transition through the most amazing experience of their lives. It would be my honour and privilege to support you through yoga and massage. Let me care for you and be a soft place to land.

Danielle Mondahl is a mum to three grown children and has been specialising in Thai Yoga Massage and Pregnancy and Mums and Bubs Yoga in the Caloundra area since 2012. She can be found at www.thaiyogamassagebydani.com.au


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So, you're going to have a baby!

Yay, congratulations! You pee'd on a stick and it was positive, but how are you feeling – you know, about the birth..... I'm sure you're over the moon about bringing a new little person into your lives and hearts, but there's one thing in between – labour!

This was the VERY FIRST THING that entered my mind when I pee'd on the stick 20 years ago! I was excited and happy, but nervous and unsure all at the same time. This was going to be one of the biggest things I had ever done, but where to from here?

I find I have two kinds of 'clients' (I like to think of you as friends I haven't met yet!) They are the first time parents – 'I know birth is normal and natural but I think we're going to need some help'. And the second time parents (or third/ fourth) – 'Geez, I don't want another birth experience like my last, I think we're going to need some help'.

I love you both equally, because you've looked deeply within yourself and thought 'I want to have a birth I can be happy about; I want to remember this day and feel good; I want someone to take care of me'

This is what a doula does. Over the duration of your pregnancy, we hang out, we chat, we get to know each other – really well. A doula is like the professional best friend that knows a lot about birth, the one you can open up to and talk about the things that worry you, that you want to happen differently, the hopes and dreams you and your partner have for the most incredible day of your lives. I've even had clients tell me their labour felt so romantic! Yes please, more of that, thank you.



I am passionate about supporting women and their partners, and additional to my doula support, I have a number of services to nourish you, celebrate you, educate and support you throughout your entire pregnancy, birth and postpartum journey. From heart centered photography sessions, to labour and birth preparation, birth and postpartum support, women's circles to draw your tribe together and nourish your soul, and massage to nourish your body. I offer it all to you, in one incredible amazing package, or a combination perfectly tailored to suit your needs

Having a baby is one of life's biggest events; your birth story will stay with you forever. I love walking the path to new motherhood beside women, helping them navigate all the twists and turns – all the while offering my knowledge, support, open arms and open heart.

Bronwyn Arnold-Briggs lives in Woombye with her partner and one of her two grownup children. She is passionate about birth and you can reach her with all your birth support questions at www.kindredbirth.com.au



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Interview with Tahnee from HelloBaby 3D®

"I wake up absolutely excited to go to work..."

Not exactly something too many of us can honestly say, right? But for Sunshine Coast mum of two, and founder of pregnancy ultrasound company HelloBaby 3D®, nothing could be further from the truth. We caught up with Tahnee recently, to find out why she loves her work so much:

Tell us about what you do.

We are the premium non-diagnostic pregnancy ultrasound company on the Sunshine Coast, but we are also in Townsville and about to open on the Gold Coast. We capture amazing 3D & 4D still and video images of your unborn baby for you to keep and cherish forever. We are also gender determination specialists, so you can come in from as early as 15 weeks to find out the gender of your baby.

What do clients commonly say after seeing you?

The biggest thing I hear from clients is that the scan exceeds all of their expectations. We only use the most advanced technology available in pregnancy imaging, to achieve the best possible images. I get a lot of "I never thought I'd be able to see that much definition of their features". People are amazed they can see detail, such as their baby opening and closing their eyes, their individual toes and fingers, and even the hair on their heads. I get a lot of laughs when I tell mums they better pack a brush to take to the hospital!

Do women need a doctor's referral to get an ultrasound through you?

Absolutely not. Due to our scans being non-diagnostic, they do not need a

referral at all.

What is your favourite part of the work you do?

It has to be the gender reveals! Couples and families are just so nervous and excited when they come in. It's such a big moment for them, finding out whether they're having a boy or girl, and I have the distinct pleasure of being a part of it with them. I'm truly blessed. The moment I tell them either "boy" or "girl", the clinic erupts. They're so fun to do and we guarantee them from 15 weeks onwards.



Tell us one of the most fun gender reveals you have been a part of.

There are so many! One that definitely stands out though, was a couple that came to me at 15 weeks to determine gender. They already had four gorgeous girls, who came along too, and dad was desperately hoping for a boy. Luckily enough it was, and he was absolutely over the moon. He cried...I cried...we all cried. He kissed the floor, jumped up and down, and gave me the biggest hug. It was one I'll never forget, just to share in bringing such joy to them and their family was amazing!

For details and to book visit www.hellobaby3d.com.au or call **1300 HELLOBABY**

Developing an Educated and Informed Birth Plan

There are plenty who comment "my birth plan went out the window during labour, so what's the point in having one?!" A birth plan shouldn't be a "tick and flick" sheet of preferences or a lengthy essay. What really is needed to create your birth plan (or birth preferences) is EDUCATION. Researching what you want for your birth, and developing an understanding of body autonomy and informed consent are key in creating a birth plan. Informed consent means you being informed by your care provider with the understanding that ultimately you are the decision maker.

Here are some tips for what you may like to research when formulating your birth plan:

LABOUR: Vaginal exams, induction, stretch and sweeps, pain relief, birth environment

(noise, lighting, equipment), birth hormones, CTG, active labour.

BIRTH: Undisturbed birth, coached pushing versus natural expulsion reflex, skin to skin contact, delayed cord clamping, 3rd physiological stage, managed 3rd stage.

BABY: Vernix, bathing baby, self-attachment for breastfeeding.

There are plenty of online templates, and even visual birth plans. I also recommend the "Birth Wishes" app to help develop a Birth Plan.

Alecia is a mother of four, former classroom teacher turned childbirth educator, and Director of Maternity Consumer Network, an organisation advocating for improved maternity services. She runs regular classes in Noosa and Maroochydore and can be found at www.aleciastaines.com.au

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You ate what?!

Natalie Stokell talks the wisdom of Mother Nature, why the placenta is the ultimate postnatal superfood, and how to choose the right person to encapsulate your placenta.

I'm a vegetarian and the thought made me gag. When we had our first daughter we were living in the UK. After doing some research I decided to try to utilise the placenta goodness that I had read about in my postnatal days after birth. My partner, who is a chef, made me some walnut sized fresh placenta bundles to put in smoothies. I tried one, but just couldn't get my head around it and so we ended up burying the rest of the placenta. Three years later, when we had our second daughter in Australia, upon a little more research we found out about placenta encapsulation. This was a much more palatable way to take it!

It's like the ultimate postnatal superfood. The placenta is full of the nutrients and hormones that are perfect for postnatal healing. Most mammals ingest their placenta after birth, and Mother Nature



usually has things pretty covered in terms of doing what is best for our survival and health. The postnatal period can be challenging, and the perfect mix of hormones and nutrients in the placenta can help ease this transition, on both physical and emotional levels.



The anecdotal evidence is overwhelming. One of my favourite parts of this work is the feedback. I love hearing from mamas about how they are feeling on their capsules. Clients commonly report feeling hormonally stable, having high energy levels, a speedier physical recovery, an increased milk supply and replenished iron levels. Sometimes they attribute their quick weight loss and glowing skin to the capsules too. The academic research is minimal; understandably, there is little funding for the benefits of women ingesting their own placenta. However, some funded research has been coming out of the States recently, which is promising.

The hospitals know me well now. These days almost everyone has at least heard of placenta encapsulation. In the beginning when people didn't

understand exactly what it was, I got some funny looks. But now, most people know that I am not making a placenta pie! Capsules are much more palatable, and they last a lot longer than a pie, too! I am at both Kawana and Buderim hospitals a few times a week, so most of the midwives know me now. I have even encapsulated for a few of the midwives themselves.

It's important to choose your placenta encapsulator wisely. I am doubly certified. I trained first with Placenta Benefits in 2014, and then as part of my ongoing professional development I re-certified with the Association of Placenta Preparation Arts in 2016. I practice to the highest standard, and have an intense sanitation protocol. As professional placenta encapsulation is relatively new, the standards are changing all the time. Currently it is self-regulated, so it is important to do your research when choosing someone to encapsulate your placenta. Ask them about their experience and qualification, their sanitation and processing protocols.

Don't waste it, encapsulate it! It is very easy for clients. They just need to keep the placenta cool until I come and pick it up. I then return it a day or two later in capsule form. It's in a pretty blue glass jar, and you take it just like any other supplement. I even offer flavoured capsules so you can pretend you are just taking a vitamin, if it's too much to get your head around.

Art is a big part of my life. So it made sense to somehow incorporate that into my work with placentas. It can be a little confronting having a picture of a placenta on your wall though, so I do a more abstract work that is not obviously a placenta. I take a tracing of a placenta print and then using



watercolour I create a cosmos. I can then add the star constellation of the star sign that the baby was born under.

It is said that mothers travel to the stars to collect the souls of their babies. I see the placenta art as quite cosmic and such a special keepsake and a way to honour the time your baby spent inside your belly. No matter what your spiritual beliefs, it is undeniable that pregnancy and birth are pretty miraculous! I have done this art for people who haven't encapsulated their placenta, but wanted just the art.

I have encapsulated over 500 placentas now. If you had told me five years ago that this is what I would be doing, I would probably have looked at you like you were a little crazy. But here I am, and I love it. I love being a part of the magic of birth, and helping women support themselves postnatally.

Natalie Stokell has been living on the Sunshine Coast with her partner and their two daughters for eight years. She loves talking placentas, so feel free to get in touch with any of your placenta questions. She can be found at www.placentavitality.com.

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Two Quick Tips to Improve Your Photos

So, we all take a zillion photos of our kids. And never more than when our babies are brand new. Those first days, weeks and months deserve to be photographed; they'll never be that little again.

They have so many cute outfits, and each day they are changing and giving us new expressions.

Now, when I say photographed, I could not care less if it's with a phone camera, compact camera or a top of the range DSLR. Just take the photos with what you have.

And for this article these photos have been taken with my very old iPhone, to show you it doesn't matter what you use; the principles remain the same.

BUT! Please take note of these two simple tricks to make your photos so much better!

Trick One: "Ghost Lighting"

You know as a kid when you told ghost stories and held up a torch underneath your face... it made unflattering

shadows up your face to give impact to your ghostly tale.

This is what we call ghost lighting. When the light source (usually the closest window) is lighting from the feet up. This light hits the bottom of the face first, rather than the top of the face.

Super quick fix – simply place the legs away from the light and the head towards the light (preferably the face will be at a 45 degree angle to the light). Voila! You now have flattering shadows rather than creepy ones.

Trick Two: Up the nostrils.

This one is easy... just don't photograph straight up the nostrils. I see it so often, so keep this one in mind next time you pick up your phone to take a photo of bub.

There you go. Keep these two hints handy and happy photographing!

Megan Willis is a Sunshine Coast mother of two and accredited, professional newborn photographer. She loves to capture your baby's first day, when they are so tiny and precious; a blur of time that passes too soon. She can be found at www.meganwillisphotography.com.au



Dreaming of sleep?

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Bubba Sleep...

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Claire Andersen

Certified Maternity and Child Sleep Consultant

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Sleep?! What's that Again?

Sleep – one of the greatest challenges of parenting. When it's good, it's so very, very good, but when it is bad, it is horrid. When you're deep in the trenches of sleep deprivation, having rocked and patted and swayed and sung, know this – you can seek help from a qualified and experienced sleep consultant, who has helped hundreds of families find their way back to the land of nod.

You don't have to go it alone

Singing a duet. Giving birth. Waxing your nether regions. Some things are just easier with someone else lending a hand. In our do-it-yourself society, we're prone to thinking we have to go it alone. After all, with access to millions of blogs, podcasts and YouTube clips, it's easy to think we should be an expert in everything. But here's the thing – it takes a village to raise a child. And there's nothing more 'expert' than recognising when you need help – and getting it from an expert. Build your village.

One size does not fit all

Unlike ponchos and kaftans, when it comes to sleep strategies, one size does not fit all. An experienced sleep consultant will work with you to tap into who you are, your routines, your family dynamics, your values and your sleep strategy preferences, to create a customised plan that works for you and your bubba. Often, it's the smallest, individualised detail that makes all the

difference, but that small detail can be the difference between long, long nights...and blessed, blessed sleep.

Get the right help

When it comes to babies, everyone has an opinion, and when it comes to sleep those opinions range from the well-researched to the down-right weird. Great Aunt Martha, your butcher and that random lady you met at Woolworths might all have some valid advice that worked for them, but it's not their kid that's keeping you up in the wee hours of the morning. Invest your time and sanity in getting help from someone who can draw on years of experience working with families and babies facing every sleep challenge under the moon, and then some.

It's never too late...or too early

Sleep issues arise no matter how old, or young, your little one is, and often when siblings are involved it's not just one bubba you're having trouble with. The good news is, it's never too late, or too early, to get help. Whether you want to learn how to support your newborn, have had the family routine disrupted with the arrival of another bub, have been fighting the sleep battle for months, or your previously sleeping angel has decided to mix things up and ditch their regular slumber. There's no time like the present to get the help you need.



Claire Andersen is a Certified Maternity and Child Sleep Consultant who provides personalised support and guidance. She does not believe in the standard "one size fits all" approaches that are offered elsewhere. As a mother of two herself, she understands that sleep deprivation can be incredibly stressful, and that families need compassion, support and recognition to help lift the haze. She can be found at www.bubbasleep.com.au



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Using Massage to Connect with Your Baby

The transition from the womb to the 'outside world' is a major transition for all babies. Offering touch on a regular basis helps infants to adjust to this new world. In our busy lives, as parents, we can get caught up in general day-to-day activities and miss the opportunity to connect one-on-one with our children. Infant massage is an excellent way to focus on what matters most – our kids. Massage time provides that moment where your child has your undivided attention. This is not only beneficial as children grow and gain independence, but also allows parents to be more aware of their child's physical wellbeing.



communicates, and how to best meet their needs on a very fundamental level.

While infant massage seems to be a new 'fad' in our modern society, the fact is we have been massaging our children since time began. The science behind why we do this is emerging, with evidence of the benefits to both mum, dad and baby now widely published. Recent studies have found that massage for babies improves weight gain and bone density, decreases cortisol, and improves cognitive and motor development.

One of the most rewarding sights during a massage is the response of the child to the question 'Would you like a massage?' Obviously at first, a baby will not know what you are talking about, but after regular massage and being presented with this question, coupled with a hand gesture, the baby learns what it means. It's fantastic the first time you see the positive responses of delight, smiles, giggles and eye contact. You can see how much the children love their massage time. My children 6, 8 and 10 will always ask for a massage when they want some "mum" time, especially when they want to chat about something that may be bothering them.

Infant massage courses can be run in either a group setting or private classes. Many mothers' groups find the classes a fun and informative way to build on their new friendships. The classes can also be the start of a new group of like-minded friends for many new mums.

You may also get a negative response when you ask your baby if they would like a massage, which usually suggests the baby is not in the mood at that particular time for massage, so it is important to respect the baby's wishes and leave the massage for another time.

Infant massage courses educate parents in the types of strokes to use, the different stroke sequences to aid with many childhood ailments, the best positions for massage, and some fun lymphatic exercises - which not only help with improved immune function, but also in promoting a better brain body connection. Furthermore, parents gain an insight into how their baby

Megan Slater is a mother of three and became a Certified Infant Massage Instructor after experiencing the benefits of massage with her own children. She is passionate about using massage to foster the bond between babies and their parents and carers and she can be found at www.happybubbabymassage.com.au

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Is Your Baby Developmentally Ready to Change up Their Sleeping Habits?



lead to unsettledness, changes in your baby's mood, overtiredness and night wakings.

A newborn has a wakeful period of about 45 minutes to an hour and generally follows a feed, change, sleep, repeat routine. Toddlers, on the other hand, can well and truly last the distance with a wakeful period of about 5-6 hours, usually a midday-ish nap, and are successful in sleeping through the night.

How do you know if your baby is developmentally ready to change up their routine? From a mama perspective, you get the feeling that your baby's rhythm is off. Signs include shorter naps, fussy feeding habits, overtiredness, long settle periods, heightened emotions and an overall sense of regression.

What can you do to successfully change up your baby's routine and sleeping habits? Start slowly - changing your baby's routine in 15 minute increments can help determine whether the change is necessary. If unsuccessful, perhaps your baby is not yet developmentally ready for the change, or the time needs to be moved by a further 15 minutes in the coming days to reach that end goal.

It always helps to write down a plan. By making small changes each day, you can ensure your baby is ready, without changing too much too soon.

It's a tough one. Babies and toddlers grow at such a rapid rate. It feels like you just start getting into the newborn rhythm, and within the space of months, your baby has grown into an infant, and then flown on through to toddler town in no time!

Routines can also be tricky - you feel like you're just getting the hang of this routine thing and then, BAM! Your baby has a leap, a major growth spurt, or reached a developmental milestone, which can make any new changes in routine feel unfamiliar, unpredictable and often unravelling!

Why do we have to change up routines as babies and toddlers grow? No matter how structured or flexible your day to day routine is, development plays a huge part in exactly how long your baby should sleep and be awake for in a 24 hour period - commonly known as a wakeful period. Falling short in your baby's wakeful period can lead to unsuccessful naps, and letting wakeful periods lapse throughout the day can

Nicole Harris became a Certified Gentle Sleep Consultant and started Sleep Play Grow after working internationally for many years as a Specialist Care Nanny. She describes her style as holistic and does not endorse any 'cry it out' or 'controlled crying' methods. She can be found at www.sleepplaygrow.com.au



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Empowering Your Children with Words

Parenthood is such a ride; wild at times and amazingly heart expanding at others. Life is busier than ever, with little feet running about, so it's easy to forget to stop and really be present with our little ones, and to find the time to check in with them and let them know how truly incredible they are.

Building a solid foundation for our children to truly believe in themselves, and know they can do anything, is one of the biggest gifts we can give them. Our support and encouragement are so powerful.

One way to empower your little one is with words. In particular 'I AM'. These are two of the most powerful words, for what you put after them can shape your reality.

Imagine if you were supported daily in knowing how truly incredible you are, how loved, safe, strong, unique and how amazing you are. This is exactly what excited the socks off Emily and Kristy, founders of Love Cubs. They are passionate about building solid foundations for children to truly believe in themselves. This passion and the knowledge of the power of 'I AM' statements led them to create affirmation cards for parents and children to use together. Each card is hand crafted with love and intention, beginning with a paintbrush and ending as a digitised image.



These are their top ten 'I AM' statements they suggest saying with your children daily:

1. I AM strong
2. I AM safe
3. I AM loved
4. I AM grateful
5. I AM smart
6. I AM kind
7. I AM important
8. I AM perfect
9. I AM friendly
10. I AM amazing

The language that we use around our children becomes an intrinsic part of their internal belief system. Children who are spoken to with negative language are more likely to have limiting beliefs about themselves and the world, and children who are spoken to with positive language are more likely to develop a positive mindset. However, sometimes using empowering language doesn't come naturally, and we may need some assistance in doing so. They say it takes 21 days to develop a habit, and having daily reminders can help to strengthen the habit you are working on. You could start a morning practice of doing affirmations together as you get dressed, or keep some visual reminders around of the 'I AM' statements, or even create some personalised alarms on your phone to keep you in the positive. The more we can use empowering and positive language around our children, the more empowered and positive they will be as adults.

Love Cubs was created by two stay-at-home mums, Emily Smith and Kristy Jamieson. Between them, they have four kiddies under five and they were experiencing the struggle of stopping and taking the time to be present. You can find out more by visiting www.lovecubs.com.au



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


Coast Life MIDWIFERY

Woman centred pregnancy, birth, & postnatal care

Personalised care with a midwife you know and trust, with a range of care options and choices including:

- Continuity of care with your own midwife
- Midwifery Care and Connections
- Private obstetrician shared care
- Birth preparation
- Postnatal care packages
- Birthing choices for hospital or home birth
- Lactation consultant services
- Mum's & Bub's group
- Medicare rebates
- Bulk-billed initial consultation

inspired photography by  Michelle

Coast Life Midwifery

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coastlifemidwifery.com.au

*Contact Ali, Anne, or Allison for a
bulk-billed initial consultation.*



medicare