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Unsettled babies: Looking
at the whole picture

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Contents

- 6. A Birth what? A Birth Map
- 10. Wellbeing and self-care in motherhood
- 14. Birth without fear
- 16. Laying foundations in the first sixteen weeks
- 18. Preparing for birth with HypnoBirthing
- 20. Three keys to conception
- 23. Placenta encapsulation FAQ
- 25. Tips for photographing your children
- 30. Unsettled babies: looking at the whole picture
- 36. Pregnancy and post-pregnancy classes for mums and mums-to-be
- 40. Where's my good eater gone?

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Welcome

"The most important things in life are the connections you make with others" ~ Tom Ford

In this day and age of an increased digital presence, I believe that underlying all the online interaction, we are yearning for more meaningful connections. So, while on the surface, this magazine looks like it's meeting the need for information, my intention is that it meets the need for a deeper connection within our community. The beautiful heart-centred businesses within these pages are here to serve you and support you, because parenthood can be a tough gig, and feeling connected to, and having the support of, your community can make the ride smoother.

In 2018 Sunshine Coast Baby won the *Boss Babe* award in the category 'Collaboration and Community'. The core values of SCB are Community, Collaboration and Connection, and so winning this award felt like a true affirmation and realisation of the very intention of this magazine.

Within these pages are your community. Please reach out and connect with them either digitally via social media, or in person. We are here to help and support you in the sometimes challenging journey that is parenthood.

love Natalie

Founder + Editor-in-Chief





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A Birth what? A Birth Map

Bron from **Kindred Birth** chats with Catherine Bell, Birth Cartographer and creator of the book **The Birth Map**.

Bron: Tell us what a Birth Map is and how it differs from a birth plan.

Catherine: A Birth Map is a powerful, and legal, document produced through the process of informed birth preparation. This document is used by your support team and care providers and contains your informed decisions regarding various possibilities. It covers risk assessment and informed decision making. It comes with a guide that does not give you the answers, but asks the right questions to help you make the best decisions for you.

Bron: How did you come up with the idea of a Birth Map?

Catherine: The first versions of The Birth Map were created in 2011. With each birth I attended (as a doula), and each of my own pregnancies and births, the process was adapted. More and more questions were added to the birth plan template, more details included and more alternatives explored. It was no longer a 'birth plan template', it had evolved to the Birth Map. It became really obvious that 'The Questions' mattered; knowing what to ask, being able to ask well in advance, and knowing how to explore the options. In understanding the various pathways and how they intertwine, we have the power to make informed decisions.

Bron: What's wrong with just relying on informed consent over making an informed decision?

Catherine: The trouble with consent in birth, is that not enough time or information is given. Usually, a 'need to know (NOW)' approach is taken. This is stressful and not conducive to making informed decisions. Coercion is also a problem, as insurance-driven policies

put pressure on care providers to direct birth towards medically 'controlled' options. The Birth Map is the solution to the 'Maternity Problem'. The Maternity Problem stems from the medicalisation of pregnancy and birth, and the Birth Map is the result of informed birth preparation. It is a powerful document that works like a 'choose your own adventure', where the birthing woman is the author.

Bron: So what about the book itself?

Catherine: I designed the book to be written in, to make notes, to decorate, add affirmations, and journal in. There are pages dedicated for 'Your Birth Story'. The first section gives you the insights, the foundations for understanding the maternity system and your options within it. The second section contains 'The Questions', and takes you through each pathway (fast birth, expected and contingency). This is where your personal Birth Map is developed. The third section takes you beyond the birth, and helps you to set up a support network for the early days of parenting. Lastly an appendix gives you a glossary of medical terms, a list of recommended reading, and resources for special circumstances. More than 'just another birthing book', The Birth Map is linked to the free Member Area on bellabirth.org: a portal of resources and a hub of support.

*Bron has copies of **The Birth Map** book in her lending library and each client is given their own copy of the workbook to help carefully prepare their own map through the duration of their pregnancy. The workbook is designed to take to antenatal appointments, small enough to carry in your bag, and has space to write notes, questions, thoughts or feelings.*

Bron Arnold-Briggs is a mother of two adult children and has lived on the Sunshine Coast for over 20 years. She is passionate about working with women during this ultimate rite of passage, a celebration of motherhood! You can find her at www.kindredbirth.com.au



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Wellbeing and self-care in motherhood

Looking after yourself is not only crucial for health and happiness, but it is one of the best things you can do for your baby. We talk to Sharon Arthur from Mama Blooming about how she helps new mothers to care for themselves, so they can be mindful as parents.

With increasing rates of postnatal depletion, it has never been more important to form healthy habits early in motherhood. As a NurtureLife® Practitioner, massage therapist, postpartum doula and infant massage instructor, Sharon has seen first-hand the difference self-care makes to the happiness and wellbeing of new mothers.

"I find that I work with a lot of second-time mums, because they didn't realise how much support they really needed the first time around", she says. "So I am really trying to give all mums the tools they need to make the transition to parenthood a positive one."

Sharon's workshops focus on the first stage of preparing for the incredible transition to parenthood that happens in the first few months of your new baby's life. Preparing together as a couple, setting postpartum goals and welcoming help from family, friends and postpartum doulas like Sharon allows both parents to set positive foundations.

"Too often, I have heard fathers exclaim 'I wanted to help, but I didn't know what to do'," Sharon says. "Classes like this are an opportunity to release your concerns and connect as a couple – because partners often feel like they are sitting on the sideline."

In her workshops, Sharon teaches partners practical massage techniques and ways to support you both physically and emotionally during pregnancy and birth, and into the postnatal days.

"Postpartum is a period when you are emotionally flooded by love, awe and overwhelm," says Sharon. "It is your time to bond and learn to breastfeed – and you need the support of a village to ensure you can recover from birth and be present."

In the precious postnatal days all the emphasis is on the baby and the baby's needs, and looking after yourself can get pushed to the side. So, engaging the support of a postpartum doula is a wonderful way to keep self-care a priority in this time.

A postpartum doula is there not only to support you emotionally through any feelings of doubt and to help you tap into your mother's intuition, but your doula will also assist with the practicalities of cooking and cleaning so you can rest. And in Sharon's case, her holistic doula support also comes with postpartum massage treatments and infant massage workshops.

Setting up a good practice of self-care when you are pregnant, and then carrying that through into your first weeks of parenthood will allow this important practice to become firmly established as part of your role as a mother - by filling your own cup first, you are then able to fill the cups of those around you.

To book a free session with Sharon to plan for your postpartum transformation, call 0438 240 676 or visit www.mamablooming.com.au

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Cara McDonald

☎ 0429444181

✉ hello@mamacara.com

www.mamacara.com

Birth without fear

Dear Mum-to-be,

I see you there! I know you are yearning for a deep, conscious birthing experience. The kind of preparation that leaves you feeling truly aligned and empowered; the kind that recognises that we are all unique and have different needs and values.

I hear you. I am the same. I too have yearned and searched for the support and guidance that I need in my path to soulful motherhood. I, too, want to feel even more empowered about my intuition and educated about every aspect of motherhood - the alternatives and natural options, the orthodox and mainstream avenues, the physiological education and the spiritual guidance too.

I feel you. I also want to tune into the internal compass of my inner wisdom and 'see, feel and hear' what these nudges are trying to teach me, as I transition to being open to motherhood and becoming super excited as I prepare to be the mother I truly want to be.

I believe motherhood is the biggest self development process we can take as a woman. When I couldn't find a space held for the type of education that I wanted, I created my own. *And I am sharing it with you.*

I built a virtual education platform and community of conscious women to support us 'Mamas-in-the-making' in a playful, light hearted, creative and empowering way.

With a background in Natropathy and Nutrition, I feel extremely privileged to have the knowledge I have, not only about the physical ways of supporting women through the "Vis Medicatrix Naturae"- the healing power of nature - herbal medicine, food as medicine, nutraceuticals - but in all the other ways I have been taught, too. This educational platform was shaped from the learnings of professors, grass roots

herbalists, lecturers, mentors, tutors, fellow naturopaths with 40+ years experience, midwives and doulas, as well as sacred ancestral traditional knowledge about motherhood. It has been passed into my consciousness and now into yours. *The space is safe and reserved for you.*

This platform has been made especially for you, and these sacred learnings are yours, not mine. It is up to you to decide what is in alignment with you and your family, and to then feel completely supported in this safe space to follow that path from the knowledge you have just learnt, and to become the woman and mother YOU want to be.

Empowered women, empower women. But soulful, consciously educated, and empowered women birth babies of the next generation with super powers!

My whole vibe is about consciously educating, supporting and allowing you to blaze your own trail; to live your life in complete alignment and abundance, whatever that may look like for YOU. Celebrating your bio-individuality, finding the lessons that Source/Universe/God is teaching you, whilst giving yourself the power, as a woman and a mother. That is your birth right and your baby's birth right.

*You see, you are F***** AMAZING!!*

*Yours always stunner,
Hayley xo*

Head over to **www.thelifestylenaturopath.com/educationalplatform** to feel empowered by education, supported by a community of like minded women and nourished to live your life in unique alignment.







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Laying foundations in the first sixteen weeks

Samantha Anderson from Baby Logic talks about her international experience as a qualified Mother Craft Nurse, the differences she sees back home in Australia, and the importance of postnatal support in the first sixteen weeks:

When I worked as Mother Craft Nurse overseas, I really noticed the different support networks that were in place for new parents. The willingness to seek professional assistance early on is so different to what I have experienced in Australia.

Here in Australia, we unfortunately have a 'pat on the back' mindset. We often hear the saying, "You'll be right" but with the statistics of postnatal depression rising throughout Australia (1 in 7 women and 1 in 10 men), I believe there should be more help available for parents of newborns.

While working in London, I was able to assist new and first time parents through the first 6 weeks, in their own home, helping them adjust to parenthood, while also educating them about their baby and his/her needs.

In New York, I extended this service to 16 weeks. The education I provided, emphasised the care of the baby, including feeding and support. The extra 10 weeks allowed time to teach sleep techniques that focused on sleep patterns of infants, and to help recognise and establish routines. Parents were able to gain an understanding of the importance of routine for Baby, that in turn, allowed more sleep for themselves.

So, when I returned to Australia, I founded Baby Logic to help

parents understand babies and their development. I am passionate about both educating parents about their infant, and also giving them the skills, support and time to adjust to parenthood.

By teaching parents to recognise their newborn's individual cries, and their meanings, we can identify the infant's needs, and cater to them efficiently. This allows your baby to settle quickly, and consequently, your anxiety falls away.



These days we have extensive self-education in all facets of our daily lives, and yet we tend to ignore education for early parenthood. I believe a combination of sleep and support has a profound effect for both parents, but this also requires a change of mindset, with respect to seeking professional assistance as early as possible.

*The **Baby Logic** program is offered to parents of newborns over a 16 week period, and can be tailored to your needs and budget. It includes teaching parents the techniques and 'sleep tools' needed to enable their baby to settle and self sooth.*

Samantha Anderson is a mother of one. She loves the work she does and she feels passionately about helping parents to get the sleep they need before they become desperate. She can be found at www.babylogic.com.au

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An increasingly common way parents-to-be are preparing for birth is with HypnoBirthing. HypnoBirthing is an internationally recognised, evidence based program with proven results in Australia and around the world. It usually consists of five 2.5 hour sessions that are a mix of theory around the physiology of birth, and practical exercises for you and your partner to use during birth. HypnoBirthing classes are unique in that not only are they a comprehensive antenatal program, but they will give you tools and techniques to help you feel calm, confident and comfortable in birth.

By learning breathing techniques, and how to effectively relax your mind and body, you learn to feel more in control and experience less discomfort during labour and birth. HypnoBirthing families frequently report shorter more comfortable births, and women who use the techniques are less likely to need medical interventions, such as inductions, epidurals and c-sections.

HypnoBirthing is becoming more and more recognised by birth professionals as an increasingly effective way of ensuring you are prepared for pregnancy, labour and birth. It is the program that many midwives, obstetricians and other birth workers are recommending, as it is thorough and ensures you are well educated about the role of both your body and your mind in the birth process.

Alecia Staines has been involved with HypnoBirthing for over 9 years. She has taught all over Queensland and can be found at www.aleciastaines.com



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www.aparaba.com



Three keys to conception

Esther-Maria Lindner shares her own journey to pregnancy and how the three lessons that came from it now inform her work with women today:

1. Clear your own energetic and spiritual blocks

After being diagnosed at a young age with ovarian cysts and endometriosis, my doctor warned that I would struggle to conceive. I assumed I would never fall pregnant, or give birth and consequently directed my energies into self-development and spiritual advancement on one hand, and career and achievement on the other. My endometriosis became something I lived with, but I was stressed, overworked, and the crippling pains each month were awful.

When I explored alternative therapies that could potentially aid me, I found the Arvigo Technique of Maya Abdominal Therapy, an ancient Mayan technique of abdominal massage that soothes and helps to increase blood flow by realigning the body.

Suddenly, I felt grounded, calm and in less pain. As I continued to self-treat my symptoms through abdominal therapy and Reiki, I began to understand how the doctor's verdict about my fertility, as well as the negative portrayals of pregnancy and birth in the media, were making me fearful and doubting my ability to be a mother.

Over the years, I sat in circle with some incredible women and elders, from various traditions, who introduced me to traditional women's wisdom. Their wisdom, and my own explorations, taught me how mental, emotional and spiritual patterning could hinder a conception journey.

2. Embrace your femininity and receptivity

Something remarkable was also happening to my body. The monthly pain and nausea from the endometriosis was all but gone. There was just one more hurdle – an anxiety

I just could not shift about childbirth. To face my fear of childbirth, I started training as a birth and postpartum doula.

Supporting women through their pregnancy, labour and postpartum period, I noticed that many women – just like me – were unprepared and fearful, and had not made the deeper connection they needed for the life change ahead. They were disconnected from their own femininity, and fearful of labour. They held on to the traumatic birth stories of friends and acquaintances, and doubted their ability to give birth.

3. Create space for the new – and listen

Working with receptive clients, I began to help them create space, and to reconnect with their womb, vagina, blood and cycle. The women who embraced it began to see and feel big changes. They were less stressed, had healthier cycles, felt happier, more inspired and creative, and felt more connected and able to conceive.

When it was time to prepare for my own motherhood journey, I conceived easily, and listened to my body throughout the pregnancy. My labour was 36 hours. While it was a sacred, beautiful time, I would be lying if I told you it was easy.

I've learned that the path to parenthood is the biggest transition any mother or father will make in their lifetime. It is understandable that you may doubt your own ability to be an active participant in the journey of conception. It is my goal to help anyone who sees children in their future to truly prepare for that moment.

Esther-Maria Lindner is passionate about helping women work through pain, blocks, and self-doubt, and start parenthood with a true, unwavering belief in themselves. She can be found at www.aparaba.com



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Placenta encapsulation FAQ

Is placenta encapsulation something that you are curious about? Perhaps you have a burning question that you feel a bit silly asking? Or, you would like to know more about it? Or, maybe you have just always wondered why people do it?

Natalie, from Placenta Vitality answers some frequently asked questions.



What are the benefits of using placenta capsules postnatally?

The most common things my clients report are, increased energy levels, elevated mood, balanced hormones, fast physical recovery, and good milk supply.

The less common things reported sometimes surprise me. Things like "Everyone is saying I look so good", "I have lost weight already", and "My skin is amazing and glowing".

Will I taste it?

It doesn't really taste, but if you are concerned, I have flavoured capsules. This helps you if you are worried about the taste, or just the thought of it! The current flavours are berry, orange, strawberry and lime. Berry is the most popular.

But I thought the placenta was full of toxins...

The role of the placenta is to sustain the life of a growing baby, one of the ways it does this is by filtering out anything toxic. The key word here is filter; the placenta filters and sends any toxins back to the mother's body for her to process and eliminate, so the placenta doesn't hold onto these toxins. The only things we are certain that the placenta holds is heavy metals, this is a good thing in terms of iron content, but not such a good thing if you are a heavy smoker.

What if I have an induction/epidural/pain-relief during my birth/the injection after?

Any of these are fine. Remember, the placenta filters, not stores. Additionally, the half life of most pain-relief for labour medication is short.

What if I have a c-section?

Again, totally fine. Many clients who have had repeat c-section births report the capsules help them with a speedier physical recovery, compared to their previous recoveries where they didn't have capsules.

Can I encapsulate if I want to do delayed cord clamping as well?

Yes! Delayed cord clamping means the baby gets all the blood they need. It makes no difference to encapsulation, as the first part of the process involves draining the placenta of blood anyway.

Are there any reasons that my placenta can't be encapsulated?

If the placenta needs to be sent to pathology, then we can't encapsulate it. If you or your baby are diagnosed with an infection during labour or within 48 hours of birth, then the placenta is not fit for consumption. If you are a heavy smoker, it is not advisable to encapsulate your placenta.

What if I test positive for Strep-B or GBS?

Testing positive for GBS colonisation is totally fine, as this does not mean you have an active GBS infection and I process at temperatures high enough to inactivate GBS. The use of antibiotics during labour is fine too. However if you develop a fever during labour as a result of GBS infection or any other infection (not epidural related) or your baby is diagnosed with a confirmed infection during labour, then your placenta is not able to be encapsulated.

Are you qualified and insured to do this?

Yes I am both. I am doubly certified, firstly 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 follow strict sanitation protocols and take pride in my high standards. I am insured with AON.

What do I tell my family?

That depends on your family. It doesn't have to be any of their business. I can come in discreetly, or when they aren't visiting, and can pop the completed capsules in your letterbox, and talk you through them over the phone if you are worried. But, you could also send them to my website and the testimonial page, which may enlighten them as to why you are doing this.

What will my midwives/doctor say?

These days, most of the medical professionals know me, or at least know of placenta encapsulation, so they are very supportive and helpful in keeping your placenta for you. Just let them know in advance that you are encapsulating your placenta, so they know to not discard it after birth.

But it sounds gross....

I hear you! It is kind of gross. That's why I process it and put it in capsules, not in a pie. All gross-ness is removed.

How many have you done?

At the time of publishing I have encapsulated nearly 700 placentas. I am on the board for Placenta Services Australia, and I am one of the most experienced encapsulators in Queensland. While this isn't something I wanted to be when I was a little girl, it is something I love to do and I feel privileged to be entrusted by so many to encapsulate their placenta.

Do you do placenta prints or art?

Yes, I offer both. Prints, or placenta art are very special keepsakes, and a beautiful way of honouring the time your baby spent inside you. Each art piece is unique and created by tracing the outline of your placenta and then using watercolours of your choice, I create a cosmos and add the star constellation of the star sign your baby was born under.



I'd like to know more...

I love talking placentas, so, please feel free to get in touch with any questions you may have that I haven't answered here.

Natalie Stokell has been living on the Sunshine Coast with her partner and two daughters for nine years. She can be found at www.placentavitality.com

Tips for photographing your children

Photographing your own children can be frustrating!

Trust me... my kids have 'photographer's child syndrome', which basically makes them allergic to having their photograph taken by me.

However, I have learnt a thing or two over the years. So, I am going to give to you a few tips to help you with your daily documentation of your kids' lives, and keep you smiling in the process!

1. The best camera

The enchantment of photography is not about having the best camera or being the most talented photographer. It is really about valuing those around you so much that you wish to document it in the best way possible, whether that be with an iPhone or a DSLR. The best camera really is the one you have.

2. Capturing everything

As a parent, we love our children more than anything else, and have a deep desire to want to document every single 'first'. But, you know what, sometimes it is okay to let yourself fully participate in a moment rather than feeling the pressure to ensure it's documented perfectly.

3. Break the rules

Let's very briefly touch on some ways to make your photos more visually pleasing.

a. Learn the rule of thirds for composing your photo. Divide your frame into a grid of nine equal sections by a set of vertical and horizontal lines. With the imaginary frame in place, you should place the most important elements of your shot on one of the points where these lines meet.

b. Declutter the background.

c. Don't cut off arms and legs at the joint. It just looks weird.

d. Natural light is most flattering early in the morning or late in the afternoon (usually one hour or so after sunrise and

before sunset). Midday sun can be unflattering and lead to squinting and harsh shadows. But, if that's the only time you can shoot, find a shady spot out of direct sunlight, or shoot on a cloudy day. You'll get softer shadows, smoother skin tone, and greater detail.

e. Come in nice and close and fill your frame to avoid distracting background elements

Above all else, **BREAK THE RULES!** It is ok to go with the flow and photograph the moment, whether it's perfect or not.

4. Follow their lead

Asking your kids to say 'cheese' or threatening them so they behave makes for miserable and forced images. Take a deep breath, get down on their level and observe for a few moments. Let the magic moments come about and have your camera at the ready to take advantage.

5. Involve them

What activities does your child love? Set up scenarios with these activities as photo opportunities. Or, ask them how they'd like to be photographed. Letting them be creative and taking ownership can spark an interest in wanting to be photographed.

For young children who won't sit still, give them something to do. Give them a favourite toy to hold, bubbles to blow, a book to sit and read, or pop on their favourite song and have an impromptu dance party. These are all simple ways to take the pressure off asking a child to stand still and smile perfectly.

There it is! My simple tips for taking better photos of your children. Embrace the chaos, and capture their everyday antics.

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

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Unsettled babies: looking at the whole picture

Crying, discomfort, excessive wind and irritability are indicators that Baby is unsettled. Medical issues such as reflux, silent reflux, colic and tongue and lip ties can fly under the radar of medical professionals for many months before a diagnosis is given. If your baby doesn't have any underlying medical issues, it can make you feel at a loss as to why they are so unsettled. Unsettledness is an indicator that something IS impacting Baby's ability to settle.



Here at Sleep Play Grow we recommend looking at three key areas to determine why Baby may be unsettled:

Environment:

Is Baby's room too light? Too hot? Too cold? Too noisy?

As a general rule of thumb, your baby's sleep space should be dark, warm and cosy with an average temp of 22-24 degrees. Make awake time areas, i.e. living room, light and bright so that your baby can start to learn that darkness = sleep time!

Keeping your baby's sleep space simple and using neutral colours, will provide a calming space for your baby to sleep – anything overly bright can be eye catching and stimulating to an overtired bub!

Feeding:

Breastfeeding? Keeping a food diary may help pinpoint certain "trigger foods" that can increase pain, wind and discomfort for Baby.

Bottle feeding? Your baby may have an intolerance to the formula, such as CMPI (Cow's Milk Protein Intolerance), or their digestive system is no longer tolerating the formula given. Choosing a formula that is gentle on your baby's tummy will help minimise wind, pain and discomfort in your little one. Another tip is to keep Baby in an upright position after feeding, for at least 10 minutes. This can aid digestion, by helping to bring up additional burps, possetting and trapped wind in babies.

Settling:

Maintaining a consistent settling routine will help your baby read your body language. You may like to sing your baby a lullaby, and pat your baby to sleep. Provided you are doing this consistently for each nap/sleep time, your baby will be able to follow your lead, helping to set up and establish positive sleep habits for the future. Using sleep cues can also decrease unsettledness in your little one, such as using a sleeping bag, adding white noise to the nurse and ensuring that their optimal sleep window isn't missed (i.e. overtiredness).

By implementing a few small changes, you may find that your baby's ability to settle and remain content will increase, ensuring a better flow to both yours and your baby's day!

Nicole Harris became a Certified Gentle Sleep Consultant and started Sleep Play Grow after working 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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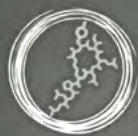
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Pregnancy and post-pregnancy classes for mums and mums-to-be

As a mum or mum-to-be, being part of a like-minded community where you can seek guidance and social support has huge benefits. Let's be honest, being a mum is a mammoth task. So, meeting with others who share your experience can help you feel at ease.

There are wonderful groups on the Sunshine Coast to support you, not to mention some great classes for your little ones. But, discovering the best classes, deciding if it's the right class for you, and fitting it into your schedule can be overwhelming. Sometimes, you simply don't have time to manage it all.

That's why we were excited to speak with local mother of two, Raeleen Kaesehagen, who founded mudputty: an online community that helps you easily find and book activities in your local area.

What inspired you to create mudputty?

I noticed that the best classes for my family and myself were often the hardest to find. I'd spend hours searching for the perfect class, but often come up empty-handed. Later, I'd hear about an amazing class through word-of-mouth, and wonder why nobody else knew about it. As a busy mother of two, I wanted a central place to find all the activities in my local area.

What activities can mums and mums-to-be find on mudputty?

mudputty has antenatal and birthing workshops, yoga classes, antenatal and postnatal fitness workshops, as well as mum-and-bub classes with music, sensory and movement activities. For



your kids, there is music, dance, art, fitness, yoga, swimming and surfing, as well as combined mum-and-kids' classes. There are also women's workshops, finance classes, health and parenting workshops. New activities are added regularly, so you're bound to find something that suits.

How does mudputty support mums and mums-to-be?

mudputty is a huge time saver. It offers a central place to discover and book the classes you love most, while taking the stress out of managing logistics, like payments and schedules.

You can search classes by location, age, time, and class category — so it's easy to find the right class near you. You can book online, get reminders, sync classes with your calendar, and message the class host. Everything is at your fingertips.

Go to www.mudputty.com to discover and book a great range of pregnancy, post-pregnancy, children's and women's classes on the Sunshine Coast. It's free to join and easy to use.



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Where's my good eater gone?

Like many mums, I was rattled when my eldest, a 'good eater' of anything from broccoli to anchovies, turned two and started saying "No" and "Yuck". Bananas, sultanas, and yoghurt hit the refusal list, and forget about lettuce and peas!

Where do our awesome little omnivores go*, and what can we do to get them back? A lot of advice focuses on behaviour, such as "they're busy" or "they're bossy", or doing whatever you can to encourage tastings, but increasingly, science is telling us why patience is your best tool.

The good news about refusing greens

It's normal for toddlers to reject vegetables. I'm not suggesting you give up, but take comfort that your child has a strong survival instinct!

As adults, we know vegetables are good for us but we also know which vegetables are safe from the thousands of plants that are poisonous. Evolutionary theory applied to nutrition says babies and toddlers are programmed to reject plants because they are an easy but unpredictable food source. Even safe plants may taste bitter as protection from predators.

What helps? Lots of patience, and maybe a nip of honey in your peas and carrots. Milk is sweet, so that taste signals safety to children, but **don't rely on sugar to get you through**. Keep offering a changing range of vegetables in small portions, and eat with your child, so they observe and gradually learn the green things you give them are safe.

The bitter truth

Evolution throws another safety net to children around age two or three, and heightens all of their senses. Not only are their taste buds hyped up, but their experience of food's texture, smell, and looks is more extreme than yours – a bit like when your partner compares their sprained

ankle to your labour pains.

If some adults reject mushrooms as slimy or coriander as soapy, how much worse might that be for a child? And when toddlers push the bowl away and say "Don't like it", we say "But you haven't even tried it!" We assume that taste is the problem.

A study in UK preschools found children who smelled, touched, looked at, and even listened to vegetables over several weeks were more likely to eat those foods when they were later offered them in meals than a control group who didn't have the advance exposure.

What helps? Don't obsess about taste only. Food refusal applies to all our senses and so does food acceptance. Involving kids in cooking – even if they aren't eating much – will expose them to all sorts of food senses. If they're too small to help chop or stir vegetables, they can have fun sorting through vege tops, peels and cores, becoming more and more familiar with all their senses.

* She's a healthy 20 years old now and recently called to tell me she ate a whole blueberry, saying, "I realised you're the only person who gets how big a deal that is". I am Kate, I really am.



Bec Lloyd works with families who want to have happier mealtimes together. She can be found at www.unyucky.com. Sunshine Coast Baby readers save 10% on any purchase, use code SCBSAVE10, Unlimited use until 30/11/19.

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Forever Memories 3D Casting. Baby hands and feet castings, mini me jewellery, family castings, high definition wedding/couples hands, bereavement castings and DIY kits. Capturing definition and detail, making memories last a lifetime. Renae is a mum of three herself, and approaches her work with care and empathy.

www.facebook.com/forevermemories3dcasting



Little Dish and Spoon. Savvy stylish and sustainable Moses Baskets, perfect for the nursery or out and about with your newborn. We also sell everyday goods that are eco-friendly, plastic free, and green for the planet. Everything is handpicked and ethically sourced. We believe in providing products to help you with a stylish, greener way of living.

www.littledishandspoon.com



Kangatraining. Parent and child postnatal fitness classes incorporating babywearing. We have created a community of parents who lift each other up, support and motivate each other while doing something positive for our bodies and minds. We are fully trained in optimal babywearing and can assist in all babywearing needs. You do not even need your own carrier, as we have free hire ones.

www.facebook.com/kangatraining.sunshinecoast



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www.60at60.com.au

Index

Acupuncture	17
Baby classes	7, 9, 10, 11, 21, 33, 35, 36, 42, 43, 45
Baby wearing	32, 45
Birth art	18, 24
Birth preparation	3, 4, 5, 6, 8, 9, 10, 11, 12, 13, 14, 17, 18, 19, 20, 21, 27, 28, 33, 43
Birth story healing	27, 33
Breastfeeding support	5, 8, 11, 27, 38
Calmbirth	5, 28
Conception	3, 11, 13, 17, 19, 20
Counselling	27, 33
Craniosacral	33
Dental	45
Doula	4, 5, 9, 10, 11, 13, 17, 27
Family health	3, 17, 33, 45, 47
Fertility	3, 17, 18, 19, 20, 43
Fitness	3, 4, 5, 7, 21, 43, 45
Haircare	37
HypnoBirthing	4, 18
IVF support	17
Keepsakes	44, 45
Kinesiology	33, 43
Market	37, 43
Massage - mother	7, 9, 10, 15, 21, 33
- baby	9, 10, 11
Midwife	8, 12, 17, 27
Mindfulness	45
Mother blessings	18
Mum and bubs groups	4, 5, 7, 8, 18, 43, 45
Nappies	31, 37, 39, 44
Natural health	1, 3, 11, 17, 33, 37, 45
Naturopath	3, 13, 14
Nutrition	3, 33, 40, 43, 45
Occupational therapy	33
Paediatrics	33, 47
Parenting	9, 10, 11, 13, 14, 15, 16, 29, 30, 38, 40, 43
Photography - birth	5, 13, 34
- family	5, 22, 26, 34, 41, 44
- lifestyle	5, 22, 26, 34, 41, 44
- maternity	5, 22, 26, 34, 41, 44
- newborn	5, 22, 26, 34, 41, 44
Physiotherapy	33
Placenta encapsulation	1, 5, 23, 24
Postnatal depression	3, 27, 33
Postnatal support	1, 3, 5, 8, 9, 10, 11, 13, 15, 16, 17, 27, 29, 30, 31, 33, 38, 43, 45, 47
Preconception	3, 11, 13, 17, 19, 20
Sleep	15, 16, 29, 30, 38
Speech therapy	33
Swim lessons	42
Toddler	29, 31, 32, 37, 40, 42, 43, 44, 45, 47
Workshops	4, 5, 7, 8, 9, 10, 11, 43, 45
Yoga - kids	43, 45
- mums & bubs	3, 4, 5, 7, 43, 45
- antenatal	3, 4, 5, 7, 18, 21, 31, 43
- postnatal	31, 43, 45

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