

SUNSHINE
COAST

Baby

Pre-conception to Pre-school

the best things in life are

FREE
2024 EDITION

Baby essentials

newborn photography,
cloth nappies, laundry
service, baby keepsakes

For the toddlers

party hire, gifts,
toys, books

Repairing birth trauma

All things pregnancy

birth support, calmbirth,
yoga, maternity photography,
placenta encapsulation,
birth trauma healing,
doulas, ivf, fertility support,
gifts, nutritional support,
pilates, midwifery support,
hypnobirthing, coaching

The days are
long but the
years are
short

For parents

postnatal fitness,
emotional support,
pelvic floor health,
yoga, safe fitness,
photography tips,
coaching, subscription
boxes, counselling,
emotional support

**"I never wanted
to be a father"**

Levi's Legacy





PLACENTA
vitality

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

"A few years back there is NO WAY I would have done this, but I felt level and grounded, despite the sleep deprivation and demands of life that continue" ~ Cathryn

"After a severe haemorrhage, I felt quite good and the doctors were very surprised that my iron levels were back to normal after only two weeks" Alex

"I did not have one bout or a tiny little inkling of anxiety. It was honestly like I was on drugs. I was euphoric, I loved every moment of it." ~ Sandra-Lea

Curious about Placenta Encapsulation?
Want to find out more?

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WELCOME

***"While we try to teach our children all about life, our children teach us what life is all about."* – Angela Schwindt**

It's true, isn't it, that our children teach us as much as we teach them. Perhaps this mutual growth is our inherent purpose - growing along side one another. Growth is amazing, and it is also hard. It challenges our children as they mature emotionally and challenges us as we evolve into the emotionally attuned parents we aspire to be.

Parenting itself is as rewarding as it is demanding, and it is also something we are not meant to do alone. When life gets hard the best thing to do is reach out for support.

Within these pages you'll discover a community of compassionate individuals and businesses who are here to support you and your family. Remember you don't have to navigate this path by yourself. Seeking support is often necessary, and it is always courageous, especially when the humaning gets hard.

love natalie



Sunshine Coast Baby acknowledges the Gubbi Gubbi (Kabi Kabi) and Jinibara people of the Sunshine Coast Region. 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

Megan Willis

PHOTOGRAPHY

newborns | maternity | motherhood | families



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Lil' Mumma Care - Sunshine Coast Full spectrum Doula.

I support:

- Homebirths
- Freebirths
- Hospital births (including: VBACs, Caesarean Sections, inductions)

Since having my son early 2022 I've been on this sacred journey to help guide women and their families through the medical system with education and providing the continuity of care during pregnancy, birth and postpartum that is lacking in our current medical system.

My birth doula package:

- Consists of 2 x prenatal home visits (birth education, discussing birth fears, and birth mapping) full birth support, with additional hire of the tens machine and birth sling.
- After birth care is 2 x postpartum home visits (full birth debrief, foot spa massage, light house chores and meal prepping)

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- Placenta encapsulation
- Specific Postpartum Services (2hr in-home care)

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What is birth trauma?

If I'm pregnant how can I avoid it?

If I have it, how can I repair it?

Birth trauma refers to the emotional and psychological distress experienced by individuals as a result of a challenging or distressing childbirth experience. It can include things like complicated labour, medical interventions, unplanned caesarean sections, perinatal loss, obstetric violence, and also simply feelings of disempowerment or trauma during childbirth. Birth trauma can affect not only those who gave birth but also their partners or support persons.

It is actually pretty common to not connect with the term "trauma". Sometimes it is more helpful to see it as an upsetting experience or a period of pressure. It's worth noting that there are different types of trauma, including "big T" trauma and "little t" trauma. Big T trauma refers to significant events that are usually easily identifiable as traumatic, such as physical assault, natural disasters, or serious accidents. On the other hand, little t trauma refers to experiences that may not seem as significant, but still have a profound impact on a person's mental and emotional well-being, such as ongoing emotional abuse, neglect, or bullying. It's important to recognize that both types of trauma can have lasting effects on a person's life and to seek appropriate support when needed.

The Richards Trauma Process (TRTP) is a therapeutic approach developed by Judith Richards. It is designed to address and resolve various forms of trauma, including birth trauma. TRTP involves a structured process of therapy sessions that focus on identifying and resolving the effects of trauma. With regards to birth trauma, TRTP aims to address and heal the emotional and psychological impact that the birth experience may have had on the individual. This can include addressing feelings of fear, anxiety, guilt, anger, or any other emotions associated with the traumatic birth experience. The goal of TRTP is not only to help you to recover from the effects of trauma but ultimately it aims to restore a sense of well-being and empowerment in your life.

It is important to note that TRTP is typically conducted by trained and certified therapists who specialise in trauma treatment. The therapy is tailored to each individual's unique experiences

and needs, and the pace of the therapy is adjusted accordingly. Philippa Scott, currently the only trained TRTP practitioner on the Coast who specialises in birth trauma says "Clients generally come to me because they are in pain or riddled with fear and want to be a healthy parent. This includes postnatal clients who have had birth trauma they want repaired, pregnant clients who want to prepare for both birth and do all they can to prevent birth trauma, and people who want to prepare for parenthood so they can be the kind of parents they desire to be".

The effects of TRTP can be profound.

Philippa believes the impact can ripple through generations; "TRTP is a big part of my work as a postnatal therapist, because of course while the physical and emotional support in postpartum recovery is important, it's the deeper work of TRTP that is just as important when we think about creating future generations free from trauma". With four children herself and her discovery of TRTP through her own healing journey, Philippa is passionate about parenting; "I love working with clients who understand the profound impact that our own upbringing and experiences can have on our parenting styles. Parenting can be so challenging, but recognising that we are literally raising the future is powerful and a big motivator for many parents"

Birth trauma can be both prevented and repaired.

TRTP, in the hands of a trained therapist, holds the potential to create a future generation free from the burdens of unresolved trauma, promoting healthier and more mindful parenting practices.



To connect with Philippa Scott
email her at:
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or phone 0423 385 059.
Experience sessions online or
personally at Luna Wellness
Collective, Sunshine Coast, QLD.
Scan for more information or head
to www.fantasticfuture.com.au



SILICONE SANDPIT SETS



SUN & SAND
THE COLLECTIVE

Sun and Sand The Collective is a luxe collective of all things sun and sand. We design and manufacture stylish eco-friendly beach products and chic road trip travel essentials.

I am extremely passionate about protecting our beaches and marine life. I've spent a lot of time travelling up and down the Australian East Coast and noticed that the majority of retail stores were still promoting plastic and single use items to take to our beaches. This is how my business came to fruition. I wanted to design sustainable, ecological products that can make beach trips and holidaying less impactful on our environment.



WET BUCKET







SILICONE FEEDING SETS

ECO DIAPERS



SILICONE PUZZLES

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 sunandsandthecollective@outlook.com
 Sun & Sand - The Collective
 Sun and Sand The Collective

Levi's Legacy

We sat down with Hayley Rodman from Sun & Sand the Collective and chatted about her journey with IVF, her angel baby and the meaning behind her business:

My husband and I bought an old Kombi Van in 2012. After the loss of his father to cancer and two failed IVF rounds, we needed a holiday. We had no plans, just the two of us on the open road with a bed in the back, we had the most incredible time and so began our love affair with exploring the Australian East Coast.

After lots of different tests, we discovered that I had PCOS and Endometriosis. My OB/GYN encouraged me to try different types of fertility medications. However after twelve months we had no success. So we began the journey of IVF.

Our first two rounds, I only had one good embryo fit for transfer. Both times failed to take. On our third round we were lucky to have two good embryos, unfortunately the first embryo transfer once again, did not take. So we put the other into storage and 6 months later we tried again and FINALLY got the greatest news ever - I was pregnant!. Our daughter Charli is now 9.

I began trying to naturally fall pregnant when Charli was about nine months old. Again, we had no success. When Charli was eighteen months old we went through another full round of IVF and thankfully fell pregnant in the first round. Our son Knox was born and we placed the remaining four viable embryos into storage.

My family and I have been lucky enough to have travelled up and down the Australian East Coast many times. While exploring so many incredible destinations - I noticed that the beach accessories being sold in stores were mostly plastic. Every time I would purchase a sand pit set for my children, they would pretty much get one to two uses before the plastic gave way. As if the plastic wasn't bad enough, they used synthetic packaging, which is disastrous when it ends up in our oceans.

I decided I wanted to design and create products for our beaches. Products that were practical yet stylish, travel essentials that would have a minimal

environmental impact, and be more sustainable and chemical free. Sun and Sand the collective was born. My products didn't come to me all at once. They developed as we travelled.

Seven years after Knox we once again went through IVF. I would have liked to have done this earlier so that my children were closer in age, however with the Pandemic and the increased costs of living it took a little longer. In October 2022, I had an embryo transferred and unfortunately had no success. I then tried again in December and was successful! Charli and Knox were getting a long awaited sibling.

When I was five months pregnant I went for an ultrasound at SCHU. There was no heartbeat. My entire world was shattered in an instant. I went from one day picking out prams and cot sets to the next day booking in my induction and deciding between a burial or cremation. I gave birth to Levi on Monday the 22nd of May at 11:30am. He was laid to rest in the teddy bear memorial garden at Buderim cemetery.

I was close to shutting the business down. My entire world had come to a grinding halt. It was an extremely difficult time both personally and for the business. Almost everything was designed with him in mind and what I would have wanted as an ecological warrior mother of a newborn. But after giving it some time, I realised that this was a way in which I could keep his memory alive.

My children are the inspiration behind the business. They are extremely passionate about protecting wildlife and marine life. They walk around the beaches collecting waste and dispose of it thoughtfully on their own accords. They tell me they do it for the turtles.



Hayley Rodman owns Sun and Sand the Collective. Scan to find her silicone sand sets and beach accessories or head to www.sun-and-sand-the-collective.square.site

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, psychiatrist, mental health occupational therapist, lactation consultant/midwife, and nutritionist.

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 (PREGNANCY & POSTNATAL);

- Perinatal Depression and Anxiety
- Fertility difficulties and IVF
- Grief and loss (miscarriage, stillbirth, and neonatal death)
- Birth Debrief and Birth Trauma
- Adjusting to the transitions and changes of pregnancy and postnatally

PARENTHOOD

- Support for parents with primary school and high school aged children
- Depression & Anxiety
- Navigating changes in relationships

CHILD & ADOLESCENTS

- Emotional regulation difficulties
- Depression & Anxiety
- Self-esteem & confidence
- Social difficulties



The things no-one tells you about becoming parents

By Carla Anderson

The transition to parenthood is a significant life milestone for many - mums, dads and non-birthing partners. Typically there tends to be a big focus on all of the physical changes of pregnancy and in preparation for birth. However there are equally important emotional changes and challenges of the perinatal period - the time from conception through to your first year after birth.

So while everyone is talking about heartburn and things to put in your hospital bag, what often gets glossed over is that the perinatal period can be a time of intense physiological, psychological, emotional, developmental, and social change.

With these changes can come an increased vulnerability to coping with challenges throughout this time. Perinatal experiences can include fertility difficulties, grief and loss, birth trauma, depression and anxiety, and difficulties related to changes in relationships - relationship with partner, relationship with baby, relationship with others, and relationship with self.

On the flipside we also know that there are psychological and developmental processes that occur in the perinatal journey that prime parents for love and connection - with their baby and each other - so the perinatal period can also be a time of learning and growth for individuals and for their relationships. However this is still another adjustment to go through, which can feel tricky to navigate.

The reality is that we don't know what we don't know, and this is why it's so important to talk about all of this change and transition. Otherwise we can think it's just us who is feeling a certain way, and that can be pretty lonely and difficult and lead to mood changes.

So where do we start? Here's a few ideas:

1. Talk openly with partners and trusted people about expectations based on each of your own experiences of being parented, your values and what you both want for your family unit.

Ask each other:

- "What are the things your family/parents did that you really liked or didn't like?"
- "How were emotions responded to? Who was the main nurturer?"

- "What roles did each parent have?"
- "What did discipline look like in your house?"
- "What things did you do together that you really enjoyed?"
- "Did you have any family rituals/routines/traditions?"

2. It's also important to be aware of unrealistic expectations that you may have about parenthood and where these come from, whether it be from your early experiences or from the highlight reel that is social media.

Everybody's experiences are different and it is important not to compare yourself, rather you could gently challenge unrealistic expectations with some self-compassion. A great question to ask yourself is:

- "What would I say to another parent experiencing this?"

3. It's also helpful to be aware of signs of mood changes which may include:

- tearfulness
- loss of motivation and interest in things
- excessive worry & anxiety
- intrusive thoughts
- difficulty sleeping not related to baby
- feelings of guilt
- negative self-talk
- avoiding social contact
- intimacy difficulties

If you aren't feeling yourself and you're struggling to have these conversations, know that you are not alone, and support is available. It's so important to build your village (know who your supports are), and where to go to seek professional support from a trusted health professional.



The Perinatal Child and Family Hub have over 20 years of experience providing safe, non-judgemental and confidential psychological counselling, assessment and support services. They offer personalised sessions to individuals and families along the range of development and life stages from Perinatal (preconception, pregnancy, birth and postnatal), through to children & youth, as well as a focus on support for the many challenges faced by families. Scan for more information or head to: www.perinatalchildfamilyhub.com



madeline v photography
CHILD AND FAMILY PHOTOGRAPHER

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madelinevphotography.com

The days are long but the years are short

By Lisa Madeline

We sat down with Lisa from Madeline V Photography and chatted all things motherhood, the magic in little moments and 15 years in the photography business:

Soak in all the moments, your kids do grow up and will eventually have their own lives.

My daughter is 27 and my son is 25 so I am on the other side of it now. There are so many struggles of parenthood and you think "when are the hard times going to end?". But now I look back on those times and think that is what parenthood is all about. It is about the highs and the lows and teaching your children to be good capable people. I would have it all back in a heartbeat.

My biggest personal challenge is my age.

I am trying to be open about it. I have really struggled in the past five years about my age, I know this is something many women go through when their children have grown up. This past year I have consciously worked at feeling proud that I am a photographer of my age.

When you are older you are a more confident person. And that can make you capable and you can do really well. I started in my 30s and now I am 52, being older I am more at peace with myself and more confident with my work.

I really wish that all women knew how beautiful they are. Really every woman is beautiful. Being unique and different is what makes you special and beautiful. You don't have to be a certain age or have a certain look. We are all important.

I think it's sad people don't print out pictures any more. They stay on USB or on a computer or phone. My kids love looking back at our photo albums. To put your photos in a book or album is so important. I have a lot of clients that have lost their digital image files, so it's super important to print them. It also creates a tangible symbol of the memory of that moment.

My favourite thing about working with families is seeing the tiny moments of joy. I love capturing the little expressions and these precious moments in time. Capturing your child's expression is a bit like recording their essence, and when you look back at these pictures you are flooded with memories of them at this age.

I live by the words "Live life to the fullest, because it's only short". Now that our children are older my husband and I are able to travel a bit more, both with and without our children. The future isn't guaranteed, and every day is one to be grateful for. So create long lasting memories with your family.



Lisa Madeline is a family photographer on the Sunshine Coast specialising in documenting moments in maternity, newborn, children, families and couples. She is not just a photographer, but an "Emotional Storyteller" and she loves capturing raw and authentic moments of love and emotion. Scan for more information or head to www.madelinevphotography.com



**Vida for Mamas
maternity bundles have
been carefully created
to help carry mamas and
mamas-to-be through each
trimester and beyond.**



Our products have been thoughtfully selected with health, self-care and wellbeing in mind, landing us with tried and tested, Aussie owned and made products that have been lovingly created to keep you glowing all the way through to new beginnings.



Our bundles take away stress, bring ease and practicality and keep all mamas glowing.



Self-care for mothers and mothers-to-be

By Jenn Cochrane

IMAGINE - a world where mothers are embraced, nurtured, and nourished throughout pregnancy and immediately after giving birth.

The model of maternal care varies greatly from one country to another, with some nations excelling while others, like Australia, unfortunately, have much room for improvement. The support system for mothers is an aspect of society that desperately needs change. But how can we do this? Well, it starts with each one of us.

If we were to revolutionise the way we care for mothers it could have profound effects on our physical, emotional, and mental well-being, potentially reshaping the way we approach parenting and raising future generations.

The initial step in centering and prioritising our care around mothers is to set the example ourselves. It's not always easy to put yourself first, and doing so can come with a touch of guilt. **So, here are 3 cup filling things you can do yourself that take less than 5 minutes.**

- 1. Enjoy a freshly brewed cup of herbal tea** - doing so with mindfulness can help you to relax, unwind, ease the mind and soothe the soul. Drinking herbal teas also have many benefits in assisting digestion, calming our nervous system, sleep and helping to relieve some of those pesky pregnancy symptoms you may have.
- 2. Love on your body** - take 5 minutes to appreciate your body and connect with your baby through massage. Lovingly massage your belly, chest, hips, bum and thighs with nourishing belly butter and oil and take the time to truly marvel and appreciate your body's capacity to stretch, grow and accommodate life.
- 3. Soak** - run yourself a relaxing bath with some calming bath salts or a postpartum herbal sitz to truly relax, rejuvenate and soak away stress, aches and pains and assist with your recovery.

If you know a mama who isn't great at putting herself first and deserves some extra special attention, why not take the initiative to provide

them with a thoughtful gift and perhaps the most priceless gift of all – your unwavering support.

Here are 3 caring ideas.

- 1. Text them a message of support** - we all know the impact of the right words at the right time, especially when navigating the intensity of parenting. This could be as simple as an emoji or a funny gif or meme if you don't have capacity for words yourself.
- 2. Cook a double batch of your own dinner** - and leave it on their doorstep. Or drop off their favourite hot drink and some yummy and convenient one-handed snacks.
- 3. Buy a thoughtful gift for them! NOT the baby.** Often our own priorities fall by the wayside when there's a baby imminently on the horizon, any self-care, time, or attention once given is now focused on the new bundle of joy. Help a new parent remember that their well-being is important with a gift that focuses on them or encourages them to take a few moments for themselves.

Individually, we all have the power to shift the narrative by placing greater importance on our own well-being during the journey into motherhood. By changing the narrative from prioritising the needs of the baby above our own health and well-being, to looking after ourselves just as much, we can serve as catalysts for societal change. Collectively, we can transform how we support new parents and raise our children.



Jenn Cochrane is the founder of Vida for Mamas and the first in establishing an online store uniquely for mothers on the Sunshine Coast. The idea of creating gift sets for pregnancy and beyond came about as Jenn lived through her first pregnancy experience in 2019. Vida for Mamas mission is to prioritise, support, and hold mothers during their most crucial times of need. Vida offers a curated selection of beautiful, high-quality, and practical products to meet your every need, from early pregnancy through postpartum and beyond. Scan the QR code to treat yourself, or another mama today or head to www.vidaformamas.com.au

Mother Midwife

BIRTH AND PARENTHOOD EDUCATION WITH A MIDWIFE

BIRTH CLASSES, HYPNOBIRTHING and NEWBORN SUPPORT

MEET HAYLEY

Founder of Mother Midwife, Registered Midwife and Nurse. Educator, Infant Massage Instructor, Gentle Baby Sleep Consultant and mother of four children. Certified Hypnobirthing Australia Practitioner and Childbirth Educator with extensive experience as a midwife, collaborating in partnership with families during pregnancy, birthing and postpartum.

Mother Midwife passionately supports families with high quality, evidence-based education to empower readiness, promote choice, maintain rights and encourage active participation.

The knowledge provided will guide and motivate families to be informed, assertive and in control of their individual birthing and parenthood story.

Mother Midwife offers a range of services to meet the needs of families:

Birth Preparation and Debrief sessions


Birth classes including Hypnobirthing. Tools and philosophies for birth including relaxation, breathing techniques, visualisation, optimal positioning, movement, affirmations and acupressure, medical intervention, analgesia and induction plus more!


Positive Caesarean Program is designed for families knowing they require a surgical birth. The course acknowledges and respects the genuine needs associated with caesarean birth such as medical or personal reasons.

Newborn Support guides families to feel confident as they learn with baby. Life with a newborn is often associated with minimal support, uncertainty and challenges when navigating new roles as parents. The topics discussed include infant feeding, baby cares, newborn expectations, settling techniques, sleep patterns, growth spurts, family relationships, bonding, parental wellbeing and more!

BIRTH EDUCATION IS AN INVESTMENT IN YOUR BIRTH, YOUR BABY AND YOUR CHOICES

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Four pregnancy tips from a Midwife

By Hayley Hall

1. Attend a Birth Class

Every family deserves to birth gently and with confidence, enrol in a birth class with a qualified, experienced professional who aligns with your birth values. Birth education is an investment in your birth, your baby and your choices, and not only will it give you confidence to ask questions and be actively involved in your own birth story, but it will help you to make educated, evidence-based decisions. A powerful holistic birth instils belief, wisdom, intuition and promotes a flourishing transition into parenthood.

2. Learn Hypnobirthing

Despite misconceptions, Hypnobirthing is not about being hypnotised, in a trance or losing control. Hypnobirthing is birth education focusing on how the body and mind work to promote calm and confident birthing. Hypnobirthing addresses areas that incite fear and it guides our mindset towards positive thoughts for birth. As a midwife, I understand that sometimes birthing can take a different turn and preparation aids an empowering approach to our unique birthing path. While my classes incorporate tools and philosophies for birth including relaxation, breathing techniques, roles of the birth partner, visualisation, optimal positioning, movement, affirmations and acupressure, they also include information about medical intervention, caesarean birth, analgesia and induction.

3. Aim for upright positioning in labour

It is empowering to choose where and how to birth your baby. Active birth promotes freedom of movement by working with gravity and not against it. Rather than being confined to the bed during labour, instinctively respond to your body and move freely. Gravity encourages efficient uterine surges, and promotes the baby to descend downwards into the pelvis to soften,

thin and open the cervix. Upright positioning increases the dimensions of the pelvic outlet to assist baby movement through the birth passage. With gravity on your side, this assists in reducing labour duration, the need for analgesia and medical assistance. As a midwife, positions I recommend to families include walking, squatting, standing, kneeling, sitting and all fours.

4. Prepare for Postpartum

The learning journey has only just begun when you hold your baby in your arms. Parenthood can be amazing, tiring, beautiful and overwhelming as you navigate the new roles, responsibilities, emotions and changes to your family dynamics. As a midwife, I encourage families to keep it simple and try not to over-complicate tasks. Newborn babies require feeds, sleep, hygiene, love, attention and warmth as a priority. It is normal for everything to take more time with a baby and this may require practice, patience, and perseverance. Plan and prepare for meals, outings, and anticipated changes in routine. Take time to get to know your baby and learn to identify individual cues. Seek help if needed as there is never any shame accepting assistance as both you and your baby will benefit. Each baby and family are unique so never compare yourself to others.

Mother Midwife

Hayley xx



Hayley Hall is a registered midwife and nurse, hypnobirthing practitioner, childbirth educator, infant massage instructor, sleep consultant and mother of four children. She would love to help you prepare for a confident birth and positive parenthood journey.

Scan to find her her group, private or online classes or head to www.mothermidwife.com

“I never wanted to be a father”

Pete Ansell from Potentialism reflects on 15 years of fatherhood:

On our first date I told my wife that I never wanted children.

So we decided to just “have fun” for a little while before going our separate ways. A few months on we realised contraception had failed us. Luckily fifteen years and two daughters later we are still having fun.

The joy of watching something you’ve created unfold in front of you is pretty epic.

If I hadn’t had children I think I would have denied myself the biggest gift of my life and the opportunity to know what unconditional love is.

My father was a narcissist.

He pretty much taught me toxic masculinity - power manipulation, ‘strength over’ rather than ‘strength within’. Perhaps he is part of the reason I didn’t want to be a father myself. I have had to do a lot of thinking around what kind of father I want to be for my daughters. Mindful masculinity for me means being present, heart-centred, noble, sincere, and authentic.

I got sober in LA 20 years ago.

The 12 step program really helped me get there. And the reasons I haven’t drunk or taken drugs since are discipline and commitment. Commitment is a big value of mine and something I want my children to see the importance of. I’ll tell my daughters that alcohol might feel like it’s your best friend but in reality it’s not.

I once overheard my client ask his wife if she wanted a private island or a Picasso for her next birthday.

I used to be a private chef all over the world for the type of people who discuss things like this over dinner the way you or I might discuss our weekend

plans. These days I occasionally still do crazy dinner parties, but my main focus is coaching. Working for the megarich taught me that underneath we are all the same and have the same struggles. We are all humans on a life journey.

I spent 3 weeks in the Andes doing plant medicine.

In this time I realised I needed to accept myself as I was. I think self acceptance is one of the keys to happiness. When I came home I quit my food production business and started working with people to coach them on finding and stepping into their potential.

Being honest is a big part of what it means for me to be a man.

I am a huge fan of integrity and authenticity. I think it is super important to keep showing up again, and again, and again. Honestly I do this for my children, even though sometimes it might be difficult and I get triggered and I want to run into the hills screaming and pulling my hair out. Parenting can do this to you.

I have taken a daily ice bath for five years.

It has helped support my discipline of, and commitment to, showing up for myself. It builds resilience, and shows me that I can do hard things. It helps me to stay present both as a father and a partner (and not run into the hills screaming and pulling my hair out).

My partner and I create deliberate space for deeper conversations.

I think it’s important to take time to connect as a couple, to remove yourself from the identities of being “mummy and daddy”. When our girls were younger these would be in the evenings when they went to bed, these days it’s over lunch when they are at school.

Feelings aren't to be feared.

When I stopped drinking and taking drugs all my feelings surfaced. The 12 step program helped. Australian culture seems to promote the 'yeah mate, I am okay' attitude of holding emotions in rather than allowing them to come through.

I help my clients to hold themselves when their feelings surface.

My clients started calling me a wizard.

Perhaps it's the beard, perhaps it's the magic that's created when we work together. There is a sort of alchemy in my work. I don't magically do anything, I don't give my clients answers, instead I ask the right questions, and hold space and that helps them work it out for themselves. Then they feel the magic.

Fatherhood doesn't last forever.

As your children get older you realise that they are going to leave home, you think they are going to be kids forever, truth is they aren't, and the time with them has been a gift. I know there are times you want to just run away and leave it all behind. My father ran before I was born. He missed my life.

I will never run and am fully committed to be there for my children every single day.



Pete Ansell provides safe supportive space for humans to feel, grow, and thrive. If you want to know what he does the best way is to experience it. He offers half, and full day immersions for you to take some time for yourself, and coaching packages. Scan for more information or find him at www.potentialism.com.au

Hi Mamas, Papas and Carers,

I know what a ride parenthood can be. I also know how powerful it can be to take some time out for yourself.

So I would love to invite you to the power of an immersion day - a half or full day crash course into self discovery. Using a mixture of open hearted conversation, deep full bodied listening and awareness, ice therapy, heat therapy, PIE therapy (pain integration therapy), breathing techniques, and an optional limiting belief clearing on full day, we will challenge your entire worldview by shattering your make-believe limitations and stories.

If you're curious scan the QR code to book a free 20min call with me. I don't do sales calls, and I hate all that sales BS, my free 20min calls are simply for us to get a feel for each other, and for you to ask any questions you may have about what working together might look like.

I look forward to hearing from you,
Pete



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"I'm a mum now, I don't have time to eat!"

By Meagan McWhirter -
Clinical Nutritionist (BHSc NutDMed & MHumNut)

As a clinical nutritionist specialising in maternal health, I see almost on a daily basis mums struggling to find the time to prioritise their diet in the chaos of motherhood. I often hear:

"I'm a mum now, I don't have time to eat" or

"I only have time to snack" or

"I often forget to eat and by the time I remember it's already 3pm".

Nutrition and diet play an absolutely critical role both in how we feel - from our energy to our mood, and to how our body functions - from our ability to fight a cold to our thyroid health. If you aren't eating nutrient dense foods throughout the day, you will struggle to meet the nutrient requirements your body needs for motherhood. It is unsurprising that an overwhelming number of mums I see in my clinic commonly describe low energy, mum brain, poor sleep, stress, anxiety, low libido, hair loss and concerns about low milk supply.

Food is more than just keeping you full - it is essential to supporting you in your motherhood journey! Some of the most common deficiencies I see in my clinic are low levels of dietary protein, iron, zinc and omega-3 fatty acids. So if you are skipping meals, surviving off coffee or opting for foods that aren't as rich in these nutrients you'll undoubtedly be experiencing some of the symptoms mentioned above and it's likely you'll have a nutrient deficiency of some sort. When I wear my hat as a researcher in the field of postnatal depression, there is strong evidence that zinc, iron, B12 and vitamin D deficiency all increase symptom severity of postnatal mood disorders. My goal is to provide mums with achievable and maintainable dietary strategies to optimise all areas of their health - from mental health to hormone balance.

It can feel stressful for mums to stay healthy and prioritise their nutrition particularly in the face of complicated diet plans, excessive amounts of supplements, or even sugary miracle promising lactation cookies. Throw in some mama guilt with lack of time and you have a recipe for even more stress. It is important to keep it simple and stress-free

when you are nourishing yourself and beginning to make dietary changes. Things like freezing snack size portions of soups and stews to have on hand throughout the day are a good idea. If you're already making school lunches - pack a lunch box for yourself! Swap your normal bread to sourdough - it's higher protein, and buy fruit and veg that is already pre-cut to make it easy for you to grab. One of the quickest lunches to make is a rice bowl with pre-cooked brown rice, 1/2 avocado, handful of leafy greens and a tin of salmon or 4 bean mix. However, smoothies are by far my favourite way to get that quick nutritional boost.

MILK BOOSTING BERRY SMOOTHIE:

1/4 cup oats

1/2 cup frozen berries

1 tbsp hemp seeds

1 tbsp ABC butter

3 tbsp Maternal Essentials Lactation Boost
350ml milk of choice (we love coconut!)

1. Simply pop all ingredients into a blend and blitz until smooth.
2. Enjoy!

Remember, food is more than something to fill you up, it is essential to your overall well being! Dietary changes don't happen overnight but I can promise you that when you start prioritising your diet, you will feel 100% better in whatever aspect of your wellbeing you are trying to improve.



Maternal Essentials products are loved by mums and are available in various health food shops, independent grocers and women's health clinics across Australia. Lactation Boost is a blend that caters to the unique nutritional needs of breastfeeding mums while also supporting their milk supply through the inclusion of galactagogues like brewers

yeast, blessed thistle, and fenugreek and the added bonus of sunflower lecithin to reduce clogged ducts. Mothers Boost is a blend rich in key nutrients like protein, iron, zinc, iodine and magnesium and adaptogenic herbs like ashwagandha, maca and bacopa to help promote postpartum recovery, support mental wellbeing and ultimately boost vitality. You can find them by scanning the QR code or head to www.maternalesentials.com.au

Thinking about Placenta Encapsulation? Here's what you should ask your encapsulator:

By Natalie Storkell

Given the nature of placenta encapsulation, it is wise to consider who is encapsulating your placenta, and there are certain things that are super important to think about when choosing your placenta encapsulator.

Here's some questions you could ask your encapsulator:

What is your sanitation protocol?

This is a biggie. Proper sanitation is vital in terms of safety with regards to blood borne pathogens and also food safety guidelines. A properly trained person will understand the importance of sanitation standards, they will know the correct chemicals to use and the most effective ratios to use them at.

Are you qualified?

Ideally the answer is yes, but even then the standards in qualifications vary from a 2 hour face to face or online course, to a six month multi module fully assessed certification. If they aren't certified you could ask what training and mentorship they have received.

Are you insured?

Again the answer is ideally yes, because insurance will indicate that they are certified (as they will need to send in their documents to receive insurance).

How many placentas have you encapsulated?

This isn't a make or break question, but will give you an indication of their experience, which is something to consider when it comes to



situations involving medical conditions and the contra-indications with regards to encapsulation.

How do you ensure my placenta is safe for consumption?

This is another biggie, their answer should include storage temperatures, contraindications, food safe processing temperatures, sanitation, transportation and storage guidelines.

What are your storage guidelines?

Placentas for consumption need to be kept food safe and follow food safety storage guidelines. Your encapsulator should give you detailed instructions on how to keep it stored safely until collection, they will likely test the temperature upon when they collect it, and they should

ensure it is kept at food safety temperatures in the time between collection and processing. They should err on the side of caution.

If I have meconium, can I still encapsulate my placenta?

Yes! As long as your encapsulator is following food safety guidelines and temperatures, you can still encapsulate your placenta if you have meconium.

Can I keep a piece for burial?

Yes! Planting your placenta, or part of your placenta, is a beautiful tradition that many cultures practise. In New Zealand the Te Reo Māori word for placenta is 'whenua', this is also the word for land. The Māori believe that humans came from earth and so returning the placenta/whenua to the land/whenua is a sign of respect and thanks. If you are planting your placenta in Australia your encapsulator can keep a piece aside for you which you can then freeze until you are ready to plant. And if you are wanting to plant overseas then you could simply save some capsules and plant the powder.

And here's what you shouldn't ask your encapsulator:

Can I get some placenta capsules from you if I don't have a placenta?

No! The only way you can have placenta capsules is if you provide your own placenta. As the benefits of placenta consumption are becoming more widely known people are catching on to the benefits, but there are many reasons why you have to provide your own placenta, not the least of which is potential transmission of blood borne pathogens.

My placenta had to go to pathology, can I still encapsulate it?

No. Unfortunately if the placenta has been sent away for testing it is not safe for consumption as we have no idea how it has been treated in pathology. If your medical professionals are

wanting to test your placenta you can request that a swab is taken instead, and then you can keep the placenta with you on ice while you are waiting for the results. If your swab comes back all clear the placenta can still be encapsulated.

I am on X medication, can I still encapsulate my placenta?

This is nuanced, you can of course ask this, and it's a good idea to tell about any medication you are taking. They can let you know the general guidelines around medication and encapsulation. However it is outside their scope of practice to answer this directly. Most likely they will request that you speak to your medical professional, and they may also be able to share any past clients' experiences.

Can my partner take some of my capsules?

No. Your placenta encapsulator should only be preparing your placenta for you and will recommend that the capsules are for your consumption only. (However if your partner does take some your encapsulator would likely love to hear their feedback as most placenta encapsulators are also placenta nerds and research geeks).

Have you encapsulated for anyone famous?

Since the Kardashians shared placenta encapsulation it has become more mainstream and more people are embracing it. The Sunshine Coast is small, and your encapsulator hopefully practises client confidentiality. They would only answer this if the famous person themselves has publicly announced that they encapsulated with said encapsulator.



Natalie Stokell has encapsulated over 1500 placentas. She is fully trained, certified and insured. She may or may not have encapsulated for someone famous. Natalie loves talking placentas, so please feel free to reach out with any questions.


She can be found at www.placentavitality.com. Scan the QR code for \$20 off your encapsulation.

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Body safety books for children

By Natalie Stokell

Body safety is such an important topic to teach your children. It can also be one of those topics that can feel overwhelming and we don't know where or when to begin. Here are five books that you can start reading to your child from birth.



My Underpants Rule by Kate and Rod Power - a fun book about body safety "what's under my pants only belongs to me!" - with guidance on how to deal with difficult situations.



From My Head to My Toes, I Say What Goes by Charlotte Barkla & Jacqui Lee - lovely rhyming book about consent, control and boundaries.



Only For Me by Michelle Derrig - great book on body safety that empowers children with age appropriate information.



No Means No! Teaching personal boundaries, consent; empowering children by respecting their choices and right to say 'no!' by Jayneen Saunders - a great book complete with discussion questions at the back.



My Body! What I say goes! by Jayneen Saunders - Teaching children body safety, safe/unsafe touch, private parts, secrets/surprises, consent, respect

Scan this QR code for the compiled video readings of these books so you can 'try before you buy'.



Scan this QR code for a comprehensive list of body safety books for all ages.



Natalie Stokell is passionate about age appropriate body safety education and age appropriate body positive sex education. Head to www.tellyourdaughters.com.au for a full list of resources, parent education, and workshops for tweens and teens.

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Five ways to support your mental and physical health during pregnancy

By Sarah Kolak & Renee Opelt

Pregnancy and parenthood can be exciting times, but they can also come with their own set of challenges. Some parents may experience anxiety and/or depression during this transition, and it is important to take extra care of yourself in this time. Here are five simple ways to care for both your mental and physical health during pregnancy and post-partum:

- 1. Meditation:** Practising mindfulness and meditation can be a great way to reduce stress and anxiety during pregnancy. There are many apps and resources available to help you get started, or it may be as simple as putting some earphones in with your favourite playlist and taking a walk in nature. Try Sarah Blondin or The MindValley Show on Spotify.
- 2. Reassurance ultrasounds:** If you're feeling anxious about your pregnancy, consider scheduling a reassurance ultrasound. These ultrasounds are done to check in on your baby and can be a great way to ease your worries. Imagine being welcomed into a calm and friendly environment and being able to see the flicker of your baby's heartbeat on the screen, then watching that little baby you created move around all before you can feel those subtle movements from within. All the worries you may have had will fade away within moments.
- 3. Exercise:** Regular exercise has been shown to improve mood and reduce the risk of depression during pregnancy. Talk to your healthcare provider about safe exercise options for you during each trimester of pregnancy & postpartum. We are lucky to have some amazing spots in nature here on the Coast. Simply taking a walk in the National Park or on one of our beaches is a wonderful way of getting the benefits of both exercise and nature.
- 4. Supplementation:** Support your body with high quality nutrition supplements. During pregnancy, it is crucial to ensure that both the mother and the developing baby are receiving all the necessary nutrients for optimal health. While a balanced diet is the best way to achieve this, sometimes it can be difficult to consume all the recommended daily amounts through food alone – especially if you are feeling nauseous! Did you know that only about 20-30% of the vitamins we ingest from either food or supplements actually get absorbed? The remainder are excreted or might pass through unabsorbed! Intravenous vitamin therapy infuses vitamins, minerals, and antioxidants directly into the bloodstream. Once in your bloodstream they are transported to the cells where they act immediately to support your cellular processes as well as having a direct effect on how you feel externally.
- 5. Self-care:** Finally, don't forget to take care of yourself during this time. Do activities that you enjoy, such as reading, taking a warm bath, or spending time with friends and family. Get that oxytocin flowing!

Remember, it's important to take care of your mental and physical health during pregnancy. If you're struggling, don't hesitate to talk to your healthcare provider or a mental health professional. With the right support, you can have a healthy and happy pregnancy.



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Newborn photography

FAQ By Julie Watson

There's an old saying that goes, "babies are tiny versions of miracles." As a newborn photographer, I couldn't agree more.

The world of newborn photography is a unique and enchanting one, filled with its own set of joys and challenges. It's a realm where we freeze those precious moments, the fleeting expressions, and the tiny features that change so quickly as your little one grows. I'd like to take you on a journey through the heart of newborn photography, addressing some frequently asked questions and providing insights into this beautiful art.

Why does newborn photography matter?

Newborn photography is not just about taking photos of your adorable baby, it's about preserving the essence of a moment. Those first few weeks of life are a whirlwind for new parents. Time flies, and before you know it, your little one has grown and changed. Newborn photography allows us to capture the innocence, purity and fragility of a newborn in stunning detail. It's a way of preserving these early memories, creating tangible heirlooms that can be cherished for generations.

When is the best time for a newborn session?

The answer lies in the magic of those first two weeks. During this brief window, newborns are at their sleepest and most flexible. This makes it easier to gently pose them into those adorable positions that we associate with newborn photography. Contacting your photographer during your pregnancy is the best time to schedule your session date to ensure this incredible time in your life is not missed.

What can I expect during a newborn session?

Newborn sessions are different from regular portrait sessions. They are unhurried, tranquil, and baby-led.

We work at your baby's pace, ensuring their comfort and safety at all times. Patience is key, we allow time for feeding, changing and soothing. The studio is kept nice and warm so your baby's comfortable while they snooze peacefully.

Can parents and siblings join the photo session?

Absolutely! Some of the most heart-warming moments come from including parents and siblings in the photos. These images tell the story of love and connection within the family. They capture the joy and wonder of your new addition and create timeless memories that everyone can cherish.

How do you ensure safety?

Safety is paramount in newborn photography. All poses and props are carefully chosen to ensure the baby's comfort and well-being. Newborn photographers are trained to handle and pose babies safely, and there's always a watchful eye nearby. You should never attempt complex poses or techniques without the guidance of a professional.

Newborn photography is a beautiful journey into the heart of your family's story. It's a way of encapsulating the love, the tenderness, and the overwhelming joy that a new baby brings into your life. So, whether you're a new parent or a seasoned one, consider the magic of newborn photography to capture your timeless memories that your family will treasure forever.



Julie Watson is a professional portrait photographer on the Sunshine Coast who specialises in capturing beautiful images of your maternity, newborn and family sessions to create finished wall art and stunning albums for you to love and cherish forever. Scan to visit her gallery or head to www.frameitphotography.com.au.

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Pelvic Health: Why does it matter?

By Lissy Changuion

As females, our bodies experience changes at different stages of life. This may be due to changes throughout pregnancy, during the postpartum period, or changes during menopause. It can be hard to know what is “normal” and what is “not normal”.

Common pelvic health concerns may include;

- bladder leakage or urgency
- faecal urgency or incontinence
- pelvic organ prolapse
- pain with intercourse, or using a tampon
- pelvic pain associated with periods
- vaginal changes due to perimenopause/ menopause

Around 1 in 3 females will chat to a health professional about a pelvic health concern.

We know that actually far more than 1 in 3 experience pelvic health-related concerns. Female pelvic health topics are still not spoken about nearly enough.

Around 50% of females will live with pelvic organ prolapse.

Pelvic organ prolapse does not have to change the way you live your life, but it is essential to seek help. A pelvic floor physio can help you to understand your risk of prolapse, the likelihood of it worsening, and strategies to help support you in achieving your health and well-being goals. Some options of management may include; pelvic floor strengthening, a pessary device, managing your bladder/bowel health, modifying exercise/loading or supporting you in discussions with a gynaecologist (specialist doctor) to discuss surgical options.

“So, intercourse shouldn’t be painful?”

Not at all. However, so many females experience pain with intercourse (or pain with using a tampon). One of the reasons this can be painful may be because the pelvic floor muscles are holding

tension, which can cause a painful experience. A pelvic floor physio can assist with down-regulating the nervous system and retraining the pelvic floor muscles.

Women make up 80% of people who report living with bladder leakage.

We should not normalise this, or let bladder leakage stop us from living our lives. Bladder leakage can be experienced for different reasons and it is not always as simple as “pelvic floor strengthening.”

We know from research that if we experience bladder leakage we are less likely to participate in exercise, which may result in weight gain, which can put additional pressure on the bladder and thus worsen symptoms of incontinence. A pelvic floor physio can work with you to determine the most appropriate line of management, with the view to support you in continuing to do the activities that fulfil you.

“Why did nobody tell me?”

It is important to be proactive about prioritising your pelvic health. These days there is an increasing body of evidence based education to empower and support females at all stages of their lives, pregnancy, postpartum through to peri and post-menopause. And the more we all talk about female health topics, the more we will help to improve awareness about pelvic health concerns. Luckily today we are fortunate enough to have research-based assessments and tools and it is easier to care for and treat pelvic health issues.



The Pelvic Health Clinic is passionate about improving education and access to pelvic floor services on the Sunshine Coast. They work collaboratively with health professionals, midwives, obstetricians and GPs and they are dedicated to improving education and access to female health services within the community. Visit www.thepelvichealthphysio.com.au for more information or to book your initial pelvic floor physio appointment or your screening pilates assessment or scan the QR code.

Hi I'm Sally, a 34 year old mother of 3, and I am passionate about pregnancy, birth and post partum. My own tough birth experiences inspired me to create Gentle Hands Doula and am so blessed to be able to offer support to all mothers, whether this is baby number 1 or 10.

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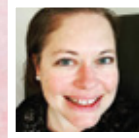
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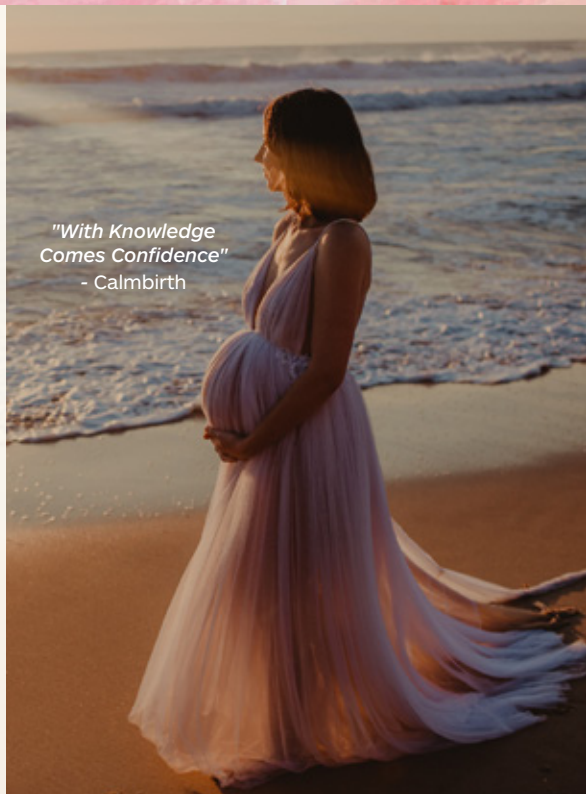
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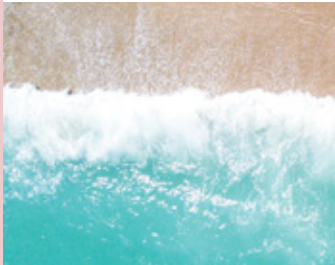


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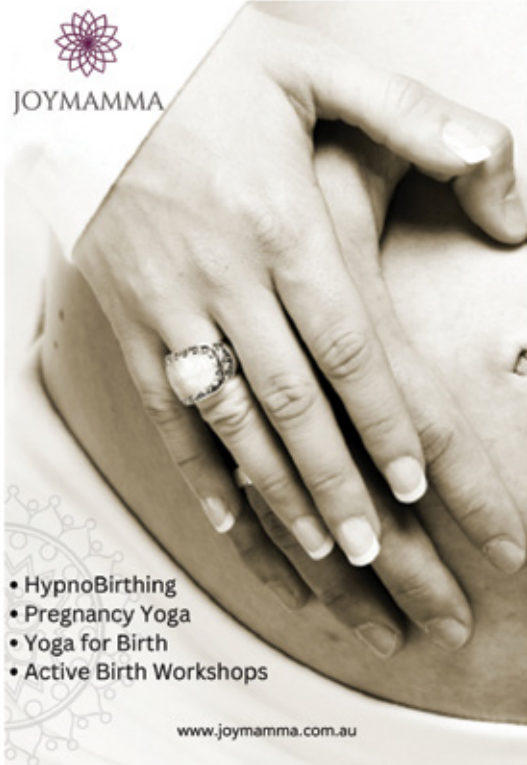
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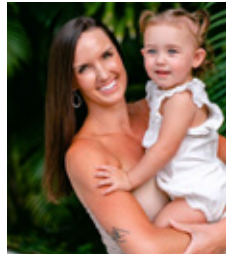
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