

# kid magazine

A pregnant woman in silhouette is lifting her young daughter into the air on a beach at sunset. The woman is wearing a light-colored tank top and a long, dark, patterned skirt. The child is wearing a light-colored dress with a dark skirt. The background shows the ocean and a sunset sky with soft clouds. The magazine title 'kid magazine' is at the top, with 'kid' in a stylized font and 'magazine' in a serif font. Below the title is the tagline 'For mums who want more.' and the issue information 'APRIL/MAY 2018 - ISSUE FORTY'.

For mums who want more.

APRIL/MAY 2018 - ISSUE FORTY

A celebration of  
motherhood,  
mum life and  
the unique  
journey & story  
of every mum

## 8 INSPIRING MUMS

share their honest  
insights into mum life

## MUMS SUPPORTING MUMS

14 charities that you can  
get behind to help mums  
and families in need

Five things you can  
do in your home to  
prevent bullying

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Finding time for YOU  
Libido lifters  
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# EDITOR'S LETTER

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Image by Hipster Mum, [www.hipstermum.com](http://www.hipstermum.com)

There have been a few moments recently, all rather insignificant in isolation, that have added up to smack me in the face with a realisation about myself. I was lost.

Somewhere in the past four years of navigating motherhood, I have lost parts of myself that I really love. It would be impossible to stay the same when you have kids, but when you lose your core, what makes you, you, then you need to do something about it.

It's not easy with kids. There are some days where I feel so far from the person I know I am. Days where I am cranky and tired and over touched and over it. Other days are full of love and laughter and kids who listen when I speak and actually do what I ask. Those days I catch a glimpse of myself, my old self, and I know I want to see more.

I am inviting old me back into my life. Searching myself for those closed doors that need to be opened and allowing myself to be me once again. If you can relate, I'll be running the Mama Groove Challenge again and would love you to join me. You can sign up at [kidmagazine.com.au/mama-groove](http://kidmagazine.com.au/mama-groove)

I have revamped the challenge after our first round last year and have created five days of simple challenges we will complete together to help you get your groove back and see more of those glimpses of yourself that you are missing. I hope you can join me.

**Sara**

**Editor and Chief Kid**

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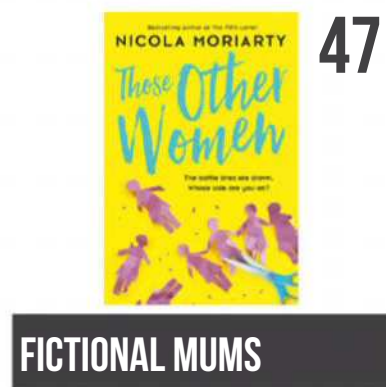


Featuring the inspiring Kimmy Smith and her daughter  
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# NATIONAL BUSINESS BRILLIANCE AWARDS



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**"I just wanted to say thank you for organising such a great event. You provide so much support to biz mums and it doesn't go unnoticed. I loved everything, the exhibitors, the presentations, and the smaller details as well. It was really nice to be part of it, and I will attend again next year"**

**Fernanda Alberici, FAB Marketing**





# Natural Beauty

Are you conscious of what you are putting on your skin? Or the ingredients in the everyday products you and your family use? **Biome Eco Stores** is leading the way in natural living and they have a new, fun and importantly, environmentally and socially responsible way for you to make the switch to a natural lifestyle.

If you were to take a guess, how many ingredients do you think are in your average beauty product? 5? 10? Would it shock you to learn that there are between 15 to 50 chemical ingredients used to create the average product sitting on your bathroom shelf? If you are using the average number of beauty products most women use (9-15 a day) that is approximately 515 chemicals applied to your skin each day.

It's not just what the fragrances, emulsifiers, emollients, colouring agents, preservatives, thickening agents and pH stabilisers do to your skin that concerns Tracey Bailey, founder of Biome Eco Stores, but it is also what they are doing to the world we live in. "The production and disposal of these chemicals affect our environment with most beauty waste being washed down the drains, threatening marine biodiversity and the quality of our oceans and waterways," she said.

Biome Eco Stores originally launched in 2003 after Tracy decided to be the change she wished to see in the world. As Australia's only 100% palm oil free & cruelty free store, Biome Eco Stores is leading the charge in protecting the environment, promoting wellbeing and operating with social responsibility as a driving force.

It is with this passion and vision for a better future that Biome Eco Stores have launched the Naked Beauty Bar, offering beauty addicts a completely natural and zero waste DIY alternative. In fact, in the past 12 months alone they have helped customers save 6.7 million single use plastic items from waste.

Through the Naked Beauty Bar, available in the four Brisbane stores and also online, shoppers can purchase the ingredients in bulk and premade options to make their own natural beauty and skincare products. The ingredients come in reusable glass jars and Biome Eco Stores has also created a huge variety of recipes to get the DIY beauty enthusiast started on their journey to a natural lifestyle.

The Naked Beauty Bar stocks over 40 natural ingredients including candelilla wax and cocoa butter to bi-carb and bentonite clay, which can be combined with other natural ingredients you likely already have in your home to make your own deodorant, mascara, face mask, body scrub, toothpaste, head lice deterrent, bug bite balm and more.

You could even get the kids involved in helping you mix your new beauty products and use it as a chance to talk to them about the environment, sustainability and making a difference in the world. That's a win/win for everyone!



# Rose & Cocoa Moisturising Lotion Bars



Creamy cocoa butter and calming rose is used to make these moisturising cocoa and rose lotion bars. Rose petals are soothing and help to treat inflamed skin conditions, while castor oil is exceptional for its moisturising and conditioning properties. Cocoa butter has incredible healing and anti-aging properties, and works to heal rashes and prevent skin dryness. The Australian pink clay is rich in antioxidants and has wonderful hydrating properties, and also provides a pretty pink hue.

This recipe makes approximately 2 x 70g bars (as pictured) or 8-10 2.5cm cubes (using an ice cube tray).

## Ingredients

2 tablespoons dried rose petals (to infuse overnight in your castor oil)

½ cup cocoa butter

4 tablespoons candelilla wax

½ cup castor oil or olive oil

½ teaspoon Australian pink clay

12 drops geranium essential oil

6 drops rose geranium essential oil

6 drops bergamot essential oil

6 drops grapefruit essential oil

## Method

Place the dried rose petals into the castor or olive oil and let it infuse for a few hours or overnight. Once the dried rose petals have been infused, strain the oil through a garni bag, some muslin or a sieve into a cup and set aside. You may need to squeeze the rose petals to get more of the oil out.

Add the cocoa butter, candelilla wax, infused rose oil and

pink clay to a 240ml or 440ml mason jar (you could also use a glass jug).

Place the jar (or jug) into a saucepan filled with approximately 5cm of water on medium-low heat until the wax and cocoa butter has melted.

Remove from the heat and add essential oils.

Place into moulds. You can use any type of mould that you like as long as it's heatproof. Silicone moulds are quite common. Let it cool slightly before putting it in the fridge to set.

Once set, remove the DIY lotion bars from the mould. Store in a glass mason jar in a cool place out of direct sunlight.

## How To Use

If you are using small 2.5cm ice cube or chocolate moulds, you will make around 8-10 lotion bars. While larger moulds will yield fewer.

To use, rub over your hands, cuticles, elbows, knees or any area you feel needs moisturising. You can also use them as a moisturising treatment in the shower. Gently pat yourself dry when done.

Shop DIY skin care ingredients online at [www.biome.com.au](http://www.biome.com.au) or at the four Biome Eco Stores across Brisbane.

Adapted from 101 Easy Homemade Products by Jan Berry.



A photograph of two young girls walking away from the camera on a grassy field. The girl on the left has curly brown hair and is wearing a colorful floral dress. The girl on the right has long blonde hair and is wearing a white shirt and leopard print leggings. They are holding hands.

# IT STARTS AT HOME

You might be surprised that evidence now suggests bullying begins in the home rather than the playground. So, what's a mum to do? **Victoria Louis** shares 5 important (and research based) tips to prevent your child being, 'that kid'.  
Images by Elise Garner, [lecoco.com.au](http://lecoco.com.au)



As mothers, we send our children out into the world hoping their journey through school will be a happy one. We rely on our educators to create an anti-bullying culture and both protect and educate our little people. But what if bullying culture actually begins at home?

Current research suggests that one in three children is involved in bullying whether it be as a victim, perpetrator or both.

It also shows that children who are not directly involved are still witnessing bullying behaviours on a regular basis. In short, no child is immune from exposure to bullying.

It's natural that you might worry that your child could be bullied. Or that they could be even be a bully themselves. Yet we seldom identify that bullying behaviours can be inadvertently bred inside the family home. So, as parents what can we do to prevent raising a bully of our very own?

#### **Do as I say, and as I do.**

It's important to be aware that little people have big eyes and ears. They are always watching how you, as their role model, behave and interact. A daughter who hears her mother comment on another woman's body / clothes / choices is subconsciously normalising bullying. After all, if mum does it – it's okay, right?

As our children negotiate making friends, group dynamics and disagreements in the playground their default setting, or baseline for acceptability, is how they have seen you (their parent) behave.

Interactions between adults in the home can also be impactful for the behaviours children adopt. Social experts universally agree that bullies are made in the home (not the playground) and what children learn from their parents will be reflective of their attitude towards bullying.

#### **Spread kindness with abandon (sprinkle that stuff like glitter!)**

You've heard it before, but kindness costs nothing. Every situation you're in is an opportunity to model effective, empathetic communication techniques and create a culture of kindness. Be gracious to a sales assistant, let another car in front, hold the lift, speak up when you see or hear something to the contrary. Simply, be kind. Your children are watching! Kindness is learned, just as bullying is too.

#### **Set very clear and direct family rules**

When it comes to bullying there can be no grey area. Research confirms that your family's messaging needs to be entirely consistent that bullying is not normal, okay, tolerable or acceptable.

The [Bullying Project Australia](#) states 'Your children need to hear from you explicitly that it's not normal, okay, or tolerable for them to bully, to be bullied, or to stand by and just watch other kids be bullied.' Make a commitment to yourself and your children that this rule is non-negotiable in and out of your home.

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**“ WHEN IT COMES TO BULLYING THERE CAN BE NO GREY AREA. RESEARCH CONFIRMS THAT YOUR FAMILY'S MESSAGING NEEDS TO BE ENTIRELY CONSISTENT THAT BULLYING IS NOT NORMAL, OKAY, TOLERABLE OR ACCEPTABLE. ”**

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#### **But what if they just 'see' an incidence of bullying?**

Discuss with your children that being a silent witness to bullying is unhelpful. Where safe, encourage your children to speak and stand-up for kindness. Research shows that many kids who witness bullying can feel powerless and hesitate to intervene. However, when parents have previously demonstrated objections to bullying they can be empowered to be change-makers.

## Talk with and listen to your children every day

Chatting with your children on a daily basis – and asking the right questions, means you're encouraging open and honest dialogue. You're also giving them an opportunity to feel safe and talk honestly. If your children feel confident to do this, case studies suggest that you will more likely be involved in resolving a bullying incident earlier and before it has escalated. A 2010 study reported that 64 percent of children who were bullied did not report it, so opening the lines of communication is critical.

Being validated makes a child less likely to be a bully

Talking and listening is also an important part of preventing your child from being the bully. At its simplest, the research shows that children who feel safe, belonging and engaged with are less likely to demonstrate bullying behaviours.

Dr Valerie Maholmes comments, "What we do know, unequivocally, is that a warm, nurturing environment, where the child feels loved, important, safe and secure, enabling him or her to develop positive, social relationships, decreases the odds of violent or bullying behaviours."

Raising a child takes a village. Yet the biggest responsibilities do fall upon the individual parents to make a difference. The good news is that it is not until around seven or eight years that learned bullying traits become ingrained. Likely, you have ample time to set (or-reset) the expectations, boundaries and behaviours you want from your child.

Discuss bullying with your mum friends, speak kindly and stand tall against injustice. Every tiny pebble creates a ripple – be the change you want to see in your world!

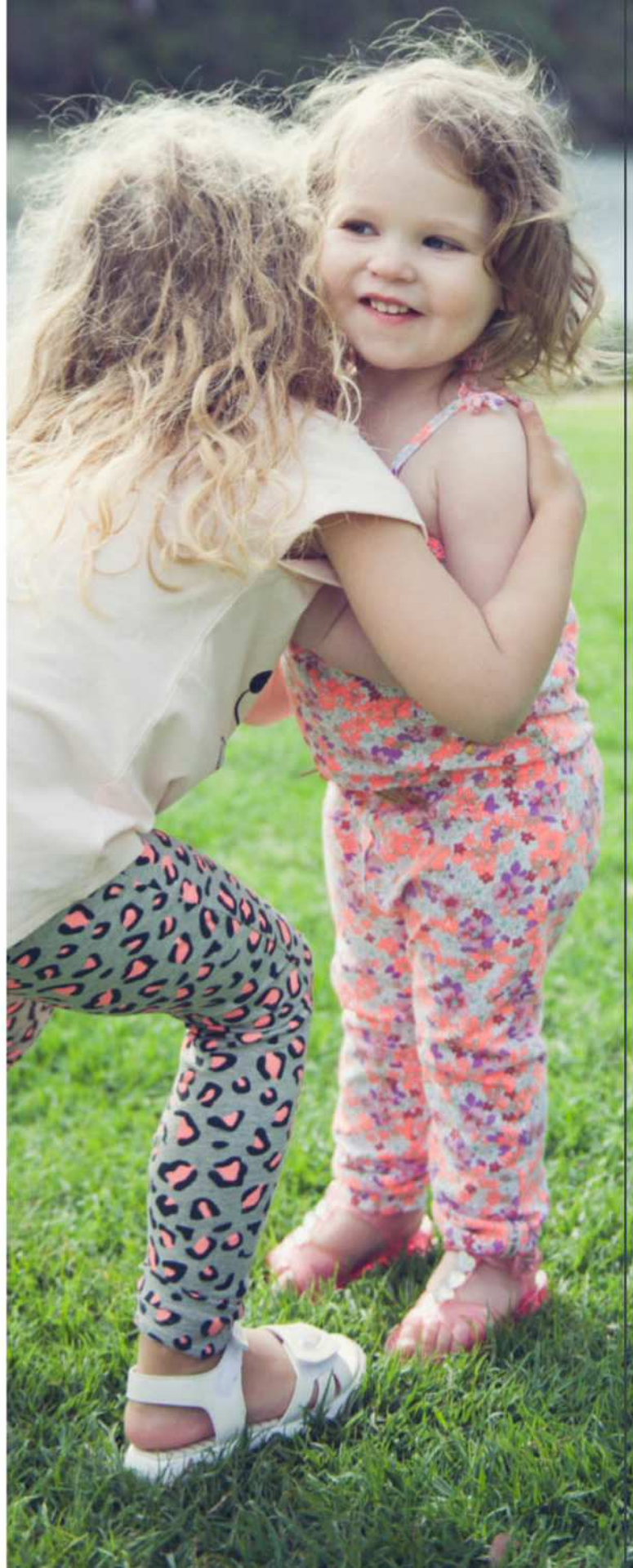
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**Mother-of-two. Tea lover. Lego Ninja. Expert in carpet Play Dough extraction. Victoria Louis is a 30-something writer based in Sydney, NSW. A former marketing manager who loves to laugh there's no topic she won't explore. Victoria is full of opinion, big on kindness and believes the day is always better with a dash of lipstick.**

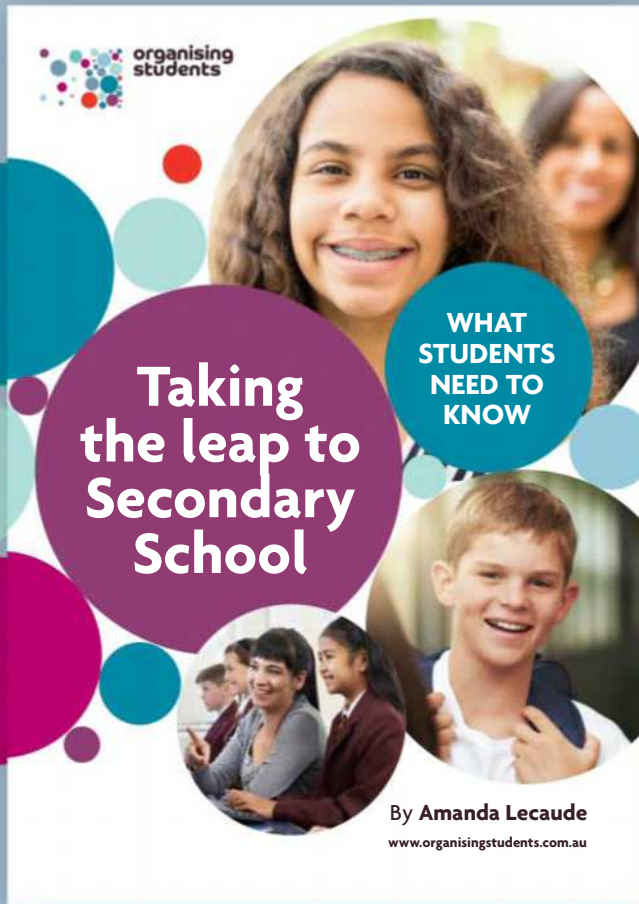
## 3 QUESTIONS TO ASK YOUR CHILD

- How was your day?
- Who did you eat lunch with?
- What did you do in the playground today?

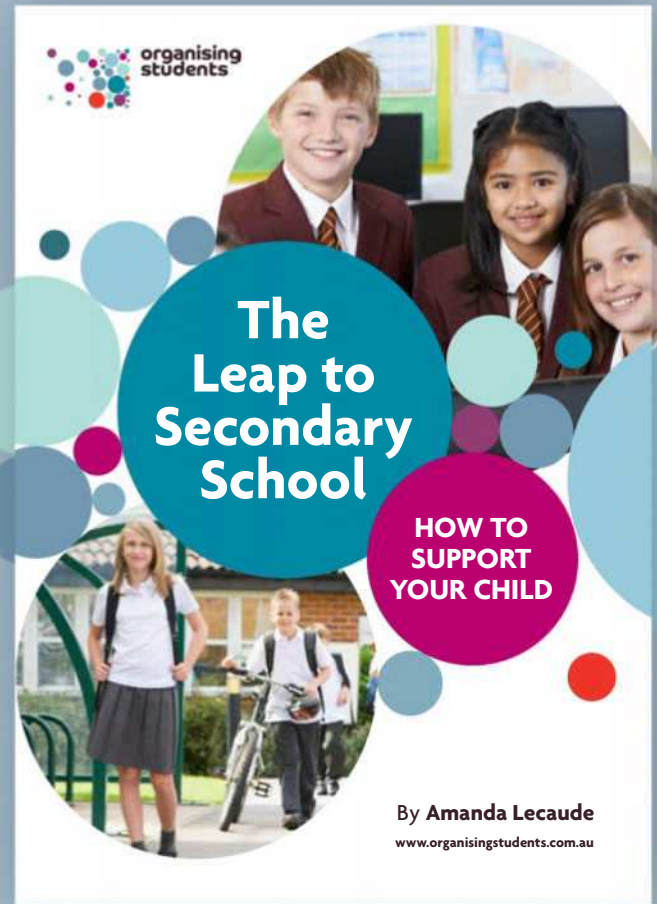




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# Mackenzie's Mission

When her daughter was just ten-weeks-old, **Rachael Casella** discovered that her gorgeous new baby was suffering from an untreatable genetic disorder. Faced with the unimaginable, Rachael made the decision to fight for Mackenzie and her legacy. Here she shares her story of love, grief and hope.





We spent the six months before our wedding preparing to get pregnant. We ate healthy, had blood tests, underwent acupuncture and even paid to have fertility checks done (before we had started trying!). Not long after our wedding we got pregnant, our first pregnancy sadly ended in a miscarriage, which was hard, but we knew they were common. We ended up getting pregnant the month after our miscarriage and whilst cautious we could not have been happier.

During the pregnancy we did everything we could to ensure we had a healthy baby including taking vitamins, doing the required scans and even had the expensive harmony (or NIPT) test.

The pregnancy itself was perfect! I loved every second of being pregnant. Our midwives said it was a boring pregnancy, which is exactly what you want.

Then around the day she was due and after an almost 40-hour labour which included an induction, two hours

her as she lay quietly in her nappy on the bench. I held her hands and she stared up at me. We locked eyes, but she knew nothing of the knife that had just torn through my heart. She lay there oblivious to my turmoil, smiling up at me. I went to pick her up, but my legs were shaking so badly I hesitated.

We walked out in silence. Without a single word exchanged, Jonny and I carried our baby out of the hospital and down the street. We were in a daze, taking her home. After we got home we called both sets of parents to tell them what the paediatrician had said. I don't know how we made those calls, half crying, half stunned, still not believing. They were shocked by the news and no one knew what to say. What was there to say?

Our appointment with the neurologist was the next day where we would find out how long we had with her. We could not sleep that night. I cried all night, and watched her little face, held her hands, whispered to her, loving her.



of pushing and an emergency caesarean, on 11 March 2017, our planned for, very loved baby girl was born, she was pure perfection. I have never felt happier and more at peace with life.

At ten weeks old I was starting to get the knack of parenting and was enjoying every minute. One day I decided to take Mackenzie to a lactation consultant because, whilst a good feeder, she was crying at the end of each feed. During the appointment, the midwife noted that Mackenzie was 'floppy'. Scared I raced her to the closest Doctor who suggested we see a paediatrician as soon as possible.

Walking into the paediatrician's office two terrifying days later I felt like I was going to faint. Within two minutes of assessing her movement he told us rather nonchalantly that Mackenzie had Spinal Muscular Atrophy (SMA) type one. Confused as to what that meant we asked what the cure was. The paediatrician said "it is terminal, there is no cure."

Standing in the doctor's office hearing the words terminal I shut down. Everything went blurry, sounds were muffled, and I felt like I was going to collapse. I stood over

In Mackenzie's case, we were advised that we had a matter of months to create memories with her. And just like that, our world fell away. It felt like a living nightmare and we couldn't wake up. We haven't really woken up from it since that day.

For days we sat around the house stunned, until finally we stood up and made the decision to live. We would live with her for as long as we had her.

For Mackenzie, her symptoms were too progressed and severe for her age so the only option open to us was palliative care, to make her as comfortable as possible when the time came. We met with our local palliative care team to discuss what we wanted for Mackenzie's end of life care, we planned and signed resuscitation/do not resuscitate plans for her and we went to Bear Cottage to see where our baby would most likely die.

I can not even begin to describe what each of these actions were like, it took all our strength to sit in those meetings and to walk through the doors of some of those centres. I wouldn't wish that pain on anyone. Our only comfort was Mackenzie was too young to know anything.



After the initial shock of the diagnosis, Jonny and I talked about the lack of control we felt over our lives. We knew we could not stop what was happening, so we decided to look at what we could control and that was the time we did have with her. We decided a few things, first we would do this journey together we would be strong as a couple. These situations often break couples, but we decided this would bring us closer - she needed us. Secondly, we decided that we would do as much living with her as possible, every day we would create a new memory for her and for us. We would spend a couple of weeks at home living a normal family life with trips to the park, zoo, aquarium then we would go away for a week or two travelling. She travelled to nearly every state and territory in Australia, felt sand, saw snow, went to rainforests, desserts, travelled in helicopters, hovercrafts, boat, planes, you name it. She lived!

stricken, whilst trying to get her breathing again. I rode in the ambulance holding my baby, singing in her ear. To this day the sound of an ambulance sends me into a frozen terror inside.



We found out that, given Mackenzie had SMA, her lungs and breathing muscles weren't strong enough to help her clear the mucus caused by the cold. It had collected in her lungs, collapsing her right lung.

After two days in hospital, we were still hopeful that we would be able to bring our baby home, but then she crashed. On Saturday 21 October 2017, her haemoglobin levels showed that she was bleeding into her stomach. For 24 hours, the doctors tried to control the bleeding and she was given blood transfusions, but nothing worked. The bleeding continued. She was also dependent on the ventilation machine. Her treatment became comfort. We knew what that meant. That night we moved in to a double bed with her. We played her favourite music, held her, talked to her and slept close to her.

On Sunday, 22 October 2017, we took off her oxygen mask. Mackenzie passed away at Sydney Children's Hospital lying between the two of us, feeling our love.



On 18 October 2017, Mackenzie suddenly fell ill with a cold. The first sign we knew that something was very wrong was when she began to struggle to breathe and stopped breathing briefly. We rang an ambulance and waited, panic



After some time spent cuddling and talking to her, I changed her nappy, washed her. Together, we dressed her, and wrapped her in a blanket. I picked her up and walking beside Jonny, I carried her down to the morgue. Together we placed her on the table because we did not want anyone else to do it. She was just a baby, our little girl. We didn't want to lose her. But we did. Our hearts are forever broken, missing a piece.

Amongst our pain and sadness, we had anger, anger that Mackenzie had to go through this pain. We had never heard of SMA. Neither had any of our family or friends; however, we soon learnt that it is the number ONE genetic killer of babies under two. But it is largely unknown by anyone, except specialists, because often babies with SMA type one do not live past the age of two.

We then learnt that people can find out they are carriers of genetic disorders such as Cystic Fibrosis (CF) and Fragile X Syndrome (FXS) through a simple blood or saliva test. Learning this we got mad. We would never ever take back the time we got with our daughter but if we could have stopped her pain we would have. Sometimes love is so strong you would with go your own happiness to stop a loved ones suffering.

So I wrote a letter, a letter that described Mackenzie's life, her condition and what could have been different. My family sent that letter to every member of the Australian Parliament, all 275 members. From there we received responses from members supporting our cause. Amongst all our letters we heard from the one man who could make a real change, Federal Health Minister Greg Hunt. Over the course of six months we wrote back and forth to him a few times each time we got support for our campaign and promises he would look into what we were asking for.

From there our story grew and we began doing some media, it isn't our favourite thing to do and we had to balance this time with focusing on Mackenzie but we were so passionate and knew that the only way we could campaign for what we wanted was through using our story.

Finally, on the 28th of February 2018 we met face to face with Minister Hunt, along with the ABC's 7.30 report.

During our meeting with Minister Hunt he announced Mackenzie's Mission, which will be the largest single investment of the Medical Research Future Fund. Mackenzie's Mission will provide routine and subsidised genetic carrier testing for couples. It will also raise awareness for medical professionals and prospective parents about the hidden risks of passing on genetic conditions. It will also provide funding for research and treatment of genetic testing and finally, and eventually make IVF more accessible for couples who carry the markers for genetic conditions.

For people who know someone going through grief, any type of grief, the worst thing you can do is be silent. Yes, it can be difficult to interact with someone who is going through a pain that you cannot comprehend but they are still the same person. They need love and they don't expect you to say the right thing or to fix it just say something simple like 'there is nothing I can say to make things better, but I am here for you'. Don't ignore their pain and most importantly keep saying their loved one's name, the worst feeling is thinking they will be forgotten.

For those who have a child with a health condition or a terminal illness please know that you aren't alone. You might feel like that but you aren't, sadly there are many families going through the same.

Reach out for help if you need it, don't be proud. If someone offers to do something for you this is the one time in life you just say yes.

Take each day as it comes. One step at a time, one breath at a time. The only things that matters is to make your child as happy as you can while they are here and your mental health, let everything else work itself out or put it aside until you can handle it. Sadly, the world doesn't stop moving even though you want it to, just breath and be still, let the world move around you. Join it when you are ready.

In terms of grief, time won't make it better, you will never get over the pain. You just learn to live with it, it becomes your new norm. That doesn't mean you won't be happy again but they will always be there, in your heart.



END

# five minutes with tiffiny

**Tiffany Hall**, Founder of TIFFXO.COM has had an inspiring return to health and fitness since welcoming her son Arnie into the world in September last year. Tiffany gives us some insight into her life as a new mum, her journey back to strength and her tips for mums to bring happyfit into their lives.





**How did you find the adjustment to motherhood?  
What have you found the most surprising part of the journey?**

I don't think there was time to slowly adjust, for me it was like being hit by a truck. We had a reflux baby and I was back at work and the sleep deprivation was more torturous than I could ever imagine but I loved every second of it and wouldn't change a thing. The first 6 weeks were a magic time for Ed and I and seeing this baby I had dreamt about, be finally in my arms, it was overwhelming how much I loved him. I was surprised by how something that just drinks milk and sleeps could steal my heart. It was love at first sight.

**As someone who is immersed in the fitness industry, how did you cope with the changes in your body that come with pregnancy?**

It was hard to lose my strength and fitness during a sick pregnancy. I struggled with that. I didn't care about the physical changes as much, I am a trainer who has transformed people's bodies for over two decades so I know how to bring about change with weight loss and toning up parts of the body and I knew when I was ready, I could get results. I put on 30kg being unable to exercise, eating different foods to what I'm usually accustomed to in order to cope with severe all day sickness, and I really struggled with puffing as I went up the stairs, or feeling out of breath talking on the phone and losing my strength. For me training has never been about looking a certain way, it's always been about how it made me feel – strong and powerful. Losing that strength and power was a struggle.

**Has having a baby changed your approach to your own health/fitness? And how you work with your clients?**

Absolutely. I've always believed that you can you train effectively in a limited time. I'm the queen of creating fast effective workouts, and since becoming a mum I've become even more efficient in training smart and love sharing with my members of TIFFXO. I stick to Hiit training, 20 minute workouts and offer my members 10 minute options if 10 minutes is all they have. I also prioritise self care far more than I used to, if I have a bad night with Arnold being awake (my rule is if I'm up to him more than 3 times in the night) then I won't do intense training the next day. I'll do a stretching FLOW or a walk with Arnold in the pram. I think having a baby has also made me more flexible. I now have to have a plan A/B/C. If plan A doesn't work, say a 20 minute TIFFXO workout, because of Arnie then I switch to the plan B a 10 minute workout, and if that doesn't work because life happens then I switch to Plan C and that might be a walk with the pram with some ankle weights!



**What does a typical day look like for you?**

I don't think typical exists with a 6-month-old baby does it? When I'm filming TIFFXO workouts, or The Living Room the days are very different and Arnold comes with me or is babysat and brought to me for breastfeeds. On a non-filming day, this is how we kinda roll although every day can be different:

I wake up at 5am every day and have lemon in water. I do my oil pulling whilst I boil the kettle then take spirulina and turmeric supplements. I then take Arnold's solids out of the freezer to defrost, I pre make all his food. He eats the TIFFXO recipes blended and frozen. He loves the TIFFXO slow cooks.

6am Arnold wakes up and I breastfeed him. At 7am I go for a run with Arnold in our running pram and I grab a long black coffee on the way home. Then Arnold and I have breakfast – he usually has smashed banana and avocado. I'll have TIFFXO overnight peanut butter oats or a TIFFXO smoothie.

9am Arnold goes down for an hour nap and I work catching up on emails, or writing the TIFFXO program. I film lots of new workouts for our members every month so I'm constantly writing and evolving the fitness system. I'll pop into the TIFFXO community and motivate my members to press play on a workout and answer questions. Then Arnold is up for his 10am breastfeed. We play and he does his tummy time whilst I do my workout.

Sometimes this is 10 or 30 minutes depending on Arnold. I chromecast the workout to the TV in the living room and workout.

11:30 is Arnold's lunch, today he had blitzed chicken, sweet potato and apple with steamed pear for dessert. I'll have my lunch then too. I do meal prep for Arnold and I on the weekends so usually I grab one of the TIFFXO Caesar salads I've pre prepared.

12:30 Arnold goes down for another nap and he'll sleep for 2 hours. If Ed is home from work I'll leave and go to the gym to rehearse TIFFXO workouts or to do some training (I'm still building up my fitness for filming multiple TIFFXO workouts!). I'll come home and tend to do stuff with the business. Arnold wakes and I'll breastfeed him at around 2:30.

Then in the afternoon I'll work whilst Ed has son and daddy time and then 4pm Arnold will have another nap before his dinner at 5pm and then it's into the Bs – bath, book, breastfeed, bed. Arnold is in bed by 6:45pm and then Ed and I sit down to have dinner together and hang out.

**You were so honest and transparent when Arnie was born about sharing your post-baby body. What inspired you to do that?**

I was fed up with seeing bounce back photos during my pregnancy that made me feel rotten and put so much pressure on mums. My friends who were new mums would fall apart seeing celebrities in bikinis 3-6 weeks after giving birth. It's not realistic or honest. I wanted to help women by showing them that even one of the fittest women in Australia who had trained her whole life couldn't fight a sick pregnancy and putting on weight and body changes during pregnancy. I wanted to encourage women to take the pressure off returning to their pre pregnancy body and to soak up every newborn minute and to prioritise self care.

**What has the journey back to fitness looked like for you?**

I've been focused on the happyfit. The happy is just as important as the fit. I've really enjoyed the return to fitness. From starting out doing a few minutes of TIFFXO with the low impact modifications, to building up to doing HIIT again and Taekwondo. I've loved it because I've had the wonderful support of my ninja community.

**What does happy fit mean? How can mums get a happy fit mindset?**

Happyfit is about enjoying your fitness, not depriving yourself of food and flicking off the diet mindset and not punishing yourself with exercise. It's about integrating self care into your fitness regime so you feel nourished, energised and effervescent. Not depleted and flogged. It's about finding support, taking it in inch-pebbles not milestones, and celebrating the non-scale victories – being able to do a pushup, or perfect a front kick or work out and involve the kids. You have to get rid of the all-or-nothing mindset and instead embrace doing your best in the time you've got. It's great if you can have a plan set out for you like TIFFXO with the support. If you make it up on your own, just be sure to integrate rest and recovery days and time to recharge.



**What advice would you give a mum who is wanting to fit her health goals back into her life around her kids?**

It doesn't take a massive effort; small steps consistently can achieve great results. 10-15 minutes a day over the course of a month will help! It's never a matter of not having the time, but a matter of not having your priorities straight. Prioritise your self care - a huge part of self care is fitness and health. Set manageable, realistic and measurable goals. Find support and make your goals known to your friends and family so you have the support. Do some food prep on the weekend to take the stress out of the week, find

recipes that are family friendly. On TIFFXO for example, you're not cooking 3 different meals for your partner, you and the kids, we make sure one meal is delicious, easy and satisfying for everyone. Arnold eats TIFFXO blitzed in the blender and Ed is never hungry.

**What is your go-to breakfast, lunch and dinner when you don't have time to cook and want to eat well?**

Breakfast is a quick smoothie – I'll put it in the blender the night before in the fridge so I only have to blitz it in the morning.

Lunch – I pre prepare on the weekend TIFFXO soba noodles with beef. Or TIFFXO Caesar salads so I can grab and go.. Great for Ed to have for work too.

Dinner – I'll do a TIFFXO slow cook and that'll give us a couple of meals! Always have a slow cook meal in the fridge or freezer.

END 





## Tiffany's tips for fitting exercise around the kids

Join TIFFXO! You can do it at home any time around your kids' naps and routines. There's also a community of women who will support you to reach your goals who are all in the same boat.

Home gym is fun. I do laundry basket squats, letterbox laps (walking from the back of my house to the letterbox) whilst taking work calls, sometimes I'll set a timer and do 30 squats every hour, or whilst I'm waiting for the kettle to boil or something in the oven I'll hold the plank.

If you have a baby, go for a walk with the pram and invest in a pair of great ankle weights to tone your legs. Find some hills to challenge yourself.

If you can't get a workout done at home, everyone has those days, take the kids to the park. Use the monkey bars and park bench to do some exercise – squats on the park bench, dips, pushups, pull ups on the monkey bars or a game of tag with the kids.



# You got this, mama

When you've just had a baby, whether it is your first or fourth, you are vulnerable, emotional, exhausted and a myriad of emotions in between. Your whole world has changed in an instant and you are playing a game of catch up to understand your new reality. But, as **Sara Keli** explains, now is the time to ditch the expectations and worry to focus on being kind to yourself.





You lie there on the hospital bed with this new person in your arms. You only met hours ago but it was love at first sight. The most instant rush of emotions you have ever felt. Or maybe it wasn't like that at all. Maybe it felt different and you were overwhelmed, unsure. Whatever you are feeling is ok. There is no right or wrong.

And then you make your way to your hospital room where you are spending the first night or few with your baby. Aside from the odd nurse or doctor coming in to check on you and your baby, you are alone. Exhausted. Emotional. Alone. But you are never really alone. You are a mum now and part of the most wonderful community who can help hold you up and walk the motherhood road alongside you.

You manage to go to the toilet and do that first poo. That's one milestone ticked off. Your body is sore from labour, birth and carrying a baby around inside of you for nine months. You look down at your body and it doesn't look at all like what you thought it would. Your stomach, which just yesterday was firm and rounded, is now saggy and bloated. But it's beautiful. Your body has just created new life. How can something so miraculous ever be expected to go back to "ordinary"?

When it's time to go home, you sit on the edge of the hospital bed and wonder how you are going to manage at home without a midwife to help you with your breastfeeding and no-one to bring you three meals a day, plus snacks. And how do you even get a baby into a car seat?! You've got this. You are stronger than you know and together, with your baby, you will make it, one day at a time.

You arrive home and the flow of visitors start. Some come with gifts, maybe food for your freezer. Some help with the washing or the vacuuming or holding the baby while you shower. Others just come to hold the baby and stay longer than they are welcome. This is your home and your baby. Don't ever feel bad asking someone to leave or saying no. It's ok to protect your space, physically and mentally.

Then, just as you are getting used to the stream of visitors, they stop coming. You are alone again. Just you and your baby in your own little bubble. But this time it is different to when you were in the hospital. Now you need to get on with life. Grocery shopping, cleaning the house, work, playgroup, nap times, feeding times... Every day you are collecting new knowledge about your baby. You are now the ultimate juggler. Some days the balls drop, but you pick them up and start again the next day.

You have bad days and you have good days. We all do. Some days you don't shower or change out of your pyjamas and others you wash your hair, put on your make-up and spend the day adventuring with your baby.

Some days you can handle it when they won't go down for their nap and others you need to close the door and stand in the hallway taking deep breaths before you go back in to try again.

If there is one thing you can do to survive and thrive in these early days it is to be kind to yourself. Think of what you have just done. You have created, grown and birthed new life. Every day you are sustaining that new person and helping them grow and learn in the world.

Don't put expectations on yourself for how you should feel, what you should do and who you should be. Celebrate what you have created and achieved. Watch the changes in your body with awe at what it is capable of. Ask for help when you need it and accept it when it is offered. Don't feel like you are alone because even if you are in a room by yourself, wondering if you are doing the right thing, there are mothers all over the world wondering exactly the same thing. And you are all amazing, just the way you are.

END 

If you need more support in your motherhood journey, there is help available. Other than speaking to your GP or Early Childhood Nurse the below resources are a great place to start to get you the help you need.

**PANDA** - Support for postnatal and antenatal depression and anxiety.  
1300 726 306 or [www.panda.org.au](http://www.panda.org.au)

**Tresillian** - Early childhood concerns including sleep and settling, breastfeeding and nutrition.  
1300 272 736 or [www.tresillian.org.au](http://www.tresillian.org.au)

**Australian Breastfeeding Association** - Assistance and resources for breastfeeding mothers.  
1800 686 268 or [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)



**Sara Keli is the Editor of Kid Magazine. When she isn't writing, designing or creating, you can find her enjoying the sunshine on her back deck with her two daughters or escaping into a good book.**

# RAPHY'S JOURNEY

During pregnancy every mum has fears and worries for her growing baby. For **Nicola Gennaoui**, these fears became reality. She shares the story of the birth of her son Raphael and the fight he has been facing ever since.



The day my son Raphael was born was an experience I never thought I would ever have to endure. However, the more I speak about his birth, the more I find out it isn't as uncommon as I thought. Though his case is extreme, birth injuries are more prevalent than you may actually think.

At exactly 38 weeks of what had been, until then, a perfect pregnancy, Raphy suffered foetal distress which was undetected by medical staff leaving him with no heartbeat and little to no oxygen to his brain for a period prior to delivery by emergency caesarean section. He was a big strong baby which is why the doctors believe he survived this "catastrophic" injury.

When Raphy was delivered, via a very traumatic emergency caesarean, he was lifeless. It took two minutes to resuscitate him, two of the longest minutes of my life, longer for him I'm sure. Every "one, two, three" pumps to his chest to bring his tiny heart beat back were three steps further away from the life we once knew and that he was never going to have.

On the sixth day of Raphy being in the NICU our worst fears were confirmed. Raphy had suffered "catastrophic" brain damage and as a result, had severe cerebral palsy. This would mean it would be likely that he would never walk, talk, see,

hear, swallow, eat or even breathe on his own. It would probably result in him lying in a cot, connected to a breathing machine for the remainder of his life. To us, his parents, this wasn't a life for our little man, this was merely an existence.

With this unimaginable news, we made the heartbreaking decision to turn off his life support, however our Raphy had other plans! Once the breathing tube was removed from Raphy's lungs, he could in fact breathe on his own. He had vision (albeit not perfect), he could hear and swallow, and amazingly he even breastfed.

Moving forward from Raph's time in the NICU, the next year was one that can only be described as a living hell. Although Raphy had kicked a lot of goals to begin with, things only got harder for him. His reflux became so painful that he stopped feeding leaving him with a nasal gastric tube (NGT) which my husband and I had to quickly learn to insert ourselves. We later got a "button" surgically placed in to his stomach where fluids are directly inserted.

His sleep was non-existent. Still to this day he regularly wakes for up to 5 hours of a night. He started to have seizures at 9 months old, and this is something we are still struggling to get on top of, as he can have up to 30 seizures a day. In his first year he was hospitalized twice with pneumonia, the first time at 11 weeks, followed by another bout at 11 months.





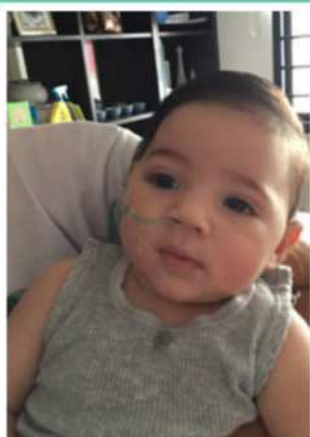
Raphael is now two years old and working extremely hard at his weekly therapy sessions of Physio, OT and Speech therapy. We are militant about his therapy "homework", something we started in the NICU. He does a 3 week intensive therapy clinic at the NAPA Centre in Sydney four times a year. He can't yet walk or talk but we still have hope he will keep proving the doctors wrong. He is as gorgeous as they come, is the best snuggler around and is absolutely adored by his parents and two sisters.

Being part of the "children with extra needs" club is obviously sad and challenging. We are still grieving the life that we lost the day he was born. While we do have him to kiss and cuddle, he has to work so very hard to do the smallest things that come so naturally for others. In his short two years he has taught my husband and myself more about life than we had ever learnt in our 33 years prior to his arrival. I made a promise to him the day he came home from the hospital, to give him a great life. A life full of love and experience, to travel to new cultures, taste new foods and surround him with happy hearts. If he can't get a great life himself, I will do my absolute best to bring an amazing life to him.

We have met some of the most incredibly strong people along the way, which has made us feel less alone and held us up when we thought the only way was down. We know Raphy has a very long road ahead of him, but we will do whatever it takes to meet his full potential. If he didn't give up, then why on earth would we?

END 🐦

The costs associated with Raphy's treatment and therapy are in excess of \$100,000 per year. Raphy's family have started a Go Fund Me page to raise much needed funds to give Raphy the best life possible. You can find out more about Raphy's story, treatment and contribute at [www.gofundme.com/helraphy](http://www.gofundme.com/helraphy)







# MOTHERHOOD INSIGHTS

Each of the women on the following pages are mothers. They are all successful business owners. And they are all passionate supporters of mums.

In their own way they are each making a difference in the lives of other mothers, whether that be through blogging, coaching, podcasting, events or more. These eight inspiring women were kind enough to share some insight into their lives as mums and it makes for a great read!







# MIM JENKINSON

Mim is mother to two small children and Founder of Love from Mim and Self-Start Mums. She is passionate about living life to the full in a positive way and shares simple solutions, tips and hacks to help busy mums create more time.

## **What is your greatest achievement (not related to your kids) since you became a mum?**

Without a doubt it would be starting my own business and, thankfully, earning enough to cover our family's outgoings. I thought going out on my own might be something I needed to wait to do when the kids were older but I had the opportunity to start my own business two years ago and grabbed it with both hands!



## **What dreams do you have for your kids?**

Of course it's clichéd but I want them to be happy and healthy. I want them to experience all of the great things I have in life and more – to do well at school, follow their passions, travel, fall in love and have families of their own. Ok, basically I want to be a grandma one day! More than anything, I want them to be passionate about being good people and doing the right thing by others and by themselves.

## **When you notice negative self-talk creeping in, what do you do?**

I struggle with impostor syndrome at times regarding both motherhood and work. I've never particularly compared myself to others but I do struggle with occasional self-doubt about myself. Am I being a good enough mum? Am I setting a good example? I try to clear the noise and see that if my kids are happy and healthy, and know they're loved and provided for, I'm doing a good enough job.

## **What do you wish you hadn't wasted so much time worrying about as a mum?**

Trying to get my first baby to nap for longer! I mean, of course I wanted her to nap for longer than 40 minutes

but I wasted so much time googling and trying ALL of the methods to get her to sleep for longer. In the end, as most babies do, she just slept longer one day. Maybe my methods helped, maybe she just did it in her own time. But I lost sleep myself trying to find ways to get her to sleep that didn't work! I also wish I hadn't spent time with competitive mothers in the early months – what time and energy sucks they are!

## **What are the words you live by?**

"This too shall pass" is the main one – that parenting mantra of old. But it's true and, whilst you might not think it at the time, a lot of difficult phases of parenthood do eventually pass.

As a recent breast cancer survivor, I also try to "live one day at a time" and not worry too much about the future. It's a difficult one but helps when I feel anxious about the future of my family.

## **If you could be anywhere in the world right now, where would you be?**

Ooh at a villa in Bali with my husband and kids - swimming in the pool, reading books, going for walks, eating delicious food, sleeping like babies. Ok, now I'm being silly!



## **What do you want your kids to say about you at your 100th birthday?**

That I was always there for them and made them feel happy, safe and loved. At the same time, I want them to feel that I always challenged them to pursue their passions and be good people.

## **If you could change one thing about the world to make it a better place for your kids, what would that be?**

Terrorism and war terrifies me – I want world peace. I want my children, and all children, to feel safe anywhere in the world.

# TRACY HARRIS



Tracy is a full-time mum, teacher turned entrepreneur, and online community builder who leads a global hustlin' tribe of over 50,000 bizmums to find their own tribe, get noticed and build a powerful brand online.

## **What was the biggest change you found within yourself when you became a mum?**

The biggest change I found within myself when I became a mum was my ability to care less about the things that don't ACTUALLY matter. Which led to my capability of leaning in and surrendering to the things that matter MOST.

## **What dreams do you have for your kids?**

I want my boys to be able to trust their own intuition and celebrate their individuality. I want them to use their talents to bring themselves joy and benefit others.

## **What do you wish your kids knew about you as a woman?**

Ooh. This is a good one! I want them to know how brave I am! We all talk a lot in this house, so I am sure I'll share many stories with them.

## **When you notice negative self-talk creeping in, what do you do?**

I have a "nice" folder. It's a place where I keep all the lovely emails I've received. Whenever I notice negative self-talk creeping in, I love reading those and realising I am making an impact. I come back to my goals and my why. I also go spend time with quality people - my hubby, friends, and fellow entrepreneurs who "get it." Essentially, I don't look sideways! Sometimes comparison tries to creep in and derail me, but I don't let it. You can never let it.

## **If you could invite any 3 mothers, real or fictional, living or dead, to dinner, who would they be?**

Madonna - she's such hustler and feminist. She made her ideal life happen with great persistence and sheer hard work! She funded her own dreams and dared to celebrate her femininity in decades where women weren't "allowed" to be outspoken or sexy. She's been shamed countless

times but that hasn't stopped her from being authentic and also bringing awareness to social issues. I admire her bold ambition.

Kris Jenner - she's such a machine! Seriously, mumager of the year will always go to Kris. She's raised amazing children into kick-ass entrepreneurs, and I love her dedication to ensuring her family always thrives.

Pink - her laid-back, fun-loving style to raising her kids is amazing! Plus, she breastfeeds in public, and let's her children decide WHO they want to be on their own terms. LOVE HER!



## **What are the words you live by?**

Do small things with great love - Mother Teresa  
Small steps every day!  
- Biznum life is hard!!!  
Success is often in those tiny details.

## **How have you nurtured your friendships since you had kids?**

Nurturing friendships after you have kids is hard! I had kids before most of my friends even considered the idea... so that meant we were walking a totally different path for a while. To be honest, I don't see my friends as much as I used to, but we text and when we catch up, it's the best!!! I think you lose friends and gain ones with any major life change. The friends that have stuck around through our child rearing years are lifers!!! My girly catch ups are never at night as I feed my little guy to sleep, and I like to be there if he wakes (which he does, many times). We go out for breakfasts or lunch, sans kids. We take the kids to the park and have coffee... I've traveled overseas with our kids and our best friends and their baby, too.

## **If you could change one thing about the world to make it a better place for your kids, what would that be?**

I would want people to have more social graces. Life is about relationships, so being a nice human is all I'd ask for.





Uldouz is a CEO, business coach, women's advocate, mum, wife, daughter, sister, food lover and oddly enough, a spin instructor.

### **What was the biggest change you found within yourself when you became a mum?**

I was so surprised to find that motherhood chilled me more than I ever thought it would - I had always expected the opposite! Before kids I used to be a massive control freak and everything had to be 'just so'. I haven't totally let go of my control freak ways but I definitely don't sweat the small stuff anymore. As long as everyone is safe and happy, I'm good.

### **Did you find the jump from 1 to 2 or 2 to 3 kids easier?**

I found out that I was pregnant with my third when my second was only 12 weeks old so I feel like I went from one to three is one hit! But I definitely struggled with the jump from one to two. By the time my second was born, I was so used to the world revolving around the needs of my first. His naps, his activities, his mealtimes. Adding a new baby to that mix and trying to figure out the needs of two unique humans with conflicting timetables took a while for me to get my head around.

### **What do you think the greatest opportunities are for mums in 2018? And the greatest challenges?**

We live in a time when mums have so many opportunities and resources to do so much. Regardless of whether you are a stay at home mum, a business owner, a corporate employee or somewhere in between, there are support groups and resources to help make your life easier. We're also living in the age of women where there's a lot of buzz around inequalities of the past, which is a very exciting thing. The flip side of that is that it's so much harder to be present and just enjoy the experience of raising kids. We're all so 'busy' and we want to make it seem like we're living these incredible lives that it can be easy to ignore the things that matter most.

### **What do you wish your kids knew about you as a woman?**

Great question. I'm pretty outspoken so my kids know everything I'd like them to know about me, ha! Seriously though, they will never understand how much I struggle with the need to be true to my own needs while listening to my instinct to constantly nurture and look after everyone else.

### **If you had one extra hour in each day, how would you spend it?**

Reading or chatting with my husband.

### **What is the most difficult conversation you have had to have with or about your kids?**

We've had a couple of health scares. I'm so fortunate that for us, they were false alarms.

### **If you could be anywhere in the world right now, where would you be?**

Somewhere still and quiet with just my family and no neighbours (or devices) in sight.

### **What do you wish you hadn't wasted so much time worrying about as a mum?**

Breastfeeding. I sobbed the entire way to Coles when my girlfriend took me to buy a tin of formula and I had a lactation consultant virtually in the delivery room the second time through. I wasted many precious hours in the early days hooked up to breast pumps trying to increase my supply and now I wish I'd just spent that time cuddling my babies and breathing in their glorious newborn goodness.



# KIMMY SMITH



Kimmy Smith is the founder of the postnatal fitness and yoga App - the Fit Mummy Project App and the Nourished Mummy Project App (coming soon!). Kimmy is also an ex-professional athlete, fitness instructor, qualified yoga teacher and mother to two girls with one on the way. Kimmy is on a mission to support and empower women to embrace the journey of motherhood.

## **If you could go back to the day before you became a mum and tell yourself one thing, what would that be?**

Slow down and enjoy this precious time. Don't rush back to everything. Allow yourself time to heal, recover and adapt to your new life. Oh and sleep whenever you can!



## **If you could invite any 3 mothers, real or fictional, living or dead, to dinner, who would they be and why?**

Maya Angelou - She has so much wisdom and has lived an incredible life. I feel like I could learn so much from her.

Zoe Foster-Blake - So we can be best friends and after dinner we could send each other super cute and funny messages.

Beyoncé - Because Beyoncé. Or maybe not. Because then I would get all star struck and Zoe probably wouldn't want to be my best friend anymore.

## **What do you want your kids to say about you at your 100th birthday?**

As long as they just gush about how much they love me, I'm not too fussy. I would love for them to say "Our Mum loved us with her whole heart." I just want my children to grow up knowing how loved they are.

## **How have you nurtured your friendships since you had kids?**

This has been one of the hardest challenges for me. When I had Allegra, I still felt like I could have a great social life with a baby. Since having two it has been a lot harder. With three, I figure I will just need to give up on having

any friends. I try to keep in touch as much as I can, cry occasionally that I have no social life and try to be grateful for the amazing people in my life.

## **What is your greatest achievement (not related to your kids) since you became a mum?**

Starting the Fit Mummy Project and launching the Fit Mummy Project App. Receiving kind messages from other Mums who say that they just love using the Fit Mummy Project App makes me so proud.



## **What dreams do you have for your kids?**

I hope that they find their passion in life and have the courage to follow it. And I really just hope that they are happy and always have people who love them.

## **If you had one extra hour in each day, how would you spend it?**

Ideally I would spend it out in nature either exercising or even just reading. But realistically, I would probably spend it working!

## **What do you wish you done more of before you had kids?**

Travelled. Done more naughty stuff - I was a goody goody! I wish I had been a bit wilder! I'll save that for my mid-life crisis!



Images: CC Double You Photography





# ANI TUNA

Ani is a Melbourne mum of two girls, founder of MumLife Australia and host of the fully immersive Beyond Birth event series. With a mission to help parents feel confident and capable, Ani has a special place in her heart for helping first time mums-to-be enjoy their experience of early motherhood.

## What dreams do you have for your kids?

It sounds so cliché but I truly just want my girls to grow up believing that they can be and do whatever they want in life. And that whatever that may be, big or small, I will always be proud.

## If you could go back to the day before you became a mum and tell yourself one thing, what would that be?

I wish I had challenged those people who told me that I could never be prepared for parenthood and sought out prenatal education that would have helped me begin my parenting journey with confidence and a more realistic expectation of parenthood.

## What do you think the greatest opportunities are for mums in 2018? And the greatest challenges?

We are so fortunate that as modern mums we are no longer restricted to just a single mothers group. There are so many ways that as new mums we can make friends and feel less isolated, especially in those first 6 months.

But we no longer live in 'villages', and despite the abundance of information at our fingertips, we don't receive the support we need in those crucial first months. And unfortunately traditional prenatal education has not caught up to this new era of modern motherhood where new mums are being discharged from hospital sometimes as early as 24 hours after having a baby.

## What do you wish your kids knew about you as a woman?

As a mother of two girls, I feel a really big responsibility to teach my daughters about what it means to be a strong, confident woman. I hope that every time they see me standing in front of a mirror, that they see a woman proud of what her body can do. I hope that when they see me stand up for what I believe in, that they also remember the times that I've had the courage to say sorry for when I'm wrong.

## If you had one extra hour in each day, how would you spend it?

I'd spend it doing things that re-energise me - reading a book, baking a cake, having a bath, enjoying a glass of wine. Well, that would be the plan anyway.

The reality is I'd probably spend the first 45 minutes tidying the house, washing dishes, doing another load of laundry. And then spend the remaining 15 minutes replying to messages and sitting on my phone!



## If you could invite any 3 mothers, real or fictional, living or dead, to dinner, who would they be and why?

Brene Brown's life's work is all about the power of vulnerability and wholehearted living. Can you even imagine the conversations you'd have with her at the dinner table? I'm a real no BS kind of girl, so she'd be my number one pick.

Beyonce because I've always been fascinated by her story, her marriage to Jay-Z and her Sasha Fierce alter-ego. I'd love to know - who is the real woman behind the 'brand'?

And my bestie - because everything is always more fun when she's around.

## How have you nurtured your friendships/relationship since you had kids?

It's been 4 years since I had my first child, and in that time, some friendships have flourished, whilst others have not survived. For me, friendship has become less about going out for drinks on a Saturday night, and more about a message at 1am to say 'hang in there, you're not alone' or a home cooked meal left on the doorstep when times are tough. Sure, we might not see each other as much as we once we did, but I can assure you that I'll make your problems my own, so you don't have to go through them alone!

## What are the words you live by?

Kindness doesn't cost a thing. There is nothing simpler in life than to be kind and, for me, kindness is everything.



Mother to three gorgeous girls (6, 3 and 1), Wife to one wonderfully supportive husband, ex LVMH Marketer with extensive wine experience (mostly drinking it) and the founder of Mum Society with a vision to transform the maternity leave experience and the workplace value and flexibility for all mums.

## Did you find the jump from 1 to 2 or 2 to 3 kids easier?

What I believe is that with one, you are trying so very hard to do it 'right'. With two, you still have enough hands and for most, there are two of you to help. With three, you realise very quickly that you are outnumbered and you absolutely can't do it all or have it all so it's almost more enjoyable not trying so hard to strive for anything more than 'close enough'.

## What is your greatest achievement (not related to your kids) since you became a mum?

Launching Mum Society.

I was made redundant over email in the final weeks of my first Maternity Leave and came up with the concept of Mum Society. In just five years, I've hosted 4500 mums at brunch with the most inspiring of speakers and placed 400 in flexible jobs so really, it's exceeded all expectations. I feel incredibly proud of the impact I am able to have on so many other mums that are firmly in the trenches but also of the example I am setting for my girls.

## If you could go back to the day before you became a mum and tell yourself one thing, what would that be?

Pre-order the epidural :-)

If we are talking the day before, well the birth doesn't matter, it's all about what type of parent you want to be and that your wellbeing is far more important than you will realise.

I would tell myself to really enjoy that first year and totally and completely focus on me because it's easy in comparison to having more than one child and you just don't know it until you are out the other side.

## What do you think the greatest opportunities are for mums in 2018? And the greatest challenges?

Flexible working arrangements are really at the forefront of discussion. I feel that we are on the precipice of change about how mums are perceived in the workplace and the return to work process.

The challenges are the accessibility (COST) of quality childcare, the perception around being a "mum" and honestly, I think social media is our biggest challenge,

realising that just because there is a pretty picture on Facebook or Instagram doesn't mean another mum has it nailed. NONE OF US HAVE IT SORTED!

## What is the most difficult conversation you have had to have with or about your kids?

That my daughter wasn't selected for show group. It's her dream to be a superhero at night and a singer by day. It is actually a dance group and she took her guitar to audition so it really wasn't going to end well. She cried for 2 days and it broke my heart. Resilience huh!

## How have you nurtured your friendships since you had kids?

With a business and three kids, it's my friendships that have taken a back seat. I'm sad that I don't see them more and have more down time with them but something has to give while you are doing the crazy juggle and almost all completely understand. I try to nab a phone chat with my nearest and dearest when I can and often, it feels like a night out.



## What do you wish you had done more of before you had kids?

Travel so much more as a couple and we both wish that we lived somewhere 'fun' instead of making such sensible financial decisions.

## If you could change one thing about the world to make it a better place for your kids, what would that be?

ONE?! There are so many things I would like to change but with three daughters, equal pay and opportunities for them.

Hospitality should be like the national service between 15-18. I think it would have a really positive impact on manners!





# DEAUVANNÉ ATHANASAKIS

Deauvanné is a Mother, Stylist, Presenter and Blogger with over 10 years experience in the fashion world. She studied at London College of Fashion and has worked as a model, fashion buyer, stylist and TV presenter. Originally from London she now lives in Sydney, Australia with her two children. The 'Mama Stylista' blog was born in May 2012. She wanted a creative outlet to combine two of her loves, Motherhood & Fashion!

**What was the biggest change you found within yourself when you became a mum?**

I became more patient, selfless and responsible. It was the making of me.

**If you could be anywhere in the world right now, where would you be?**

I would be in London with the kids. Even though I love Australia, London is always home. Although saying that, I have just got back from LA and I fell in love with it there. I'm a Sagittarius, born traveller. I can't sit in one place for long.

**What is the most difficult conversation you have had to have with or about your kids?**

The stranger danger conversation is heartbreaking but necessary.

**If you could change one thing about the world to make it a better place for your kids, what would that be?**

No more racism.

**What are the words you live by?**

Feel the fear and do it anyway.

**When you notice negative self-talk creeping in, what do you do?**

I meditate or go for a walk. I try and get out of myself. I am a big believer in positive affirmations and I listen to motivational CD's in the car.

**What is your greatest achievement (not related to your kids) since you became a mum?**

I decided I wanted to pursue a career I loved. I started my blog and am now working as a stylist and presenter. I just got back from working as both in America.

**If you could go back to the day before you became a mum and tell yourself one thing, what would that be?**

You got this!



# KRISTEN MARSHALL



Kristen is a mum of two and passionate supporter of women and mums. She is co-founder of the Sydney based Kinder Cafe, a cafe designed to meet family's needs with activities for the kids, workspace for the parents and not to mention great food and coffee.

## **What do you think the greatest opportunities are for mums in 2018? And the greatest challenges?**

I think that we're in the midst of a great shift for women and in turn mothers globally. Where we are pushing for equality in all areas, where we are expecting equal space, where we are daring to say I want the job, I want the children and I deserve equal. ... (well everything).

This is our greatest opportunity and our greatest challenge. We can't be content with close enough or narrowing the gap or nearly there. It's exciting to be a part of the shift and the not so quiet movement where strong women are really challenging the status quo but for the benefit of those who feel silenced, those who aren't brave and future generations we must keep pushing and rising to the challenge.

## **What do you wish your kids knew about you as a woman?**

I wish they understood how much I want to make them proud of me. Proud as a mother and a person. I also wish they knew that I'm a resilient and strong woman and I hope to instil those traits in them as they serve me well and are undervalued.

## **What do you wish you hadn't wasted so much time worrying about as a mum?**

I'm not sure how to answer this. I worry about different things at different times depending on what is happening or triggering. I worried when my daughter was 2 and didn't speak (she does now), I worried that my son was going to choke on something when he was little because everything went in his mouth (he's past that); these were warranted fears at the time but hindsight is a beautiful thing. I try not to dwell too much, most moments are just that... moments, but in the thick of the moment it's hard.

## **If you had one extra hour in each day, how would you spend it?**

Probably working (hang head in shame)

## **If you could be anywhere in the world right now, where would you be?**

I'm very fond of Port Douglas, I've had some wonderful holidays there pre and post children so I'd say there.

## **If you could invite any 3 mothers, real or fictional, living or dead, to dinner, who would they be and why?**

My Mum: who died when I was 17. She was an amazing business woman, friend to have and of course mother. She lit up a room, she had a presence that couldn't be explained and an energy that was contagious. People wanted to be around her.

Hillery Clinton: I love her, I think she has a brilliant mind, is fabulously articulate, refuses to be silenced and because of this some would like to silence her. She has convictions and will forever be one of the great feminist trailblazers of our time.

Jane Caro; who is a social commentator and public figure. Jane is a very vocal advocate of public schooling and a fierce feminist. She's incredibly witty and intelligent and uses her privilege and ability to be heard to speak for those less fortunate or without the same stage to fight for gender and socio economic equality.



## **What do you want your kids to say about you at your 100th birthday?**

My mum did everything with integrity and fought hard for what she believed in. She was fiercely determined and worked hard. She loved us with every inch of her being. She instilled in us the notion of just doing your best and no one would ever be disappointed, you don't need to be the best unless of course that is your best.

## **What do you wish you had done more of before you had kids?**

Purchased more real estate (ha ha)



1



2



3



4



5



6



7



8



9



## PAMPERED MAMA

Treat yourself at home, no long hours at the day spa required!

- 1 Soft Hands Kind Heart Hand Cream, \$8.95, [www.thebodyshop.com.au](http://www.thebodyshop.com.au) 2 Crème Brulée Honey Bath, \$50, [www.lauramerciertrimex.com.au](http://www.lauramerciertrimex.com.au) 3 Transformazing Sheet Mask, from \$9, [www.gotoskincare.com](http://www.gotoskincare.com) 4 Moisture Rich Body Crème, \$14.95, [sukinorganics.com](http://sukinorganics.com) 5 Foot Soak & Fancy Free, \$7.95, [www.lush.com.au](http://www.lush.com.au) 6 Stress-Fix Soaking Salts, \$59.95, [www.aveda.com.au](http://www.aveda.com.au) 7 Essential Treatments Equilibrium Masque, \$31.50, [www.delorenzo.com.au](http://www.delorenzo.com.au) 8 Love Scrub, \$34.95, [www.vanessamegan.com](http://www.vanessamegan.com) 9 Sweet Pea & Jasmine Madison Jar candle, \$42.95, [www.ecoya.com](http://www.ecoya.com)

# Mum's the word

It's time as a mum to stop feeling guilty about taking time out – it actually isn't a luxury but an essential part of being a mum or carer. As mums we have this terrible habit of thinking that we have to do it all and as a result we tend to sacrifice ourselves, and the time we have, for the benefit of our families and others. Are you finding yourself nodding or agreeing with this? Well read on as **Amanda Lecaude** shares what you can do to make more time for YOU.



"Taking care of yourself is part of taking care of your family"

I am the first to acknowledge, as a mum now to two teenage boys, that I have certainly had my challenges along the way and finding 'me time' has not always been easy. I learnt early on to ask for help and establish clearly a couple of 'non-negotiables' in my life. These are spending time with my friends and exercising regularly at the gym and I have gotten much better over time in trying not to let anything interfere with these. You have to admit when you get these times it is a great feeling not to have someone pulling at you, nagging you or just being under your feet all the time!

Mothering isn't always easy and the basic day to day activities can see you juggle lots of balls in the air, can be demanding and often leave you little time to care for yourself. You might also find yourself being overwhelmed

with all that you have to do. The one problem with this is that if you stop caring for yourself then your ability to care for your child and family can be impacted as well as the enjoyment of it all. I am a big believer of ensuring you look after yourself, taking the time to have fun, relax and rest, will mean that you can look after your family better. If you don't look after yourself and fall into a heap then quite often everything else can and will fall down around you.

Review your schedule and find time to do what you love

It is important to remember that you are a person to and therefore take the time to do what you enjoy and love – hopefully you remember what it is that you like to do!





adequate time to this when you can. Seek others to mind the baby or children while you catch up.

Exercise too is so important and helps to regulate both your mood and keeps you healthy. It can be simple like walking around the block, doing some yoga or exercise at home, or having someone mind the children while you partake in a gym class, go for a swim or do a pilates class. Every little bit, even if only for a short time, adds up and you will feel much better for it.

### Remember those important you are watching

Many of us actually forget about the fact that our children are watching everything we do. Therefore, isn't it important for them to be able to see that we are in fact looking after ourselves and at the same time teaching them that this is important so they too will learn and do it for themselves when they are older?

### It's time to take action

Lastly, without putting steps into self-care, we can literally find ourselves running on empty. Sound familiar? How can we keep giving if there's nothing left to give? So, as we have established, looking after ourselves is essential. By taking the time for yourself you are actually likely to be more content, happier and patient than if you don't. Personally, I know I am a much better mother when I get to exercise and have enough sleep than when I don't. I am sure by finding and taking time it will ultimately see you achieve more balance in your own life and benefit not just yourself but that of your partner and family too.

END 



Amanda Lecaude is an organising expert who loves being able to help people – her clients – get organised. She sees the difference it makes in their everyday lives, particularly families, just to have a way to create some TIME, SPACE and BALANCE! She is also very passionate about equipping school students with organising skills for life to maximise greater results primarily in secondary school and limit the overwhelm and frustration for both them and their parents.

Get in touch 0409 967 166  
[amanda@organisingyou.com.au](mailto:amanda@organisingyou.com.au)

In order to make time for these activities, you will most likely need to plan ahead, mark the time on your calendar, just like you would with any other activities. I know it can be challenging to find time for those non-child related activities but if you don't make the time yourself then no one is going to find you that time and say here you go 'take it'. You need to schedule it and make it happen for you!

### Establish a support network

This part of self-care involves having a supportive network of people around you to guide, talk to or even assist from time to time. You can bet you are not the only mum who has challenges and sometimes it is easy to forget that others are no doubt facing similar issues.

Get together with other mums and plan outings together – sometimes this can help to share the responsibility of caring for the children amongst many. Even offer to swap time by looking after other women's children in exchange for them having yours on occasion can be so worthwhile. This is a great idea particularly if you don't have family or friends close by who might be able to assist.

In terms of being able to find time, please don't be afraid to ask for help from others when you need it. Enlist the help of your partner or a babysitter to take over from time to time. Remember when you do this please don't apologise for making yourself a priority either or feeling guilty about asking your partner to step in as remember they are a parent too!

### Look after yourself - exercise and sleep

Physical self-care is vital and involves your fitness and sleep. These are both essential to help you manage and function day to day. Other than when you first have a baby, where it can be difficult to expect to have the time to devote to these, at all other times both of these should be a must!

We all know that sleep deprivation can cause other issues, like anxiety and depression, so it is important to devote

# Libido lifters

If you have lost your libido you aren't the only one. It can be hard to feel sexy or desirable when you have been looking after the kids all day! To bring help bring back your desire as a woman, Sexologist **Lauren White** reveals 8 ways to feel your libido as a mama.

I was cooking dinner furiously. Stirring, juggling, multi-tasking...screaming at the girls. Probably just screaming: Girls!! Again and again. I was thinking about how depleted I felt. I was thinking about the nits I had to remove from my little ones hair. I was thinking...very unsexy thoughts.

Then it landed in. The words were:

## Don't confuse unsexy tasks for an unsexy life.

In that moment, a new pearl of mamahood wisdom revealed itself to me. I realised it is so easy to think of all the unsexy things we are doing as proof that we are completely unsexy in our being. Nothing could be further from the truth.

It's no secret that a big part of my mission is bridging the gap that exists between mamas and their libidos. The gap isn't real, just perceived. I know it doesn't help that we have a lack of role models paving the

way for being both sexual and mamas so think of this as a call to become that role model.

The advantage of learning about sexuality before having kids meant that I approached motherhood with the mindset: being sexual is a choice. These five little words walked with me as I went through all the challenges of mum life. Sometimes sex was a possibility, sometimes it wasn't but I knew that the biggest block that was going to inhibit my sexual expression was my big ticking brain (and that might be the case for you too!).

Here are my 8 top tips to feel your libido as a mama:

**#1 Get out of your mama uniform once in a while.**

Mine was a strapless Kmart dress and a stretched singlet or two. Yours might be tight active wear. Easy and convenient – yes. Sassy, sultry and sexy to me – no.

**#2 Mix up your movement.** Don't just do the same workout alllll the time. Mix it up so that you are honouring your changeable nature as a woman – we aren't all doughy and down for yoga all the time, nor are we always pumped for a high impact workout. Mix it up. Being stuck in a routine for the sake of having a routine will not have you feeling juicy.

**#3 Learn how to give and receive erotic massage.**

Kneading, stroking and pitter-patter motions are movements you may have used for massaging your partners shoulders but what if you took those skills



and used them in a more erotic way? Bring some coconut oil into the room and touch each other without the expectation of penetration. Any touch you use on the body can be used on the genitals – just we have more nerve endings so be sure to be a little more sensitive!

**#4 Lounge room dance.** Sometimes we need a simple reminder that we were once sexual and curious. If there was a time in your life that you felt turned on, grab some of the music, crank it and belt out a dance. Go back for a little bit to remind yourself that she still lives inside of you.

**#5 Make your bedroom a sexy space.** If you walked into your bedroom with fresh eyes, would you want to have sex in there? Get rid of the clutter, kid paraphernalia, dust and make sure your doona is one that feels sensual and welcoming to you. Your bedroom needs to be a sanctuary.

**#6 Embrace the small moments with your partner.** A wink. Lifting up your shorts or skirt in jest. A tickle. Laughing with eye contact. A bear hug with a little hump of your pelvis. ALL of these make up your sex life! Try to move away from thinking that sex is only intercourse. The small things in the rush of life are simple ways of feeding your intimate life.

**#7 Know that prolactin released when breastfeeding dampens libido.** Lots of women experience this. Prolactin not only suppresses your arousal and interest in sex but also keeps oestrogen levels low. We need oestrogen to help our lubrication and this can be a struggle when we are feeding. If you are interested in sex and it's a yes for you, try coconut oil (not to be used with condoms) or water based lube. There is no shame in needing a little help.

**#8 Check your head.** If you experienced post-partum depression or anxiety and feel like you are on the other side but still don't feel like sex, check in with what your mindset is about sex and sexuality as a woman and mother. Are your thoughts that sex is dirty or shameful? Is sex taboo for you? Do you worry

If it's time for you to give yourself the sex education you never got, I'm running a webinar for mama's on April 17th at 7pm (AEST). We will talk all about your connection to sex as a woman + mama, your body as it is now, how you can feel more psyched for sex (and initiate it) and how to communicate to your partner in a way that is present and clear. Because there is no need to be completely out of touch with your intimate life now that you are a mama. It's my belief that you can be both (hey, I'm living proof!) Join me at [www.laurenwhite.com.au/conversations](http://www.laurenwhite.com.au/conversations)

intensely about being heard during sex? If inhibition, anxiety and a mindset that says 'it's not right for a mother to be sexual or experience pleasure' or 'I'm just not a sexual person', it's time to do some tweaks. Is it possible that you could consider that being sexual isn't bad or wrong but actually enhances your bond with your partner or lover? Sexual intimacy plays a big part in relationship harmony, which makes for a more cohesive family.

So, are you with me? Are you ready to be a role model that leads the way in being both a mama and sexual?

END 



Lauren is a qualified sexologist who assists her many satisfied clients to drop the anxiety and reinvigorate their sexual power in their intimate lives. Through her one-on-one sessions, writing and online classes, she helps women to release their physical and psychological blocks so that they can liberate their libidos for sex and life.

# How are ~~you~~ your finances?

When was the last time you looked at your finances? Like, really looked at them to work out a plan and know where you are going. The reality is that your financial situation can affect your well-being so it is something you should be prioritising for your own sake and that of your family. **Jo Violeta** shares why it is so important and what you can do to get your finances on the up!

As a mum, I know how hard it is to put yourself first! Between sleep deprivation, breaking up fights between siblings and toilet training, it's rare to sit down and drink a cup of coffee while it's still warm, let alone take time out for some serious self-care.

To be honest with you, my family hasn't been on a holiday for five years, and I received a gift certificate for a massage last Mother's Day which I still haven't used. So I completely understand the 'lack of self-care' scenario.

Looking after tiny humans is fun, it's rewarding, but it's also hard-work and time-consuming and sometimes, well, it's simply overwhelming. As busy parents, we give so much of ourselves to others. But I'm learning how important it is to pay attention to our own wellbeing. And I don't just mean traditional wellbeing activities such as yoga, meditation and massages. A surprising way to boost your emotional wellbeing is by creating a solid financial plan. Yep, getting your money and your budget sorted can make you feel amazing and goes a long way to reducing stress levels.

Research by the Financial Planning Standards Council found that people 'who had sought financial advice reported significantly higher levels of both financial and emotional wellbeing than those who had no advice at all or simply limited advice'. The research also found that having your finances in order can 'instil confidence about reaching a wide spectrum of life goals'. Also, having enough money to at least meet minimum needs is required for a baseline level of happiness.

Reducing unhealthy levels of stress can benefit our emotional and physical wellbeing. Considering financial issues are rated as one of the top causes of stress, and unfortunately, millions of Australians report experiencing

financial stress, it is a serious area of concern to address. Regardless of the reason for financial stress - debt, home loans, retirement, supporting the family and budgeting - the outcome is the same.

Although, my husband Carl and I, like many other parents, are still working towards finding balance and carving out time to look after our wellbeing, we do have the finance side of things sorted. And you can too!

5 ways to improve your finances AND your wellbeing

1. **Create a realistic budget.** Having a practical budget in place can allow you to spend more money on the things that make you happiest. Budgeting doesn't mean you spend less, it empowers you to spend smarter. It's important to feel good about yourself first, so you can help support others. Finding room in your budget to set aside a small amount each month for some self-care can help you achieve that.
2. Save an **emergency 'buffer' fund.** Having money tucked away in case of unexpected expenses, can help alleviate some of the distress and worry associated with emergencies.
3. Give yourself the gift of peace of mind by getting your **superannuation** sorted. On average women live longer than men, however, most women will retire with significantly less superannuation (super) than men. The average super account balance for men is almost double the average balance for women. Set aside a few hours to review your super balances, find lost super and assess whether it's appropriate to consolidate your balance and potentially plan to pay extra into your super.



4. **Don't go it alone.** Connection with others is a key to resilience, wellbeing and achieving goals. My husband and I exercise together, one of the trainers at our gym recommended it. She explained that exercising with others improves motivation and can make working out more fun. The same principle can be applied to managing your finances and achieving money goals. Managing your finances and budgeting can be perceived as boring, and if you're trying to save you may need to make some sacrifices. Connecting with other like-minded mums, who are working towards similar goals can help. Facebook groups can be a great place to discuss money goals and ideas with other parents. The members in our Facebook group the 'Mindful Money Mummies' keep each other accountable, share money saving tips and resources, encourage each other to reach our goals and even share the odd bargain when we find it.

5. Once you have a solid financial plan and feel in control of your money, you might like to **consider supporting charity** and giving to those in need. Giving creates a sense of meaning, a feeling of being connected to something greater than ourselves, which is an essential component of happiness and resilience.

If you are experiencing financial stress and/or hardship financial counselling could help. Financial Counselling Australia offers a free financial counselling phone line 1800 007 007

END



Jo and Carl Violeta are self-confessed numbers nerds, parents of an energetic toddler and a super switched-on teenager, and co-founders of the award-winning business, Violeta Finance. They are a husband and wife team who are passionate about empowering their community with financial education, love the odd glass of wine, and get a kick out of helping families achieve their homeownership and financial dreams.

*This information is of a general nature only and does not consider your personal objectives, financial situation or particular needs. This information should not be relied upon as a substitute for personal financial or professional advice.*

# MUMS SUPPORTING MUMS

If you are feeling the pull to give back and make a difference, finding a charity to support or where to send your unwanted stuff can be half the battle. **Sara Keli** has found 14 charities and not-for-profits that need your support to help make a difference in the lives of mums and families.

## St Kilda Mums

Started from a simple idea to rehome donations of baby goods at a local hospital, St Kilda Mums helped more than 13,000 babies and children in 2017 alone with the value of rehomed items last year sitting at over \$5 million.

You can donate your old, good quality, nursery equipment, clothes and toys. There is a comprehensive list of acceptable donations on the St Kilda Mums website. Donations of money and in kind donations are also welcome as are volunteers.

[www.stkildamums.org](http://www.stkildamums.org)

## The Nappy Collective

It's hard to imagine not being able to buy nappies for your baby, but for some families this is reality. What started in 2013 as an idea for using up those last few nappies that you find when you clean out an old nappy bag, has now collected over 2 million nappies for families in need.

The Nappy Collective run nappy collection drives throughout the year where the nappies collected are distributed to organisations that support families in crisis or in need.

[thenappycollective.com](http://thenappycollective.com)



### **Mummies Paying It Forward**

Sometimes it can be overwhelming to find a place to donate your unwanted kids, household and other items and that is why Mummies Paying It Forward started. Mummies Paying It Forward acts as a central point, accepting donations and then distributing them to their partner charities across NSW.

You will find a list of items you can donate on the Mummies Paying It Forward website. They accept baby and nursery items, adult clothing, household items and toiletries. They also accept monetary donations to help cover their storage costs.

**[www.mummiespayingitforward.org.au](http://www.mummiespayingitforward.org.au)**

### **Mum For Mum**

Mum For Mum offers a free home-based program for mothers of infants and newborns as well as pregnant women who need confidential and non-judgemental support as they navigate that first year of their baby's life. The mums helped by Mum For Mum generally don't have a supportive family environment, so Mum For Mum works alongside other support services to provide an empathetic and supportive connection.

All of the Mum For Mum volunteers are mums themselves who want to help other mums and contribute to their community. Volunteers receive training and support to in turn support other mums.

**[www.mumformum.org.au](http://www.mumformum.org.au)**

### **Mummy's Wish**

It is unimaginable to think that every day in Australia 13 families have their lives turned upside down when mum is diagnosed with cancer. Since 2007, Mummy's Wish has supported 2,500 of these families with various support including resources to help talk to the kids about the illness and treatment, housecleaning and housekeeping, hospital car parking vouchers and memory making tips for terminal Mums.

You can support Mummy's Wish by fundraising or attending their events. Mummy's Wish also need corporate support so if you can help with getting your organisation on board then reach out to them.

**[mummyswish.org.au](http://mummyswish.org.au)**

### **COPE**

Devoted to reducing the impacts of emotional and mental health problems in the pre and postnatal periods, COPE runs various programs to inform and educate, advocate and raise awareness for perinatal mental health. They also support world-leading research to enhance practice and to inform policy and services.

You can purchase a COPE keyring, with all proceeds going to the work of COPE as well as making donations, fundraising or even looking at bringing your organisation on as a corporate supporter.

**[cope.org.au](http://cope.org.au)**

### **Mothers' Milk Bank**

In cases where a mother's own milk is unavailable, Mothers' Milk Bank provides screened and pasteurised donor mothers' milk. The blood screening tests for donors includes tests for HIV, HTLV, syphilis and Hepatitis B and C. The donor is screened, the milk is pasteurised, and the milk is screened to ensure it is free of microbiological growth, before it is released from the milk bank.

Breastfeeding mothers are able to donate breastmilk to Mothers' Milk Bank. There are guidelines on the website that you should read before donating. Mothers' Milk Bank also accepts financial donations, which go towards the costs of purchasing a new Pasteuriser.

**[www.mothersmilkbank.com.au](http://www.mothersmilkbank.com.au)**

### **Birthing Kit Foundation Australia**

Did you know that around 300,000 women and 3 million newborns die each year from preventable causes related to pregnancy and childbirth? Most of these deaths occur in developing countries. Birthing Kit Foundation Australia (BKFA) works with local organisations, governments and health service providers who receive and distribute Birthing Kits to vulnerable women to help enable a clean and safer birthing environment.

The majority of the birthing kits are assembled in Australia before they are sent overseas to their destination. You can get involved by hosting an assembly day with your friends or colleagues, volunteering at another assembly day in your local area or fundraising to support the work of BKFA.

**[www.bkfa.org.au](http://www.bkfa.org.au)**

### **Dandelion Support Network**

Founded in 2011, the Dandelion Support Network has since helped more than 4,500 families in need by providing them with donations of children's clothing and nursery items. They partner with more than 120 hospitals and community service agencies from their local base in the Sutherland Shire in Sydney.

Dandelion Support Network holds regular donation days where you can drop off your good quality nursery items and baby clothing. These are located in Caringbah in Sydney and you will find details on their website. Monetary donations as well as volunteers are also welcome!

**[dandelionsupport.org.au](http://dandelionsupport.org.au)**



### The Pink Elephants Support Network

1 in 4 pregnancies end in loss, and it is this statistic as well as personal experience that led to the formation of the The Pink Elephants Support Network. With a vision to support women through miscarriage, pregnancy loss and beyond so that women don't feel alone and invalidated in their grief, The Pink Elephants Support Network has created a wide range of resources and kits for women, their partners, children, friends and family.

Donations help to create Miscarriage Care Kits, Partner Advice Brochures and Rainbow Stickers to help guide healthcare professionals treating women who have experienced pregnancy loss. Launching later in 2018 is the Peer Support Programme so that women who are experiencing miscarriage and pregnancy loss can be connected with another woman who has been there before.

[pinkelephantssupport.com](http://pinkelephantssupport.com)

### Miracle Babies Foundation

Each year 48,000 babies are born sick or premature and requiring the help of a Neonatal Intensive Care Unit (NICU) or Special Care Nursery (SCN). Miracle Babies Foundation is there to support and guide the families of these babies. They offer a Family Helpline 24 hours a day, 7 days a week for families with a threatened pregnancy, a baby currently in NICU/SCN as well as transitioning to home and onwards. They also provide Emergency Care Packages, NICU Survival Packs, support groups, Memory Boxes and other resources.

If you have had a baby cared for in NICU/SCN you can apply to be a volunteer with Miracle Babies Foundation. You can also knit/sew items for miracle babies, fundraise, donate or purchase Miracle Babies Foundation merchandise from their online store.

[www.miraclebabies.org.au](http://www.miraclebabies.org.au)

### The Babes Project

For women facing a crisis pregnancy, The Babes Project is there for support. The program they offer includes assisting women to address challenging circumstances and engage with other healthcare and supporting agencies, providing workshops where women can learn life skills and baby care, and allowing her the space to begin to plan a different future for her family. Women can self refer or are referred by family, friends, other support and/or government agencies and hospitals.

You can support The Babes Project by becoming a monthly sponsor or making a one-off donation. You can also help equip a mum by filling a hospital/nappy bag or filling a new mums basket. You will find details for this on their website.

[www.thebabesproject.com.au](http://www.thebabesproject.com.au)

### Australian Breastfeeding Association

The Australian Breastfeeding Association (ABA) provides mothers with practical mother-to-mother support and information, enabling them to establish and continue breastfeeding, as well as educating and advocating for breastfeeding in the wider community. They offer a free helpline for breastfeeding mothers as well as local support groups, breastfeeding education classes and more.

ABA needs volunteers for events, projects, local support groups and specific interest task groups. Donations help the ABA to provide counselling and support services, continue to support research into breastfeeding, provide education and training and foster community awareness and raise support.

[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

### PANDA

Perinatal Anxiety & Depression Australia (PANDA) supports women, men and families across Australia to recover from post and antenatal depression and anxiety, a serious illness that affects around 100,000 Australian families every year. They offer a free national helpline service offering support for new and expecting mums and dads struggling with becoming a parent.

PANDA has volunteer Community Champions who share their experience of perinatal anxiety and depression to help raise awareness. If you are based in Victoria you can also volunteer as a Telephone Support Worker or Education Volunteer. Donations and fundraising help PANDA continue their important work in the community.

[www.panda.org.au](http://www.panda.org.au)

END 



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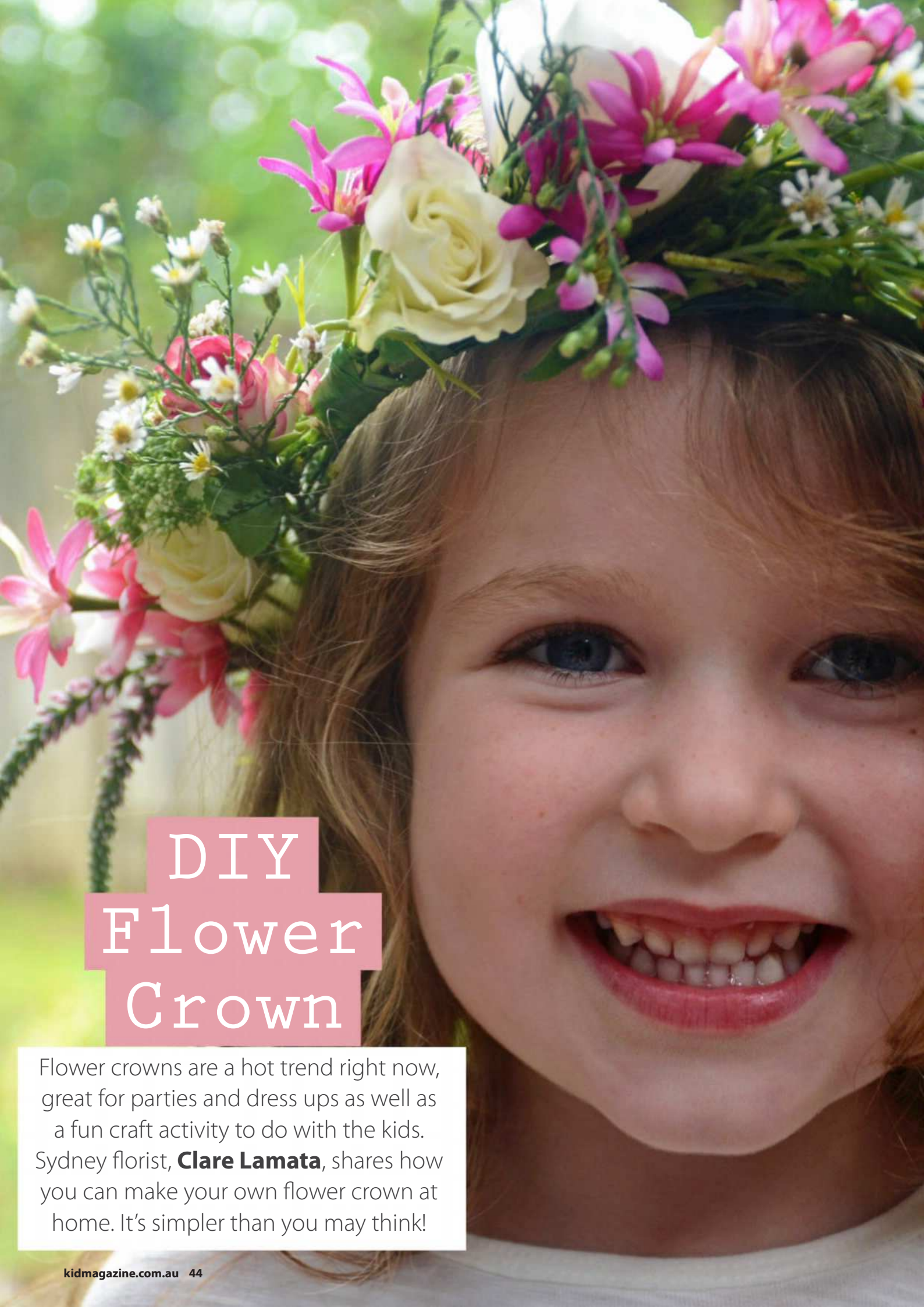
**SAY IT WITH A TEE** Empowering words depicting the real mum life these are the perfect mama wardrobe additions!

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**4** I Woke Up Like This TIRED Mummy Tank, \$32.95, [www.wordonbaby.com.au](http://www.wordonbaby.com.au) **5** Baby Brain Tee, \$24, [mummytime.co](http://mummytime.co)

**6** Wonder Woman T-Shirt, \$5, [www.bigw.com.au](http://www.bigw.com.au) **7** My Izzi Peace & Love Sweat, \$149, [www.whofish.com.au](http://www.whofish.com.au)

**8** World's Okayest Mum Tee, \$20.95, [thetshirtco.com.au](http://thetshirtco.com.au) **9** Ok, But First, Kindness Tee, \$34.99, [thehood.net.au](http://thehood.net.au)



# DIY Flower Crown

Flower crowns are a hot trend right now, great for parties and dress ups as well as a fun craft activity to do with the kids. Sydney florist, **Clare Lamata**, shares how you can make your own flower crown at home. It's simpler than you may think!



### You will need

4 pieces of floral wire

Green floral tape

Various flowers either fresh or fake will be fine. The best flowers to use are Spray Roses, Lisianthus, Standard Roses, Queen Anne's lace or Baby's Breath, Easter Daisy, Silver Dollar Gum, Veronica and Wax flowers.

Scissors



1. Take two pieces of the floral wire and cross them over with the other two pieces. You will now have one long piece of wire. Wrap the ends around so they don't stick out.

2. Measure your head (or the head of the person you are making the crown for) and cross over the other ends so you now have a circle shape.



3. Start placing the flowers around the crown. Place 2-3 pieces at a time and secure them with florist tape as you go. You may need to trim some of the leaves from the stems. Don't worry if you can see the tape, as when the crown sits on your head, your hair will help to mask this.

4. As you go, ensure you are balancing the crown with a rough pattern. If you don't like the placement of a flower, you can always undo the florist tape and place them again. Likewise, when you are finished, if you spot any gaps, you can always add in more flowers.





Head to [kidmagazine.com.au/win](http://kidmagazine.com.au/win) for the details on how to win these fabulous prizes! (NSW Licence No. LTPM-17-02510)



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Complete a style profile to receive your own styling cards

A woman in a white dress is standing in a room with a large white wall and a rack of clothes. She is holding a yellow hat.

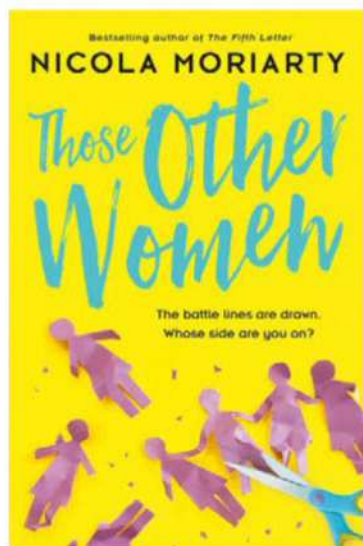
A red bird logo.

[birdsnest.com.au](http://birdsnest.com.au)

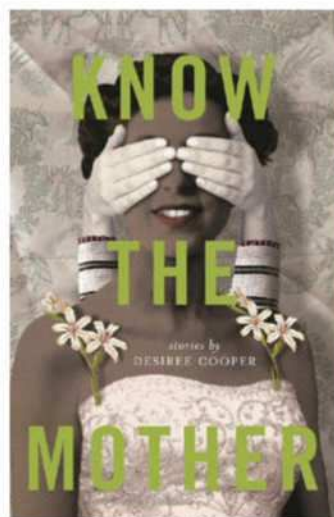
Your Wardrobe Wingbirds



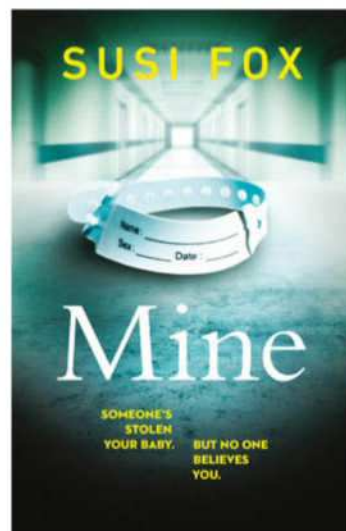
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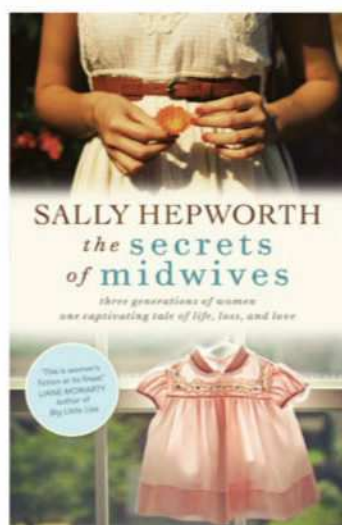
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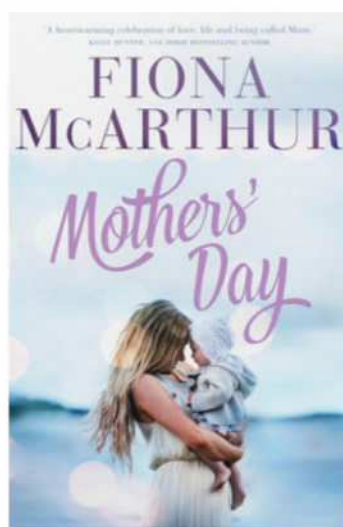
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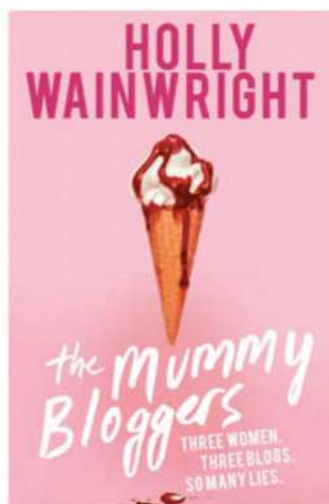
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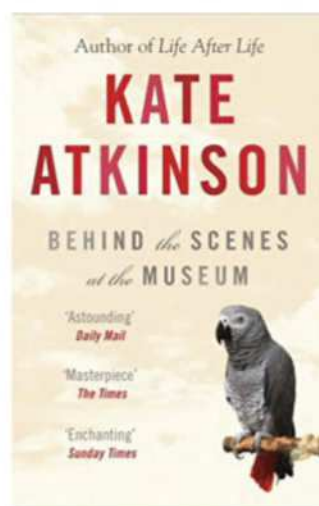
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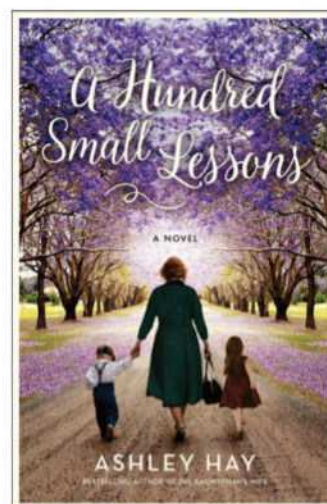
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## FICTIONAL MUMS

Brilliant writing, relatable characters and stories intertwined with the highs and lows of motherhood.

1 Those Other Women by Nicola Moriarty, \$29.99, [www.booktopia.com.au](http://www.booktopia.com.au) 2 Know The Mother by Desiree Cooper, \$24.20, [www.bookdepository.com](http://www.bookdepository.com) 3 Mine by Susi Fox, \$32.99, [www.booktopia.com.au](http://www.booktopia.com.au) 4 The Secrets of Midwives by Sally Hepworth, \$17.99, [www.booktopia.com.au](http://www.booktopia.com.au) 5 Mothers' Day by Fiona McArthur, \$32.99, [www.booktopia.com.au](http://www.booktopia.com.au) 6 Big Little Lies by Liane Moriarty, \$23.99, [www.bookdepository.com](http://www.bookdepository.com) 7 The Mummy Bloggers by Holly Wainwright, \$29.98, [www.bookdepository.com](http://www.bookdepository.com) 8 Behind the Scenes at the Museum by Kate Atkinson, \$19.99, [www.bookdepository.com](http://www.bookdepository.com) 9 A Hundred Small Lessons by Ashley Hay, \$32.99, [www.bookdepository.com](http://www.bookdepository.com)

# Write Mama

Becoming a mum is full of emotions, and represents such a huge shift in your life. As **Sara Keli** explains, recording your motherhood journey is a great way to not only help you document this but also a way to create a beautiful memory for your children.

When my first daughter was born I felt so overwhelmingly emotional. Not just the baby blues but that heart-swelling, chest-bursting feeling of love that manages to take your breath away.

The first days and weeks after she was born were a blur of nappy changes, feeds, visitors and not enough sleep. But when the fog lifted I sat down and I wrote to her. I told her how I felt when she was born, how complete I felt in the instant that she arrived in my arms. I wrote about her birth and what she was like as a baby. I wrote from my heart with tears welling in my eyes just at the thought of how much I loved her.

I partly wrote this letter for myself, to get my thoughts and feelings out of my head and onto paper. To help me process what I was feeling. But I also wrote for my baby girl. I pictured her opening the letter when she was in her 20s, maybe when she was pregnant with her own child, and reading my words about her birth and how she changed my life.

Over the past four years I have captured more of my motherhood milestones. In my journal I record the little things my girls have said or done each day. Just a sentence here and there to record a funny moment or a milestone reached. Maybe my kids will read my journals one day, and maybe they won't, but if they do I hope they will look back with fondness at their early years.

I have also continued to write to my kids. I have a collection of letters for each of them that I hope will one day, when the time is right, find their way into their hands. I want them to know how endlessly I love them and how proud of them I am, no matter where this rollercoaster of life we are on together takes us. I want them to know that raising kids is hard but worth every second. I want them to look back and understand me, as a mum and as a woman.

As sad as it is, I also look at my letters as an insurance policy. What if I was suddenly no longer there for my

kids? I know there would be many people to tell them about me and my love for them, but if they were to hear it, to read it, in my own words that would be so much more meaningful.

Think of yourself as an historian or an archivist, capturing the history of your little family, the special moments that when remembered will bring a smile to your face. If you can't write, draw. If you can't draw, scrapbook. If you can't scrapbook, collect memories. Record videos, take photos, make memories for your kids and for yourself, because one day, when they are big and grown, their laughter will no longer fill your house, but you will always have your memories.

Just start. Let the words flow from you as you put pen to paper. Tell your kids how you feel. Tell them about all the magical ways they have made your life better. Tell them about the hard days as well as the good days. Tell them your dreams for yourself and the dreams you have for them. Be raw in your honesty and don't hold anything back. Picture your kids in 20, 40 or even 60 years, reading your letters and speak to those adults, the ones you raised from a tiny baby

END 



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Want to find out how you can join the directory? Email [sara@kidmagazine.com.au](mailto:sara@kidmagazine.com.au) for the details on our affordable packages.

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