

Me & My Baby

E-ZINE

ISSUE 2

10

GADGETS FOR
MUMS-TO-BE

On The Move

BABIES &
EXERCISE

First 1000

A GUIDE TO
YOUR FIRST
1000 DAYS AS A
PARENT

Baby Shower

THE PERFECT
BABY SHOWER
GIFT

Bump to Baby

WHY MATERNITY PHOTOGRAPHY IS SO IMPORTANT

CONTENTS

16



32



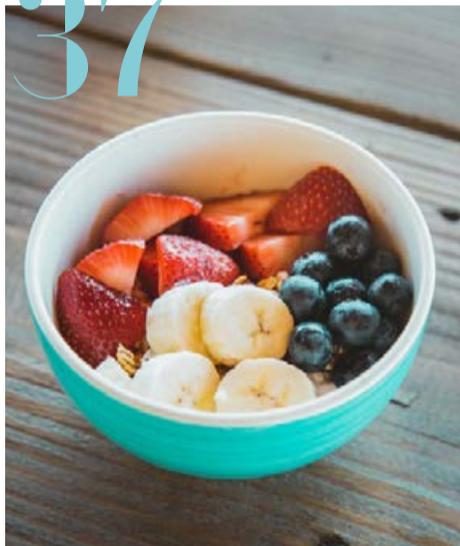
22



10



37



3



| | | | |
|---------|---|---------|--|
| 3 - 6 | Sleep: Learning To Trust Your Instincts Collette Etheridge | 25 - 26 | The Perfect Nature Themed Bedroom Me & My Baby |
| 7 - 9 | Baby Shower Shopping Sharon bates | 28 - 31 | Maternity & Newborn Photography The Xperience Group |
| 10 - 14 | The First 1000 Days Tijani Hamilton for Logan's Plate | 32 - 33 | How you can Benefit from Pregnancy Yoga Mira Calvey |
| 16 - 15 | Babies & Exercise Caroline Collins | 35 - 36 | Making Memories Sue Kennedy & Wendy Jennings |
| 18 - 20 | Top Ten Gadgets for Mums-to-be Susie Turner | 37 - 42 | What to Feed Baby Kate Dimmer |
| 22 - 24 | The Super Squish Story Emma Le Roux | | |

SLEEP

LEARNING TO TRUST YOUR INSTINCTS

BY COLLETTE ETHERIDGE

As mums-to-be, we all hear those few words – just wait until those sleepless nights – and politely laugh along with it. And the little one (whilst in utero) does its best to prepare for those sleepless nights by kicking and wriggling around just as you settle down to sleep.

But the reality of having a baby is very different. And the very disrupted sleep pattern soon becomes your norm. So how can you make it easier?

When my first born arrived, I thought I had hit gold! Sleepless nights – what sleepless nights? For the first 3 nights, it was an absolute dream. He woke up for his 4-hourly for a feed but settled straight back down to sleep and I barely noticed it. Smug mum alert! However, all of that changed within a week. Suddenly, he didn't seem to need or want sleep. In fact, he seemed perfectly content to sleep for about 1-2 hours and then cry for 1-2 hours - and so this pattern continued for 10 weeks. I could feel myself going slightly mad – with lack of sleep and disbelief that those stories about sleepless were entirely true!

“I WAS SUPPOSED TO BE ENJOYING MY FIRST EXPERIENCE OF MOTHERHOOD BUT IN REALITY IT WASN'T THAT MUCH FUN!”



Those 10 weeks were quite frankly horrific. I stumbled about in a daze. I was supposed to be enjoying my first experience of motherhood but in reality it wasn't that much fun! I loved the few moments of peace and quiet when he did sleep but that didn't seem to happen very often.

So, as a parent, how do you manage sleep so that it works for everyone in the family?

- For night time sleeping, keep the room as dark as possible;
- Put a routine into place as soon as possible;
- Have a snuggle and then put baby down to sleep;
- Don't play with baby when you want him to settle;
- For night times, keep the house as quiet as possible.

All really good ideas.

But for me, key to the process is you. So, whilst being mindful of how to get a great routine into place for your baby, remember yourself in the process.

“WHILST BEING MINDFUL OF HOW TO GET A GREAT ROUTINE INTO PLACE FOR YOUR BABY, REMEMBER YOURSELF IN THE PROCESS.”



The more confident and relaxed you are, the easier it will be to settle your little one. So here are my tips for you: -

- When your baby sleeps, if you need to, sleep yourself. Don't worry about the chores that may need doing, they'll wait – and if you're lucky, someone will come and do them for you!
- If your baby wants a cuddle, give them one. They will absolutely learn to settle by themselves, I promise you – but they have left the safety of their first home (your tummy) and may need some reassurance.
- Trust that you know how your baby will sleep most comfortably. I went against all the advice given to me – but that worked for me and my little one and kept us both relaxed.
- Don't panic over how much sleep your baby is getting. Just like us, all babies are different, and some need less sleep than others, and some need more. The NHS website advises that some babies need as little as 8 hours sleep, whilst others need up to 18 hours.
- Be aware that sleep patterns, once established, will change at the slightest thing – and that's okay. Go with it and follow your baby's needs.
- It may not feel like at times, but remember you are the expert of your baby. You will know what your baby needs and how to meet those needs. Trust yourself!

“DON'T WORRY
ABOUT THE
CHORES THAT
MAY NEED
DOING, THEY'LL
WAIT”



Of course, as your baby grows, a routine will need to be established and (relatively) firmly put into place.

As for my son, I feel I should disclose there was a reason for those sleepless nights. He was being bottle-fed and had an intolerance to the milk. At 10 weeks (despite protests from the Health Visitor – remember YOU are the expert), he was put onto Soya Milk. The change was like a tiny little miracle happening – I, once again, had a baby who slept.

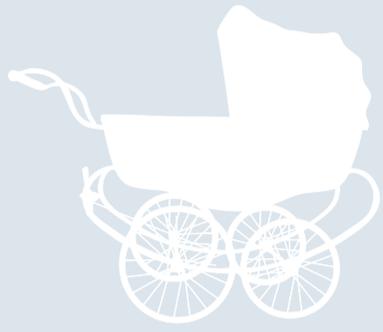
So, my last little bit of advice for a baby who simply won't settle, is don't assume you just have a baby who doesn't want to sleep. Keep a sleep diary so you are clear on just how much sleep is happening and then, if the diary shows a very, very unsettled pattern, have it checked out, speak to your GP and get advice.

But I cannot stress enough, even if this is your first child, YOU are the expert of that child – trust your instincts!



**“EVEN IF THIS
IS YOUR FIRST
CHILD, YOU ARE
THE EXPERT OF
THAT CHILD -
TRUST YOUR
INSTINCTS!”**

THE ADVENTURES OF



Baby Shower Shopping



My nightmare began when the girls at work had the bright idea of putting me in charge of our friends Baby Shower. Apparently, as I'm a Mum who's recently returned to work after the children went to full time school, that this somehow qualifies me as the best person to know what to buy. My heart sunk at the thought of the task ahead and I was not looking forward to all the eye rolling expressions I was going to get as I approached everyone in the office to put into yet another, collection. You can imagine in an office of just over thirty staff; It's virtually someone's Birthday, Leaving, Engagement, Baby Shower, Wedding, Christening, Bar Mitzvah and Naming Ceremony on a weekly basis.

However, once given a job I will always do it to the best of my ability and endeavour to produce the best and most

unique Baby Shower gift they could ever imagine. Besides, as the Mum in question is related to the boss, I thought it a wise move to give it my full attention, especially if I want to impress the powers that be.

Once I achieved the difficult job of squeezing blood out of stone, otherwise known as getting my colleagues to part with their well-earned cash, I at least knew how much money I had to work with. To my utter amazement my work friends were more generous than I gave them credit for, because we had raised £300. Maybe the sun was shining bright that day or maybe their hearts were skipping with joy at the thought of the arrival of a little baby, or maybe, like me, they thought they had better make an effort and get the boss's niece a decent present or else there'll be trouble.



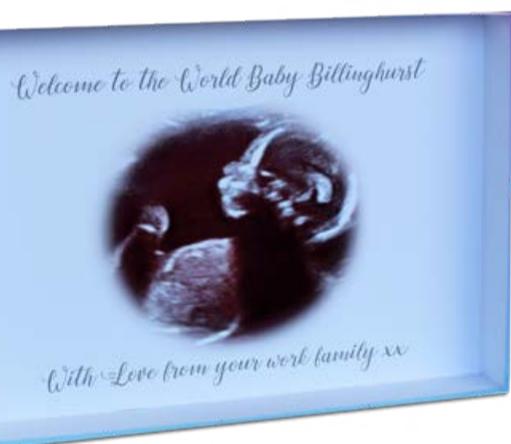
Now, with a large sum of money I could have made life easy for myself and bought one large essential item and had it bought and wrapped by tea time. However, in my eagerness to show case my full potential as a worthwhile employee and nothing at all



to do with being considered for that promotion, I thought it would be a much nicer idea to spend time and get a more thoughtful and unusual gift. If I had known how many hours sleep, I was going to lose worrying though, I might have gone with plan A.

Determined, to get the best baby shower gift ever, I went to the one place anyone would go..... GOOGLE. Of course this wonderful source is really only as good as the person operating it, so not sure it was as helpful as it could have been. Hard work and perseverance does pay off though because I eventually came up with a bright idea that was going to get me that pay rise and amaze our Mum to be with a memorable gift that she can cherish forever.

The first and hopefully the winning idea, was an unusual gift I found on one of my late night web searches. The personalised keepsake memory box, which was going



to be used to hold the array of special and essentials items for both Mum and baby, that I of course had no idea what that was going to consist of, at this present time, but I'll worry about another day. I was quite excited about this gift box, as I was able to help out with the design and choose the colours, and the wording,

which will mention who it was from – in case they forget who arranged this amazing gift. Lucky for me our Mum had some celebrity style professional mother and bump photos taken, that looked incredible. These fantastic photos were going to earn me some extra brownie points as I ask if I could

use them on the box. I also managed to get my hands on a copy of the scan photo which was put on the inside of the lid with a message. It doesn't end there because this beautiful box will not only hold all the gifts in one fabulous bundle but once you've finished using it as a gift box, the stylish storage box can be used to keep all the baby's mementos, which will be in their droves as the years go on. I'm actually starting to wish I had one of these for my children.



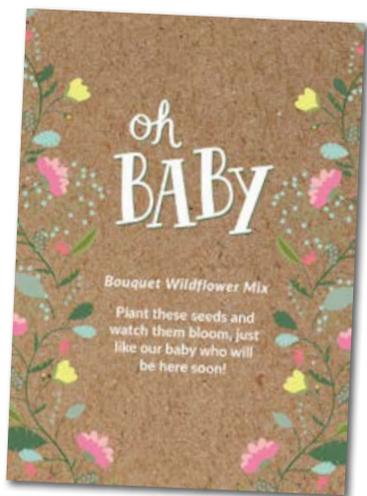
As it stands all my kids important keepsakes are stuffed in drawers and cupboards all over the house.

With the first perfect gift well underway, all I had to do now was make a start on the contents and fill it with all the things a pregnant women could ask for. Given my initial instinct of nice things contain alcohol and chocolate, I had to dig a bit deeper to come up with something more suitable. Trying hard to reach the far corners of my mind to a time when I was in a similar situation, which although at first sent a little shiver of fear down my spine, but then it became quite useful as I remembered all the things that I would have wanted.

The essentials for Mum to be was relatively easy with a spa kit to treat yourself with, to make yourself feel and smell fabulous while a gorgeous smelling candle burning away as you relax and 'wile away the hours' during the maternity leave, all of which I found on the good old trusty Amazon Web Site.



Whilst on there I was looking for gift ideas and found an unusual gift set that included a kick counter bracelet, a baby candle and a very clever idea of planting some seeds three months before the due date to have fresh growing flowers around the arrival of the baby. Simple but sweet and something that would make even the hardened hearts melt a little and maybe even put the management into a softer mood and perhaps make them open for discussions on pay rises and such.



I did consider writing a handbook for my dear friend who was about to enter into the wonderful if not befuddling world of motherhood, to pass on all those valuable lessons that I have learnt but I didn't want to scare the poor thing so I decided to buy one off the internet which may be a little more tactful.



There was many to choose from, but I liked 'The New Mums Notebook' which is a funny down to earth reassuring guidebook, I found on Amazon. Besides, the pink cover helped nicely to bring a bit of bright colour to the presentation. From the same company that made the beautiful box I also found a personalised recipe book full of practical meals for mum to be to make and freeze before the birth.

The babies essentials was also pretty easy with a long list of toiletries such as nappies, wipes, cotton wool, nappy cream, teething ring, dummy, shampoo, baby bath, bath sponge, baby oil and maybe even a cute baby towel with a cute animal shaped head on it to help bring a little cuteness to the more practical gifts.

Of course, babies live in baby grows and vests for the first few months or years in my case, whilst you're adjusting to this new

way of living and so a trip to Mothercare to get handful of those was always on the cards. Along with bibs and muslins, which are also items that will be a constant attendee of the washing cycle in a new mum's home. Baby gifts would not be the same if they didn't have an adorable fluffy blanket with the loveable face of a farm animal on it, and the sweetest looking booties that will make the whole office release a unanimous 'Arrrrr' sound when they see it.



Although the baby wont be doing anything but eating, sleeping and the not so nice realities of crying and toileting it might be nice to get a cuddly toy with the soft blankie style material that all babies love to feel and often become attached to. Also, a bright coloured, soft, noisy toy that can attach to prams, cots and car seats and be a continuous form of amusement to the new arrival.

To finish my marvellous Baby Shower gift off I needed something that Mum will love but will also show that I would go the extra mile. My bright idea was to find the photographer she had her maternity sitting with and purchase a voucher for a photo shoot for after the birth and have some beautiful family, mother and baby photos taken. Along with the memory box this would make a long-lasting reminder of her Baby Shower gift from all her work colleagues.

For my first time being in charge of organising the office Baby Shower gift I thought I did amazingly well, and I would love to be able to say to you right now that I got that promotion and pay rise but alas I did not. In fact shortly after that my job became redundant, but its not all bad, I've kept in contact with friends from there and they still talk today about the amazing gift I had arranged and how the bosses niece proudly displays her great mother and baby photos and the beautiful memory box that sits lovingly on her child's wardrobe holding all the keepsakes accumulated so far.





The First 1000 Days

Logan's Plate



Being a parent is one of the toughest jobs there is. The physical and emotional changes during pregnancy, the is “breast best?” question, the worry of nutrition and what foods to give during weaning & beyond can be incredibly overwhelming.

Experts are linking the First 1000 days of a child's life (from pregnancy until 2nd birthday) with their future health and development. The care and nutrition given during this time is being hailed as the most critical point to set positive examples,

establish healthy attitudes and provide the building blocks for stronger immune systems.

I found pregnancy really tough. Finding the balance between combating sickness and eating well was a challenge. “Healthy” meals made my stomach turn, I just couldn't face eating anything that wasn't sweet and/or partially fried. Speaking to many friends, families and customers, this seems to be quite common. Many women worry about what they eat during pregnancy. Will having a day of just giving into their cravings be detrimental to their child's wellbeing?



Some people say food before one is “just for fun”. This isn’t strictly true. Yes, the weaning journey should be fun, it should be an adventure, but all food given must have a purpose.

Trying to give a toddler vegetables can be, at times, incredibly futile. Studies have shown that, what we eat as children, the flavours and textures we’re exposed to influences our future eating habits. It is being reported that 80% of kids and 96% of teenagers are not eating enough vegetables. These are pretty scary statistics.

So, no pressure for the First 1000 days then? As a Mum who speaks to parents and health professionals daily, I wanted to share my Top 5 tips for pregnancy, weaning and beyond.

Pregnancy

1. Eat little and often. This can help combat any sickness. I found my morning (all day) sickness was particularly bad at points in the day when I had gone the longest between meals.

2. Cravings are ok. Don’t fret about the donut you ate today. Pay attention to the foods you are eating over a day/week period. Try to avoid high fat, salt and sugary foods, but if you need that pick me up then go ahead and have it.

“Pay attention
to the foods
You are eating
over week/
month
period”



3. Batch Cook. If/when you have the energy stock up the freezer with well balanced meals. If you are suffering from morning sickness pay attention to the foods that you have been able to stomach. Focus on making meals with these ingredients. It's important to note though, that you may be ok with it today, but tomorrow can be a different story.

4. Take your vitamins. There were days where I could not eat anything. Even water made me nauseous. But knowing that I was still taking my vitamins, relieved some of the stress that I was not providing nourishment through food.

5. Rest. Sounds simple right? Until you throw in life. Rest is so important for you and the baby. I found during my second pregnancy rest during the day was not an option, there was just too much to do. So I set a bedtime routine. Every night I made sure I was in bed by a certain time. During the third trimester sleep eluded me, but at least I was resting. Well sort of.

“Rest is so important for you & the baby”



Weaning

1. Are they ready? Make sure your child is displaying the signs they are ready for solids. They should be 6 months+, sitting up unaided & supporting their head, showing an interest in food around them, have some level of hand-eye coordination. Now, I say some because my 3 year old still misses his mouth and he's way beyond weaning.
2. Baby Led Weaning vs Spoon Fed. Whatever method you choose, it should be your decision. There are many studies that suggest BLW babies are more adventurous foodies. I weaned my first using a spoon and my second using BLW. They both eat very well and are mostly willing to try anything. Having experience with both, I would vote BLW everytime. Remember your child has their own mind and ideas. They might decide how they wish to be fed. You cannot force them to eat from a spoon if they want to use their hands and vice versa.
3. High Iron foods. Make sure to include iron rich foods into their diet immediately. Iron for weaning babies and toddlers is so important.
4. Keep trying. It is reported that it can take up to 10 exposures to a food before a child knows if they like it or not. Don't disregard something because it is thrown on the floor 6 times. Keep at it, they could surprise you. Introduce as many flavours as often as you can. We don't like to eat bland food, so why would children. Be mindful of salt content, flavour doesn't come from salt, so be adventurous.
5. Trust your child. They will tell you when they are ready to drop milk feeds and when they are full. Babies unlike adults have the ability to know when they are full and will stop eating. Like adults, they have different appetites on different days. Look up responsive feeding for more details.
6. BONUS TIP: Accept it's going to get messy. Invest in floor mats, all over bibs and bowls with suction cups.

“ Introduce
as many
flavours
as often as
you can ”



Feeding Toddlers

1. **Fussy Stage.** Every single toddler will go through a fussy stage, you can't avoid it. They can love something at lunch and refuse to eat it at dinner. Keep serving it to them, but do not put pressure on them to eat it. Forcing foods on children, can lead them to develop negative associations with those foods.
2. **Routines.** Food routines are so important. Toddlers go through growth spurts that gives them an ability to continuously eat. They also love snacks, I mean who doesn't. If you set boundaries for food times from the beginning they know when to expect their next meal/snack.
3. **There are no bad foods.** Avoid labelling a particular food/meal as bad. It's like with anything, the moment you are told you can't have something, you immediately want it. Allowing "unhealthy" meals/snacks in a child's diet removes the stigma surrounding them. You know what it's like, the moment you are told not to eat something, that's all you want.
4. **Be bold with meal choices.** Food should be an adventure, make it fun. Introduce a variety of colours, textures and tastes. If a child has refused something, try changing the way it is served. You'd be surprised by how cutting something differently can provoke a completely different reaction.
5. **Eat together when possible.** Family mealtimes and including children in the preparation of their food is a great way to get them to eat a more varied diet.

“Allowing unhealthy meals /snacks in a child's diet removes the stigma”



Baby ^{on} a Shelf

— PORTRAIT SESSION —



Enter & Win

[CLICK HERE](#) for your chance to win Professional Baby on a Shelf Portrait Session for your baby.

Babies & Exercise

Caroline Collins

It might be the last thing on your mind but starting or re-starting exercise after the birth of your baby can help your body recover after giving birth, keep you fit and also help you to relax by giving you some time to yourself.

My name is Caroline Collins and I am a Personal Trainer based in Church Langley, Harlow and I LOVE training Mums as your baby or toddler are welcome in my studio and I also run the Mums Squad buggy fitness classes at Harlow Rugby Club every Friday morning.



SO where do you start? You are tired, it may be your first so it is all new which can cause stress and anxiety, or even a 2nd or 3rd child but they are all so different-your first might have slept but the 2nd... hell no! (I have 1 and he didn't sleep-hence why I only have the 1!)

Unless you exercised regularly before the birth of your baby, it's generally advisable to wait for your six-week postnatal check-up before you start to exercise again. If you had a caesarean birth you will probably have to wait a little longer (perhaps eight to 10 weeks) for your body to recover before you start doing exercise.

I totally understand the difficulty of exercising when all of a sudden you have a little person to look after, they come first now right? But you do still need to make time for yourself so being a baby friendly PT and running baby friendly classes I'm hoping I am just what you are looking for

We are all different but I recommend low impact exercise to start with and no matter how fit you were before your pregnancy, try and avoid attempting high impact exercise until at least three months after the birth of your child. After giving birth your back and core abdominal muscles are likely to be weaker than before pregnancy whilst your ligaments and joints will be less firm, increasing the risk of your ankles, knees, hips, pelvis and spine buckling under impact. Added to which your pelvic floor will also have been weakened by the weight of your baby so if you run or jump, pressure is exerted on these muscles which may cause stress incontinence.

Try not to feel pressured into doing too much too soon when it comes to exercise after having your baby. If you overdo it, you're likely to feel run-down and take longer to recover from workout sessions.

Every mum's recovery will be different so avoid comparing yourself to others. It can take up to 12 months to return to the shape you were before pregnancy so set yourself realistic goals, listen to your body and take each day as it comes.

10

GADGETS FOR MUMS-TO-BE

SUSI TURNER

Getting all prepared for the arrival of your newborn baby with all those must haves you are bombarded with on a daily basis can be a little overwhelming to say the least. As if all those pregnancy hormones rushing through your ever expanding body whilst you are trying to grow an extra human inside of you isn't exhausting enough you find yourself presented with a whole new world of gadgets and advice you never asked for and all those things you won't be able to live without either during or after your pregnancy.

Let's try and look at it all with a little sense and a clear and open mind. Whether you are expecting a little bundle yourself or whether you are looking to reward somebody else who is, we have asked a wide audience of new mums for their opinion of the whole matter. While massages or reflexology as well as a hamper full of goodies or even jewellery is a lovely way to treat them to something nice here are the top ten products for the amazing you or that special lady in your life:



10

A COT MOBILE THAT PLAYS FOR AT LEAST 15 MINUTES

There are some lovely adorable wind up mobiles out there that don't need any batteries. However they don't last very long and if you want to go for a quick shower and still have time to brush your teeth or get a quick snack there are some on the market that play up to 30 minutes long. That can be an absolute bliss when your baby is not so happy when put down into their crib or cot.

9

CUDDLE DRY APRON

This towel is made from natural bamboo and unbleached cotton and keeps your baby warm and safe while you stay dry yourself. You wear it like an apron around your neck which keeps your hands free and helps to make bathtime that little bit easier and safer. Baby is really snuggly inside and lots of mums enjoy to 'cuddling' their baby dry. It's not the cheapest but it should last until your baby is about 18 months old.



8

EWAN THE DREAM SHEEP

This is an award winning soft, cuddly toy sheep that can help to settle and sooth your newborn baby with gentle heartbeat and womblike sounds as well as white noise, household, nature and musical sounds which can also help older babies or children to relax and sleep better. This would make a lovely present with the practical use as a sleeping aid.

CLICK THE IMAGES OF ITEMS TO VISIT STORES



7

PREGNANCY PILLOW

Pregnancy pillows help you to sleep better during your pregnancy especially in your third trimester by giving your body more stability and comfort. Once you had your baby you can use it to support you whilst you are feeding your baby and it can give comfort and secure feeling to your baby it can be laid around their little body.

6

SNUGGLEBUNDLE

Snugglebundle is a car seat blanket with strong handles that helps you taking your sleeping baby out of the car without waking and without straining your neck and tummy muscles. It is said to be a life saver for mum and dad and comes in various colours and designs.



5

SWINGING HAMMOCK FOR YOUR BABY

The ultimate secret tip if your baby is very easily unsettled. The best one on the market seems to be the one from NONOMO® which is much more than a hammock. To relax, your baby needs to feel safe and snug. Thanks to the rocking motion of the specially designed hammock, which swings freely from a purpose designed spring, even babies who tend to cry a lot are soothed into blissful sleep.

And no wonder: the gentle sway recalls for them the protection of their mother's womb. Sleep simply couldn't be more natural. An absolute Survival-Must-Have-Gadget!



4

BABY SLING

If the hammock doesn't work then you are only left with a sling. If you decide for a wrap around sling then make sure you'll get some instructions or even a personal consultation on how to use it. Those several metre long things can easily turn into a nightmare when you're already stressed with a screaming baby. Once you have mastered the skill of the wrap it is a lovely way to keep your baby near you whilst your hands are kept free.





3

TINTED DAY CRÈME WITH UV PROTECTION

It doesn't have to be an expensive crème at all but most pregnant ladies don't even think about this quite important fact. The skin changes during pregnancy and if you want to avoid any pigment spots then you might want to use tinted day crème with UV protection instead of your normal foundation. This is most important if you are pregnant during the summer months but the power of the sun during winter should not be underestimated. Alternatively apply sunscreen lotion before using your normal foundation.

2

BIO OIL

Talking about beauty and skin don't forget to give a little tlc to your tummy, thighs, bottom and breasts. Due to the stretching during your pregnancy the skin can tear and you are left with little unsightly lines that can turn purple over time and finally are there for good as white stripes. Massaging your skin with oil on a regular basis can support your skin's firmness avoiding that zebra look.



1

CELEBRATE YOUR WOMANHOOD WITH A BUMP PHOTOGRAPHY SESSION!

All of those things and gadgets mentioned before will only last a certain time. Either until they have been used up, eaten or you and your newborn baby won't need them anymore. Even the memory of how it was being pregnant, how you looked and how huge you really were, barely able to move in the end, will fade and become distant. However being able to look back at that time through the photographs that were taken when you were so feminine yet powerful and amazing you can recall those memories forever. Those type of photographs become more and more precious with time!



DISCOVER
the forest


forest holidays

DOGS GO FREE WITH FOREST HOLIDAYS

Escape to a cabin nestled in the heart of Britain's amazing forests; choose from ten idyllic UK locations set in beautiful woodland settings, all including private hot tubs and many with log burners. Forest Holidays are perfect getaways for families, couples, groups of friends and even your dogs in our specific pet friendly cabins.

Simply enter **DOGPHOTO** in the promotional code box at www.forestholidays.co.uk



The code is valid for breaks booked by 31/12/2019 and taken by 31/12/2020

**FREEDOM
Awaits**



THE Super Squish STORY



EMMA LE ROUX

It is rare to find a child that does not love the supermarket pre-filled food pouches containing yoghurt, purees, jellies or smoothies. Grown-ups love them for their convenience factor and because their children will pretty much eat anything that's in them – an easy way to eat food when out and about, especially during the weaning stage. As great as these pouches are, they can be expensive, are single use, and you can't control the ingredients they contain, such as sugar and salt content. However, taking homemade food out with you for little ones isn't always convenient. Throw a fussy child into the mix, who has started to refuse to eat from a spoon, and you have a problem!

I wanted to find a better way to take homemade food with me on the go, to make weaning my son, Oliver (now 7), easier and so the Super Squish reusable rocket pouch was conceptualised. Important criteria were that it had to be visually appealing and fun, easy to self-feed, reusable, strong and easy to clean. It also had to hold enough food when kids get older so it could be filled with porridge for a quick breakfast on the go, smoothies or yoghurt and popped in lunch boxes or taken on picnics and car journeys.



We've been going for over 4 years now and some of our early customers are only replacing their pouches now, so we know, with proper care, they should last a while. You can put them in the fridge, freezer and dishwasher too. It's great that they are reusable and therefore cost effective, and at the same time we do our bit to reduce plastic waste.

Our mantra at Super Squish is to make real food squishy and fun for babies and little kids from day one. Sometimes, we think 'homemade' tends to be very time consuming, but it doesn't have to be! Simple meal planning, batch cooking in advance and freezing food in suitable portion sizes helps to save time.



EMMA SHARES SOME OF HER FAVOURITE RECIPES:

Beetroot & Pear Puree

This is a super puree to introduce beetroot to your little one! The pear gives it a bit of sweetness which offsets the earthy flavour of the beetroot. It's so simple to make.

You will need:

- 2 beetroots - peeled and roughly chopped
- 1 pear - peeled and roughly chopped

Boil the chopped beetroot in a saucepan until soft. You could also steam or microwave it. Reserve some of the cooking juices for later.

Blend the cooked beetroot and the raw pear until smooth, adding as much of the reserved cooking juice as necessary to get your preferred consistency. You could use a bit of water instead of the reserved cooking juices if you'd prefer.

Serve straight away, pop into freezer portions for later, or spoon as much as you need into a Super Squish pouch for a fabulous meal on the go.



EMMA SHARES SOME OF HER FAVOURITE RECIPES:

Green 'Monkey Juice' Smoothie

"This smoothie was named by a friend of mine while trying to convince her kids to try this nutrient packed green smoothie! It did the trick - they gulped it down and the name has stuck in our house. It's great for little kids and bigger ones (including grown-ups!) too. It can be made dairy free if you use suitable milk alternatives".

You will need:

- 2 or 3 large handfuls of baby spinach (or a mixture of kale and baby spinach)
- 1 large ripe banana (for added sweetness add an extra banana)
- 250ml milk (or milk alternative)
- 4-6 large ice cubes
- Optional/for variation - half an avocado, a tablespoon of flax seeds, a few soft dates or a teaspoon of honey (not for children under 1 year) or alternative sweetener

Pop everything into a blender, whizz until smooth and drink immediately or pour into Super Squish pouches and refrigerate or freeze until needed.

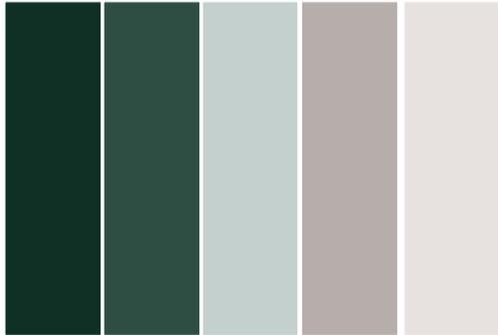


Super Squish

MAKING THAT PERFECT UNISEX

NATURE

THEMED BEDROOM



COLOUR

Creating your little Adventurers bedroom should start with your colour palette, try dark green or muted sage in alcoves or on statement walls to mirror the foliage of the jungle and forest, and use duck egg and dusty pinks as accents to soften and brighten the bedroom.

WALL TEXTURE

To really take your themed room the next level, try adding a faux growing wall on a single wall. These can be purchased in a range of different leaf combinations, so if you're creating a rain forest of a jungle you'll have options

Available from Ever Green Direct



RUGS

A Jute Rug can become your adventurer's desert plain or jungle floor and complements your colour palette, adding texture to the room.

Available from LeRedoute

WALL ART

These whimsical animals prints are available in a range of sizes to suit the wall space you have. They'll create a playful mood while adding a pop of colour.

Available from Juicy Trends



FURNITURE

This minimalist Tipi inspired bed, will have your little one camping in the jungle every night.

Available from Wayfair

CUSHIONS

Using a mixture of textures, patterns and sizes you can create the perfect cushions stack, emphasising your theme and softening your room.

Available from Trouva, Ebay, Hurn & Hurn & The French Bedroom Company



STORAGE

These cute mountain hangers are a great way to keep those essential items like coats and book bags neat and tidy as well as easy to access.

Available from H&M



STORAGE

This modern take on vintage trunks will make great toy boxes, while still fitting the theme with a subtle reference to travel.

Available from Made



LIGHTING

This playful Monkey desk lamp will have them excited for their bedtime stories.

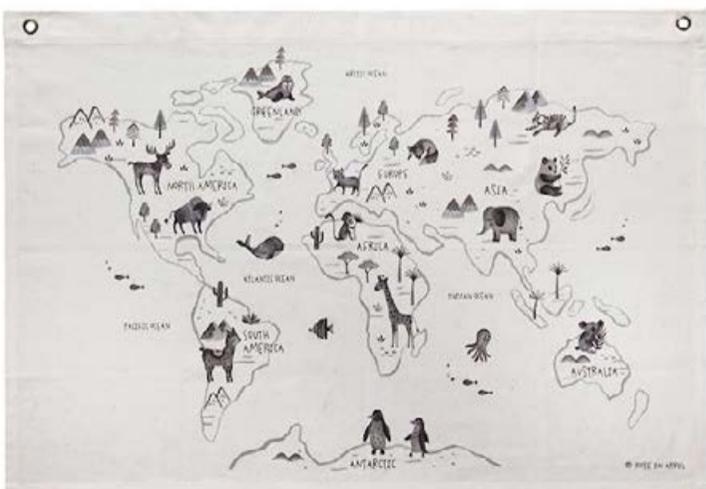
Available from H&M



WALL ART

Let your little one dream big with this illustrated world map wall hanging.

Available from Scandi Born



CLICK THE IMAGES OF ITEMS TO VISIT STORES

THE IMPORTANCE OF
MATERNITY & NEWBORN
PHOTOGRAPHY



In a world now saturated with photography thanks to social media and the smart phone, you would think that the professional portrait ought to be on a decline. However, more and more people are visiting the professional photographer to make sure they have great looking images that last beyond the moment.

The Xperience Group is an independent collection of Professional Photographers based in the UK & Ireland, specializing in a variety of photography subjects but with one goal:

The perfect photography Xperience for all.

The Xperience photographers & studios all represent a pursuit of excellence in creativity as well as the perfect image and presentation for the client's home or business.

As experts in our field, we specialise in making our subjects look amazing. Our posing, our people skills and professional training along with our creative use of light, guarantees that every subject looks natural with their character being brought forward, no matter who or how old they are.



*“THE PERFECT
PHOTOGRAPHY XPERIENCE
FOR ALL..”*

Pregnancy portraits are a beautiful opportunity to capture this special time and to show just how amazing your body is, and to document your family's journey along the way. Whether this is your first or fourth child, each pregnancy and bump is unique, we specialise in making you bloom in front of the camera and using our mastery of light we make you look like you have just stepped off a magazine cover.



— ◆ —
*“IT’S ABOUT CAPTURING A
TRULY UNIQUE MOMENT
IN TIME AND ALL THE
EMOTIONS THAT RUN
ALONGSIDE THEM”*
— ◆ —





There is not a moment more magical than when you become a parent and it's an honour for us to be a part of that experience, capturing and documenting one of the most special times in yours and baby's life.

Newborns are incredible humans, they teach us so much about the very essence of life. Photographing these wonderful little people goes far beyond just taking a few quick photos, it's about capturing a truly unique moment in time and all the emotions that run alongside them. The portraits from your session will become a family treasure to be enjoyed forever.

As one of the Xperience newborn photographers, we are not only trained to create original works of art, but we do so in a heartfelt and professional manner that will add to this amazing time of your lives.

◆

*"THERE IS NOT A MOMENT MORE
MAGICAL THAN WHEN YOU BECOME
A PARENT"*

◆

So why should you choose The Xperience group?

Our Awards

In our pursuit of excellence, we strive forward by pushing style and creativity in every session ensuring we have amazing images for you as well as images to take part in the annual Xperience awards.

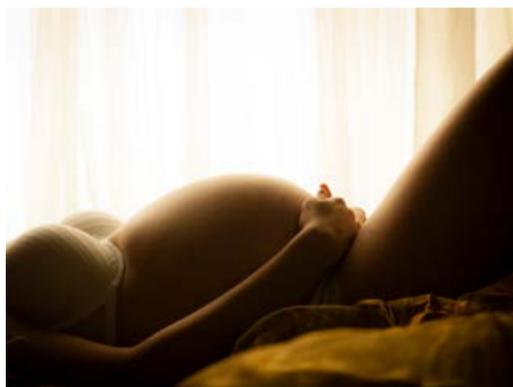
Our Training

As a part of the Xperience group we have continual technique and style training allowing us to push trends and portrait presentation to the next level, as well as specialist baby training to ensure baby safety and the perfect session.

Our Guarantee

All our portraits come with a quality guarantee, your portrait will be craftsman finished by hand with all the love and care that only a professional can offer.

To find out more about the Xperience Group, see your nearest Xperience photographer click the links below.



HOW CAN PREGNANCY YOGA

BENEFIT YOU?



MIRA CALVEY

YOGA, PRE AND POST-NATAL
YOGA TEACHER



After becoming a qualified yoga teacher, I decided to broaden my knowledge in other areas of yoga and decided to study pregnancy yoga. Pregnancy yoga focuses on breathing and movement techniques, to help women relax and become more in tune with their bodies. These techniques can be helpful when practiced at home and can be called upon for comfort and support during childbirth.

Pregnancy brings changes to the way an expectant mother looks and feels. In a world that gets quicker by the day and can be filled with unrealistic images on social media, yoga can help ease these changes by offering time to quieten the mind, to breath and to connect with the baby.

Breathing exercises used in pregnancy yoga, allows women to connect with their bodies and their babies, and to soften and relax their bodies. Breathing is practised throughout each class to calm and quieten the mind. When the expectant mother is calm, her baby is calm. Breathing is a great feedback mechanism and can be used to signal if someone is pushing themselves too far in poses. Partner breathing is also beneficial when practiced during the pregnancy. It helps ease discomfort and allows partners to spend time together and connect with each other. Partner breathing is an excellent tool when used during childbirth and the expectant mother can feel the support of her partner during this time.



“PREGNANCY YOGA PRACTICE CAN HELP AN EXPECTANT MOTHER TO HAVE TIME FOR SELF-CARE”

Pregnancy yoga teaches women to soften and strengthen their bodies, which can be beneficial during childbirth. Pregnancy yoga poses target and strengthen different parts of the body whilst keeping the belly soft. Strengthening and softening of the body maintains a balance for carrying the baby throughout the pregnancy and in childbirth.

Meditation is another aspect that can support expectant mothers by keeping them aligned and mentally strong. Visualisations can be part of meditation practice which assist both during the pregnancy and in childbirth by keeping the mind calm and in turn keeping the baby calm. There are various types of meditation that can be beneficial such as walking meditation, breath awareness or sound meditation which can consist of chanting ‘Om’ or repeating a mantra that promotes positive feelings such as ‘I am enough, I am already a wonderful mother to my baby.’

Pregnancy yoga practice can help an expectant mother to have time for self-care, as it is very easy to put other people’s needs in front of her own.

A good example of needing to look after oneself first is indicated in the safety demonstration on an airplane, just before take-off. In the event of low cabin pressure, passengers are instructed to place an oxygen mask on themselves first before assisting others. We should therefore find time for our own self-care which is even more important during pregnancy.

Some women may be worried about not being able to do a pregnancy yoga class as they might not think they are flexible enough. This is not true, and I can honestly say that a pregnancy yoga class is good for everyone and no prior yoga experience is required. The guidance suggests that it is safe to join a pregnancy class from being 12 weeks pregnant and can be practiced all the way to the due date.

Pregnancy yoga encourages women to come together, create a community and to share experiences during different stages of pregnancy. The classes allow expectant mothers to create a network that can support them during pregnancy and beyond.





PREGNANCY YOGA CLASSES

Yoga can bring lots of benefits into your life from feeling more relaxed, building your strength, flexibility and stability and also builds a connection with your baby. Yoga With Mira offers pregnancy yoga classes that include breath exercises, yoga poses and meditation to create a supportive environment for you and your baby. Classes are open to everyone including complete beginners.

CLICK [HERE](#) TO BOOK YOUR FIRST CLASS FREE BY QUOTING '**HARLOW PREGNANCY CLASS**'
BOOK 6 CLASSES FOR £50

Making MEMORIES



SUE KENNEDY &
WENDY JENNINGS

More often than not, parents are given a baby book as a gift or you may have gone out and bought one for yourself. Also, more often than not, we start filling these with great gusto at the beginning but then when the exhaustion kicks in from just being a parent and juggling all that needs to be juggled, it kind of goes on the back burner. You may then find it hidden in a drawer, open it up for a quick reminisce, then feel guilty that you haven't quite completed it? Sound familiar?

Memory boxes are becoming very popular with parents who want to be able to keep the special bits 'n' bobs in one safe place rather than being scattered all over the house, tucked away in drawers full of 'stuff'.

When families come into my studio who have had an older I child, I ask them what kinds of things they keep and where they keep them. Some parents decorate boxes with paper, photos, and pretty things, others go for the vintage suitcase look that can be handed down through the generations; the boxes are very different, but there is one commonality – we really do keep everything!



“The boxes are very different, but there is one commonality – we really do keep everything!”

Here's a run down of things that we keep:

- Letters (even ones from Santa)
- Clothes
- New born cards
- Birthday cards
- Photos
- Hospital name tags
- The yukky tummy button clip
- First shoes
- School uniforms
- Baby teeth (very kindly returned by the tooth fairy)
- Lock of hair from the first cut
- First ballet or tap shoes
- Awards, certificate and medals
- Theatre and concert tickets – and programmes
- Pre-school/nursery works of art
- First writing attempts
- Fancy dress/play costumes
- Handmade Christmas decorations
- Easter cards/eggs
- Newspaper from the day of their birth
- Sports team shirts
- The unfinished baby book maybe?

One friend started a diary which she wrote in every single day from her child being 6 months old – it's a brave mission, but one that would so precious when it's time for the now grown-up baby to receive his/her memory box.



What to Feed Baby

EATING WELL AFTER WEANING





Kate Dimmer

REGISTERED NUTRITIONIST (MBANT) AND NUTRITIONAL THERAPIST (CNHC)

You've mastered the art of introducing your baby to new foods, but what should you be giving your child after they are fully weaned? Here are some real-food suggestions that ensure your baby gets all the nutrients they need at this stage of development. First let's talk about nutrient requirements. Babies' requirements are very different to adults and their nutrient needs are high. Babies and infants need 'nutrient dense' foods -foods that are full of nutrients that babies need, not food that fills them with empty calories. This means there isn't room on the plate for foods that don't provide nourishment.

Babies have a high need for fat in their diet and prior to weaning this would have been met by breast or formula milk feeds. According to the European Food Safety Authority, babies from 6 months to 2 years need approximately 40% of their energy from fat. Fat is essential for the development of the brain and is required to absorb nutrients into the body, including vitamins A, D, E and K. As milk intake is being reduced during this phase, it is essential that this fat comes from other good sources in the diet. We need a variety of fats, ideally from both animal and plant sources, as these provide different subgroups of essential fatty acids. Fats should come from whole foods (not processed) such as grass-fed meat, oily fish, pure butter, some whole-milk dairy or goats milk or yoghurt (if tolerated), pure coconut milk and yoghurt, ground nuts or seeds, free-range eggs, olive oil and avocado. Fats to avoid are heated vegetable and seed oils, including sunflower, vegetable oil and rapeseed oil. Margarine is a source of hydrogenated fat and this should also be avoided. Low fat produce is not suitable for babies and children as it is deficient in nutrients and often has other added ingredients. Fat should be incorporated into every meal





During infancy, protein is very important. Protein consists of amino acids required for numerous functions in the body including growth of tissue, muscles and organs. Protein needs to be included in each meal for your baby. Good sources include meat, poultry, game, liver, fish, eggs and dairy produce. Vegetarian sources of protein include beans, peas, pulses, nuts and seeds. Wheat, oats, quinoa and vegetables also contain some protein but consider that vegetarian sources are not as easily absorbed (bioavailable) as animal proteins, so this should be carefully managed by a very well planned diet. Soy produce is not recommended for infants.

Carbohydrate is the third essential macronutrient. Carbohydrates are required for numerous functions and provide energy. Good sources will provide fibre, vitamins, minerals and antioxidants. However there are different types of carbohydrates. Refined carbohydrates are foods that have been highly processed, for example flour. These foods are not recommended because they lack nutrients, such as fibre, and they are absorbed too quickly in the body causing blood sugar spikes. Limit foods such as baked goods as these contain very little nutrients, will quickly fill your baby up only for a short time, and may promote a sweet tooth. Fruit juices are a source of carbohydrate. However, when fruits are juiced or blended into smoothies, it changes the properties of the natural sugars into 'added sugar'. This is because there is no fibre present to slow down the absorption of these sugars. This results in the fruit sugars being more quickly absorbed, causing a big blood sugar spike. Aside from being damaging to teeth, fruit juice contains few nutrients. Shop-bought juices and smoothies have been pasteurized to kill bacteria and to give them longer shelf life, therefore destroying all the vitamins and antioxidants in the juice. If you want to give your child smoothies, blend your own, adding in some vegetables such as spinach and only provide a very small glass.

"During infancy, protein is very important. Protein consists of amino acids required for numerous functions in the body."

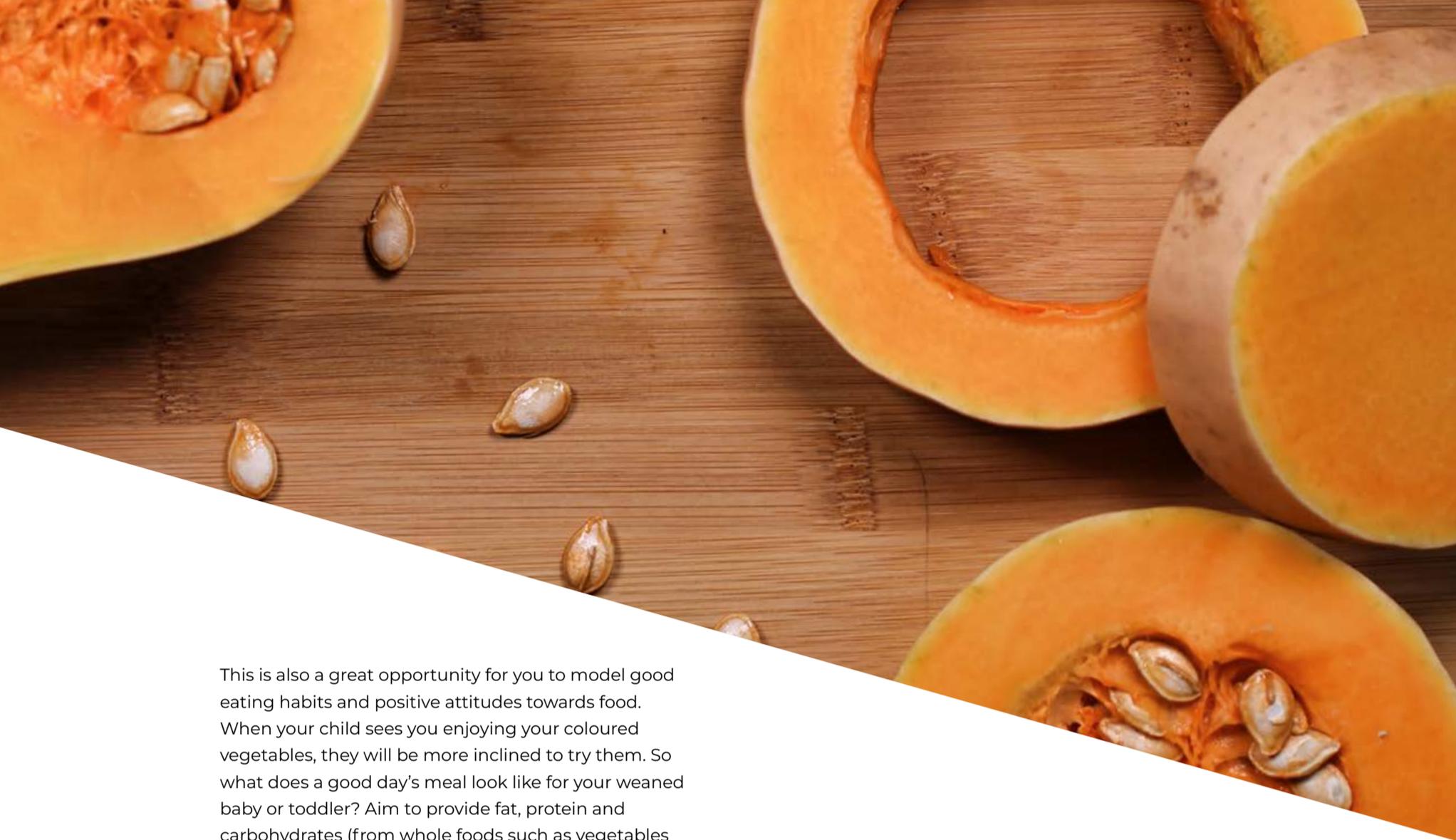


Good sources of carbohydrates are whole foods that have not been processed. Vegetables and fruit are the perfect source. Aim for 5-8 portions of vegetables per day (adapt for your baby's age/stage and provide small quantities) and no more than 2 portions of fruit (due to its sugar content). Vegetables are also a great source of fibre and essential vitamins and minerals. Try to provide a rainbow of coloured vegetables and fruits as the different colours have different health properties. Always include a green vegetable every day. Other good carbohydrates to give your baby include oats, whole wheat, spelt, brown rice, bulgur wheat, buckwheat and quinoa. Beans and pulses such as lentils also contain carbohydrates but should be given in small amounts.

As mentioned earlier, babies need lots of nutrients packed into their little portions so avoid foods that do not provide nutrition. Foods and ingredients to avoid include sugar, vegetable and seed oils, artificial sweeteners and preservatives, processed foods and refined flour. Biscuits, baked goods and crisps are not recommended. Try not to overdo wheat and dairy produce, as these can be difficult foods to digest. Avoid giving wheat and dairy at every meal. Consider if your child is still taking some formula milk, this is dairy-based. Be mindful of ready-made foods and snacks marketed for babies that use persuasive language such as 'organic', 'no artificial ingredients', '100% natural', 'sugar free' or 'part of your 5-A-Day'. Organic does not necessarily mean healthy. Just because ingredients are natural does not mean the food is nutritious. Sugar-free may contain artificial sweeteners.

So what should you feed your child? Serve what the family is eating but adapt the texture (and possibly some of the ingredients such as spices) to your baby's stage. This makes life easier for you so you don't have to prepare multiple meals and shows your baby that they are included in the meal and are having the same as you.

"Try to provide a rainbow of coloured vegetables and fruits as the different colours have different health properties."



This is also a great opportunity for you to model good eating habits and positive attitudes towards food. When your child sees you enjoying your coloured vegetables, they will be more inclined to try them. So what does a good day's meal look like for your weaned baby or toddler? Aim to provide fat, protein and carbohydrates (from whole foods such as vegetables and small amounts of whole grains) with each meal. Eggs are great for breakfast. This could be boiled eggs or scrambled egg made with pure butter and a little spinach or tomato with a little whole wheat or spelt toast. Or a mini frittata with some cooked veggies. Or a small bowl of oat porridge made with full fat milk or coconut milk and banana or berries. For extra nourishing fat and nutrients, stir a little coconut oil or butter into porridge or drizzle a little olive oil onto savoury meals.

The amount your baby eats is going to vary for a while so they may not want to eat breakfast, lunch and dinner. But a cooked lunch may be something like gently cooked stew with root vegetables and greens such as tenderstem broccoli. Beef, lamb, chicken and fish are typical examples but the more you vary the diet, the more exposure your child will have to different flavours and nutrients. Starchy veg such as sweet potato, butternut squash, parsnip and celeriac are great sources of carbohydrates and are filling and nutritious. Your child may not need to be given extra starch like rice or pasta with such a meal and keep portions of these foods small. Evening meals may be similar to lunch or perhaps if something lighter is needed, a homemade soup would be perfect. Bulk it out with a little whole wheat or brown rice pasta or some cooked cannellini beans or lentils. If protein isn't incorporated into the soup, serve a little tender cooked chicken or fish as finger-food on the side.

And lastly, let's talk about snacks. You will be the best judge of your baby's needs and they may need to eat little and often until they are older. But bear in mind that snacks can be appetite saboteurs and also contribute to tooth decay. Keep the processed baby snacks such as rice cakes, cereal bars, dried fruit and savoury puffs for treats or occasions.

“The amount your baby eats is going to vary for a while so they may not want to eat breakfast, lunch and dinner.”



These will cause sugar spikes and not provide any nutrients. You could make rice cakes more nourishing by topping with hummus, nut butter, tahini or cream cheese. Other ideas include fruit or vegetables such as carrots, peppers, olives (cut up to avoid choking) and cucumber served with hummus, nut butter or cheese. Children also like dips, so try making guacamole or a mild salsa or mayonnaise and dip in toasted whole wheat pitta triangles or homemade chickpea pancakes.

Healthy eating is about balance and a balanced approach. There may be times when you have to cut corners and give your family a ready prepared meal or snack and this will depend on what is going on in your life at the time. This is completely normal. Mums (and Dads) are put under tremendous pressure and stress and are often sleep deprived and juggling all sorts of roles. Sometimes it just isn't possible to make that homemade meal that you planned and that's ok. This information is just to educate and empower you and not to create mummy guilt so don't forget to cut yourself some slack. Remember to look after yourself too. The main emphasis at this point is for your baby to be included in family meals and to be exposed to a variety of foods in which he or she can choose to try. Mealtimes can get messy and stressful. Demonstrating a relaxed approach to healthy eating where everyone is encouraged to try foods, but is not coerced into eating them, will set the tone for happy family meal times in the future, whilst ensuring your infant and family is exposed to nourishing foods.

*“Healthy eating
is about balance
and a balanced
approach.”*

Want to...

- lose your baby weight?
- gain more energy and vitality?
- support a diagnosed health condition?
- improve your general health?



KATE DIMMER
BA/Ed, MSc, mBANT, CNHC
Registered Nutritional Therapist

Contact Kate today for a no-obligation chat to see how **Nutritional Therapy** could benefit you.

katedimmer.com

email: kate@katedimmer.com

Kate Dimmer
Nutrition

A changing bag is more than just an accessory, it needs to fit in with *who you are* and *where you are going*

Keri Jamieson - founder

KERIKIT



WWW.KERIKIT.COM