



MUMMY MENTOR PROGRAM RECORDED SERIES

About the Parenting by Heart Mummy Mentor Program

Feel informed, acknowledged and supported so that you can feel calm, confident and in charge as you begin your mothering journey – right from the start!

The Parenting by Heart Mummy Mentor Program has been developed through my experience with thousands of new mothers who are intelligent, aware and wanting to make the best choices for their babies. Often though, these women are feeling pressured by advice that undermines their confidence, their intuition and their connection to their baby. It's also true that just when you feel you have one issue 'nailed', your baby's developmental changes will mean that there are new challenges to deal with. This steep learning curve can be another blow to your confidence as you wonder –'what now?' or, 'what am I doing wrong?'

This is where I can help you – gentle, non judgemental support and simple practical strategies can make a huge difference to your experience. Instead of second guessing yourself at every new milestone, you can relax and delight in your baby, just the way she is right now.

"The confidence your wisdom instils in new Mums is parenting gold and has enhanced my abilities as a Mum and my happy, giggly, fun loving and cuddle giving son is all the proof I need show certain people "Thanks, but no thanks for your 'well meaning' advice"

Naomi

This intensive twelve session recorded series has been specifically designed to boost your confidence, support you as you adapt to the awesome role of being a mother and bring you the latest, evidence based information so you can make the best choices to help your baby thrive.

The Parenting By Heart Mummy Mentor Program is for parents who have a baby from newborn to twelve months.

- A structured program. You receive 12 recordings to support and inform you about your baby's development, feeding, sleeping and gentle care for the first year so you will have one trustworthy source of information. This carefully structured program includes:
- Systems and checklists to help you plan and manage your days with a baby from newborn through each stage of development in the first year so that you can feel confident and in charge, even when your baby's patterns change as he achieves new milestones;
- What to expect at each stage with regards to sleeping, feeding, playing and learning and how this can vary between individual babies so you know you haven't 'done something wrong' if your baby isn't a 'textbook' baby;
- Practical strategies and 'shortcuts' that will make your life easier without compromising your baby's well-being. SHHH! You will be able to 'keep up appearances' even when you are under pressure and nobody will guess how you seem so brilliant at juggling baby and the 'balls' that life throws at you;
- Suggestions to balance your wellbeing and lifestyle with your baby's needs, because when you are feel happy and balanced, you will find it easy to feel loving and patient and to ENJOY being the mother you want to be!

This information is provided through a series of twelve sequential one hour recordings that you can start listening to, at your leisure, until you have completed the program.

Session 1 – Your Mummy Success Blueprint...

Whether you already have a baby or you are expecting your first baby, this call will help you set yourself up to feel confident and in charge as you evaluate who you are as a mother and how you can protect your own values and space as you nurture your baby –YOUR way!

- Discover your unique mummy style – organised? Relaxed? Go with the flow? Neat freak? Messy? Social? Private?
- What does your ‘dream mummy self’ look like to you?
- How does ‘she’ fit in with your real life and your family’s life style?
- Mothering success on your terms – integrating your lifestyle and your baby with your authentic mummy style; role models; support networks; realistic expectations of yourself and significant others.
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- Managing mummy guilt when your ‘perfect mummy’ morphs into ‘real mummy’ – who is really a nice mummy who loves her baby and isn’t screwing him up, despite her (self –perceived) shortcomings.

PLUS: Your Mummy Success Team

You need to know where you are coming from so you know where to go for the help and support that is most appropriate for you. Define your team – then enlist their support!

- Who are your cheer leaders?
- Your birthing team; Health carers; Early parenting support; Home help –eg cleaners; baby sitters; Peer networks.
- How to choose the best ‘team’ and how to get the best from your support system without creating extra stress for yourself – what you MUST ask before you engage help, whether professional help or practical support.
- Checklists to make choosing and delegating quick and simple (what do you actually need to ask your cleaner to do when you can’t even find matching clothes for yourself?)
- How to graciously decline unwanted ‘help’

Session recording duration: 56 minutes

Session 2 – Bonding or bondage?

Your relationship with your new little being will last forever. It is the foundation of everything that comes later – from how you communicate to how you create memories, how you form the glue that cements your family , to how you set respectful boundaries as your child grows – even in the teen years and beyond (this can feel like the ‘bondage’ part!).

- Creating a strong bond with your baby –from before birth
- How your baby learns to love –and what you can do to create his blueprint for lifelong, loving relationships
- When bonding takes time- and how you can encourage strong connections
- Does attached parenting take too much time? Or is there an easier way to stay attached and include your baby without being a stressed out ‘helicopter’ parent?
- Coping with a ‘velcro’ baby who only wants YOU! Supporting your baby through clingy stages.
- ‘One-ness’ and ‘separate-ness’ – including significant others, introducing carers and encouraging independence, gradually with love.

Session recording duration: 1 hour, 6 minutes

Session 3 – Soothing and Settling

The most terrifying experience of being a new parent is when your baby cries and you don't have a clue what's wrong or what you can do to help your baby. Scans of mothers' brains show that parts of your brain light up when your baby cries – you are MEANT to feel upset when your baby cries! It's nature's design that you protect and comfort your baby and yet there is so much conflicting information around how you should respond, if at all. (Hint – the cuddle police will not knock on your door, so go ahead and hold your crying baby).

- Why is my baby crying? Simple solutions to soothe the sobs
- Reflux? Colic? Food sensitivities?
- Teething? Illness? Pain?
- 'Release' crying – what is this and how can you support your baby?
- Spoiling, bad habits and Mummy guilt?
- Resources and health carers who can help

Session recording duration: 1 hour, 9 minutes

Session 4 – Feeding Frenzy

There is enormous pressure that 'breast is best'. Breastfeeding is 'normal' but there is a wealth of misinformation about how to make breastfeeding simple and convenient. Every day in my work as a lactation consultant I see mothers who have been given very complex information about breastfeeding – comments include 'I was feeling I needed a compass and a ruler to get my baby attached' and 'I have been groped by 'tit witches.'

Breastfeeding can be made simple but if there are barriers to fully breastfeeding or breastfeeding at all, you still need support to lovingly feed your baby and overcome any feelings of grief at the loss of this relationship.

- Routine versus cue feeding – science, wisdom and making it work for YOU.
- Making more milk – strategies to make more milk without stressing out over expressing round the clock or worrying whether your baby is 'getting enough'
- Avoiding common breastfeeding problems (some real life examples and solutions)
- How to enjoy your relationship with your baby if there are barriers to breastfeeding
- Answering your critics – however you are feeding your baby (hint, if they aren't bringing casseroles, you don't owe them an explanation).
- More than milk – introducing family foods –when? What? How?

Session recording duration: 1 hour, 13 minutes

Session 5 - Sleeping like a baby

Sleep is necessary for your wellbeing but there is a huge amount of stress created by 'sleep pressure' – is he a 'good' baby? Does he sleep ALL NIGHT? Myths abound about what is 'normal', what you 'should' do to 'teach' your baby to sleep and what will happen if you don't obey 'the rules'. This call will dispel myths and bring you the science and wisdom of gentle sleep solutions as well as practical strategies to try throughout the first year as your baby's sleep is affected by his rapid development.

- How does your baby sleep – ages and stages, what is typical and realistic?
- Helping your baby to sleep – gentle, age appropriate strategies that encourage breastfeeding, bonding and optimum brain development.
- Making night time parenting easier on the whole family
- Maintaining your own energy levels as you attend to your baby's intense needs

Session recording duration: 1 hour, 20 minutes

Session 6 - From Chaos to Calm

How do you integrate your baby's intensive care needs with the reality of 'getting things done'? As a mum of five I totally understand the pressures of meeting baby needs, running a home and living up to our own expectations (I typically put too many things on my 'list'). But I have discovered some fabulous ways to create a balance and I encourage women to work out their day around their baby and what really needs to be done – you do need food on the table or it all falls apart!

- Routine, Rhythm and balance
- Prioritising – delete, delegate or delay?
- Creating a schedule that works for you AND your baby
- More than one child? Managing your day to meet everyone's needs.
- Lists, goals and getting things done when they really can't wait
- Dirty little secrets for keeping up appearances (shhh! Nobody will notice)
- Making time for YOU (because if mama ain't happy, nobody aint happy!)

Session recording duration: 59 minutes

Session 7 – Mummy Moods

from hormonal and helpless to healing and happiness

Becoming a mother is rarely acknowledged as the incredible, awesome experience it is. Such an amazing upheaval of your mind, body, spirit, hormones and lifestyle can see you on an emotional roller coaster. It's important to honour the changes being a mother brings and to be kind to yourself. It's also important to understand and accept what is within normal range of mummy moods (yes your hormones will play havoc for several months) and when it's time to get professional help. This is a quality of life issue for you, your baby and your family, not an issue of shame that you 'can't cope'.

- Adjusting, adapting and accepting mummy life
- Avoiding mummy stress, depression and burnout
- Managing anxiety – techniques to give you power over panicky feelings
- Health checks you MUST have to rule out reasons for bad mummy feelings.
- The food mood connection – foods to make you feel happier
- Nurturing you, as you nurture your baby – simple ways to make time to refresh and replenish your mummy energy.

Session recording duration: 56 minutes

Session 8 – Play and Learning

Play is your baby's 'work' and it can be a lovely spontaneous way to enhance your baby development as well as encouraging bonding and attachment between family members. It can be a bit daunting to hear how you 'should' play with your baby or that he will be missing out if you don't buy the latest piece of 'educational' equipment. Play shouldn't be an academic exercise to promote development or your baby will sense that you aren't really having fun, so shed your inhibitions, get silly and let's PLAY!

- How play influences learning (much more than the 'educational' equipment ads would have you believe).
- How do you play with a baby (simple games and activities that don't cost the earth)?
- Discover YOUR inner child – it may be years since you sang songs unselfconsciously or played silly games. How to banish your 'serious self' and have fun with your baby (are you ready to play?).
- 'Educational' toys, experiences and equipment – what helps your baby's development? What hinders?
- The Super Baby myth – how pressure to perform could adversely affect your baby's development
- Resources for baby play – classes, games, CDs and more
- What to do when there's nothing to do – your ideas checklist

Session recording duration: 54 minutes

Session 9 - Baby On the Move

Your baby's early movement – from his survival reflexes at birth to his attempts to roll, crawl and cruise – all set foundations for later learning such as reading, writing and maths. You can encourage him gently and appropriately without forcing him through stages that he isn't ready for yet.

- How movement sets foundations for later learning
- Safe ways to encourage your baby's physical development – rolling, crawling, sitting, cruising, walking
- Planning a safe, positive environment to support your mobile baby – games activities, hidden hazards to watch out for
- How your baby's mobility affects him or her emotionally – no matter how 'stable' your environment, your baby's rapid development will change how he experiences the world and this will be reflected by his behaviour (sleep, clinginess, feeding).

Session recording duration: 59 minutes

Session 10 - Your Baby and Your Family

Although the adjustment to family expectations begins even before your baby is born, it can be even more pronounced as your baby grows. Family friction between you and your partner and each other's families can cause so much unnecessary angst. Friction between siblings too can be a source of stress for parents and even though your older child may not have been 'out of sorts' with a new baby, as your little baby becomes mobile, this can create a new kind of sibling sensitivity.

Whatever your definition of 'family' (this can include close friends) it's worth encouraging harmony and giving your baby the richness of experiencing differences from the safety of your supervision. Of course, you are your baby's buffer against over bearing people, inappropriate advice and separations that he can't manage (if you don't to take up baby-sitting offers, that's your prerogative but you will have to handle these with diplomacy).

- And baby makes THREE (or more)!
- Your family, your partner's family – differences, expectations, values, priorities
- Introducing your baby to significant others and encouraging positive relationships
- Sibling harmony (practical strategies to implement right now!)
- Grandparents – unwanted advice, old wives tales and 'spoiling'
- Making time for extended family (what does this mean to you? And them?)

Session recording duration: 1 hour 11 minutes

Session 11 – Gradually, with love

weaning from breast or bottle, nursing beyond the first year and gentle limit setting around breastfeeding your older baby

Breastfeeding is going well but now you are wondering, how do we wean? Feeding your baby is about so much more than milk, it's important to make changes gradually so that you don't upset your baby or yourself (yes mummies can feel sad about weaning too). And, if you choose to nurse with breast or bottle beyond whatever is 'acceptable' to your family and friends, whatever this is (WHO recommends breastfeeding to two years and beyond), you are sure to receive some negative comments. You will also be wondering – how does it work to nurse a toddler? Will I be stuck on the couch all day with a big 'kid' attached (actually, you won't!)? Or will he be whipping my shirt up in public (this is where limit setting comes in)?

- Weaning – mummy led or Baby led? Pros, cons, what suits you and YOUR baby?
- Weaning -when ? how quickly? How to stay comfortable as you reduce feeds. How to help your baby make transitions from breast or bottle
- Breastfeeding beyond the first year – why, and how it works
- Night time nursing – really?
- Bedtime boobies or bottles and tiny teeth
- No more booby til the sun comes up setting gentle limits.
- What if he REALLY needs to nurse? Why? What to do?

Session recording duration: 45 minutes

Session 12 – Happy Birthday

preparing to parent your terrific toddler

Your biddable baby in the bunny rug is growing and moving at an incredible pace and now you are facing the excitement and exhilaration of parenting a terrific toddler. This will require a change of pace and possibly revisiting your parenting priorities – preferably with your partner. By staying a step ahead and preparing (as much as you can) for this next exciting stage of your baby's development, you will be confident and in charge and you will know what support you need to create a positive family environment.

Examine and clarify your 'parenting toolbox' –your values? Your partner's? What's in? What's out? What can you agree to disagree on? Look at the 'big picture' and stay ahead of the game to create family harmony and considerate behaviour.

- Loving guidance, gentle boundaries, distractions and diversions as your biddable baby becomes a terrific toddler
- Molars and mood swings – clinginess, waking, dropping sleeps, tiny 'tannies'
- Playgroups, childcare, friends and the big world out there
- ENJOYING your growing 'baby'!

Session recording duration: 58 minutes

Parenting by Heart by Pinky McKay

Sleeping, feeding and gentle care for your baby's first year

Bringing a new baby home can be one of the most intimidating experiences of our lives and can fill us with self-doubt. In order to nurture our child, says parenting expert Pinky McKay, we must maintain our own sense of worth. Bonding with our baby and learning to trust our maternal/paternal instincts is vital. In *Parenting By Heart*, Pinky offers practical and reassuring advice on:

- bonding with your new baby
- feeding
- sleeping
- routines
- play and massage
- your new life as a family

Pinky's techniques are based on the latest scientific research but always come back to her philosophy that every parent and child is unique, and that parents need to follow their hearts rather than a one-size-fits-all model. Her advice will help you get to know your baby, and assist you to find the right options so that you can delight in this precious time together.

Pinky McKay is an International Board Certified Lactation Consultant, Certified Infant Massage Instructor and mum of five. She is a sought-after keynote speaker at conferences for parents and health professionals internationally and is the author of *Toddler Tactics*, *Sleeping Like a Baby* and *100 Ways to Calm the Crying*. Her books are approved and recommended by respected bodies such as the Australian Breastfeeding Association, La Leche League International, and the Australian Association of Infant Mental Health.

Pinky runs a busy private practice in Melbourne and also supports clients around the world with gentle baby care, breastfeeding, settling and sleep solutions through her e-newsletter, web site, blog, teleseminars, workshops and private consultations.

Buy Parenting by Heart Online!

Parenting by Heart by Pinky McKay is AUD \$35 + shipping and handling

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