

PRECIOUS PIECES OF ADVICE TO MOMS

FUTURE, NEW, AND YOUNG MOTHERS

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To all the moms and moms-to-be, this guide is for you.

To the angel who freed my heart,
Gabriel



Credits : Marleen Serne
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INTRODUCTION

I hope very soon to give my son the joy of playing with his sisters and brothers. It is only a matter of time, meetings, love, providence and patience.

While waiting to live again this great joy of giving life, I share with all the future, new, and young moms the advice that helped me a lot.

The expert moms, the midwives, the doctors, the grandmothers, the pharmacists, the professionals of my son's nursery, the yoga teacher of Santa Monica, the masseuse of the Radisson Blu in Djerba or the baker of the street of Caulaincourt in Montmartre have shared these treasures with me. I carefully collected them and kept them warm in my notebook on my phone, promising myself to share them in turn. The time has come.

This little sheet gets right to the point. We're in bullet point mode galore, because well... it's so much faster and more efficient! Everything is tested and recommended. I also took the liberty of including a list of my favorite products and services for moms living their pregnancy and parenthood in France.

Last but not least, I'm talking about moms but I have in mind and in my heart all the dads who take care of their baby once out of the womb.

When we can, it's a team effort. And even with two of us, I know that it can be exhausting if we don't prepare ourselves for a long and beautiful long run!

I hope you enjoy it!

Have a great read and may life give you all the happiness in the world,

Audrey



First photoshoot of my son for his 2 months.
Thanks @marleenserne - Credits: Marleen Serne

THE PREGNANCY

Remedies to avoid stretch marks

Massage your breasts, stomach, hips, legs, buttocks and back daily with :

- Coconut oil
- Sweet almond oil
- Clarins Tonic Oil

Remedies to avoid and reduce pregnancy masks

- Avoid the sun
- Eat a healthy diet with 10 vegetables and fruits a day
- Take a lemon and heat it very lightly on a pan or in the microwave. Sprinkle a little sugar on it, squeeze to get the juice and apply it as a mask on the face, every morning. Rinse with clean water after 5 minutes or more.

Remedies to improve blood circulation

- Support stockings or tights
- Tip for shoes - classic orthotics
- Cold water jet on legs and especially on feet
- Hot water basin with coarse salt, glass of tea with olive oil and lemon
- Large wedge cushion under the legs to reduce back arching and promote blood circulation.
- Herb digestion and circulation

Remedies to improve transit and digestion

- Always have crackers on the bedside table next to your bed. In case of recurrent morning sickness, eat one gently before getting up in the morning
- Carry homeopathic remedies that calm nausea by your bedside
- Think about fennel infusion to avoid gas for mom and baby

When entering the 7th month, possible side effects

- Insomnia
- Accelerated weight gain
- Snacking at night (to be avoided as much as possible)
- Favour physical activity, breathing, healthy meals and have healthy products that you like for possible (and rare) nibbles
- Herbal teas that also calm and relax

Tips to relax and enjoy your pregnancy

- Prenatal massage at QEE
- Osteopathic appointments
- Water basin for the legs
- Cold water jets on the legs
- Body massage with coconut oil
- Request a treatment from a physiotherapist
- If you have a weight problem, contact a dietician coach to help you
- Prenatal yoga - even at home with 5 minute videos on YouTube
- Breathing
- Meditation
- Walking
- Swimming
- Positive affirmations
- Calm
- Nap
- In bed before 10pm
- Massage of the perineum and breasts
- Talking to the baby
- Playing music for baby and yourself
- Keep a pregnancy journal
- Learn and retrieve information about childbirth and parenthood that interests us

Tips to stimulate your baby

- Go to the pool, it rocks him
- Do prenatal yoga, the cat or cow position will please him
- Prefer to sleep on your back or left side
- At the end of the pregnancy, play music that develops the brain, such as classical music
- Listen to relaxation music, the vibrations please baby
- Talk to your baby in several languages if possible
- Saying hello to baby by pressing gently on the belly so that he responds
- Dark chocolate awakens baby a lot

PREPARING THE ARRIVAL OF BABY

Exercises to prepare for childbirth and therefore the perineum

- Perineal breathing - like in yoga or Pilates
- Sitting balloon without moving then big hip turns
- Balloon hopping and hip raising
- Ball balancing feet on the ball from right to left for the hips
- Elastic feet in and lift and pull
- Standing with hands on hips and tilting the upper body backwards

Remedies to bring the delivery closer (or not)

- Sex, orgasm and ejaculation
- Infusion of raspberry leaves
- Spicy food
- Walking
- Prenatal yoga with positions to repeat several times a day on the ball
- Swimming
- Pilates
- Meditation
- Breathing
- Breast and perineum massage
- Acupuncture
- Osteopath

When do you know it's time to go to the hospital?

- Regular contractions every 5 minutes for 2 hours and cervix open to 3/4 cm
- White discharge or open water bag
- Blood

Tips to get ready for the birth

- Pack your birth room and maternity suitcase well in advance
- Prepare the stroller and the cosy - get organized for their arrival at the hospital
- Prepare a list of things to do before going into labor: this could be showering, nail polish, waxing, meditation, prayer or other

Tips for getting through the contractions

- Breathing
- Position with ball or squatting crow etc.
- Singing, don't hesitate to sing, whisper or shout - so that the vibrations soothe the pain
- Hot water bath
- Walking
- Support and help from your companion
- Massages (for example: support and massage of the plexus)
- Stretching

How much time do you have to decide on the baby's name?

- 5 days to decide on a name
- Declaration of the mother at the hospital
- And the father has to register his child at the town hall (to declare him too - afterwards)



SUITCASE FOR THE BIRTH ROOM

The Birth Room: (the place where the birth takes place)

List for mom

- Large dress that opens in front if possible for skin-to-skin at birth
- Socks
- Plaid or vest or bathrobe or sarong
- Bath towel
- Massage oil
- Drink (no solid or pulp or milk)
- Post-delivery snack
- Ventilator
- Kindle, books, magazines, writing or coloring books or other
- Books to read to baby or music to play
- Thermometer
- Music speaker or headphones
- Playlist of music for waiting, delivery etc.
- Foggers
- Phone charger

List for baby

- Body
- Baby pyjamas
- Vest
- Bonnet
- Socks or booties
- Sheet for the baby's bed!
- Blanket or sleeping bag

Remember to take something to dehydrate yourself

- Plenty of water
- Juices (no added sugar) - apples, multi fruit, pineapple, fresh juices if possible
- Post-delivery snacks (e.g. whole grain crackers, apples etc.)

THE MATERNITY SUITCASE

List for baby

- 3 changes of sheets
- 7 bodysuits
- 7 pajamas
- 7 bibs
- 7 pairs of socks/slippers (depending on the weather)
- 2 hats
- 2 vests
- 1 comforter
- 1 pacifier
- 1 complete outing outfit (depending on the weather):
- Bodysuit, pajamas, bib, beanie, vest, coat/outdoor sweater

List for mom

- 2 Nighties or large t-shirts - comfortable clothes
- 7 large, comfortable black panties
- Or disposable panties
- Absorbent towels
- Toiletries kit: shampoo, conditioner, shower milk, soap etc.
- Make-up kit (optional)
- Body lotion, body oil
- Toothbrush, toothpaste
- Ice pack and clay (if milk is coming in and not breastfeeding)
- Ventilator
- Pregnancy documents (ultrasound, blood test results etc.)
- Complete bag (health card and other necessary papers)
- Kindle, book, magazine
- Birth journal
- Prayer book, crystals or other good luck charms
- Maternity pillow

P.S.: Don't forget to have the stroller and the crib well adjusted for the day of the birth.

MY RECOMMENDATIONS

My favorite products

- Clarins Tonic Oil
- Coconut oil for mom and baby
- Red Castle maternity pillow
- Cocoonababy mattress
- Babycare sling
- BabyBjorn baby carrier
- The Ikea evolving bed
- The Yoyo stroller and the Babyzen cosy
- Costway musical bouncer
- Ikalula LED nightlight
- Eecomum bamboo fiber baby bath towel
- Waterwipes
- Gallia milk
- Calmozine - homeopathy for colic
- Camilia - homeopathy for teething
- Cadum shower milk
- Mustella shower gel

My favorite services

- Prenatal massage at Qee
- Diet coach - contact via Instagram @Chronodiete from me
- An osteopathy session - go see Dorothée Dumont from me (Paris)
- An intimate photo session - contact @marleenserne on my behalf

Valuable advice

- Make a pre-birth or birth list and don't hesitate to share it with your loved ones. They want to spoil parents and child and often don't know what to choose!
- Resale websites like Vinted or le Bon Coin offer a lot of second life products at very low prices.

GETTING BACK ON YOUR FEET AFTER PREGNANCY

Remedies for lactation

- Ice packs
- Clay and ice on top

Remedies for finding yourself

- Knowing that there is the 4th trimester of pregnancy - hormones play tricks on us - taking care of yourself, listening to yourself, not feeling guilty
- Read the information on babyblues and postpartum depression in prevention - don't hesitate to ask for advice
- Sleep when baby sleeps - always rest.
- Get help to avoid exhaustion - it's a long-distance race
- Get back in touch with your body, tell it that you love it, get a massage
- Resume a gentle physical activity such as walking
- Don't forget to do perineal rehabilitation
- Go to a spa, hammam or sauna regularly
- Control your weight and if it stagnates, get help while keeping your spirits up
- Trust yourself and listen to yourself
- Adopt good eating habits with regular and balanced meals
- Be pampered by the people you love - dinner, bath, flowers etc.
- Do not hesitate to seek psychological help if you feel the need
- Spend time in front of the mirror and appreciate yourself
- Reconnect with your loved one

Health remedies to get off on the right foot

- If you are not lactose intolerant, eat plenty of yogurt
- Remember to eat 10 fruits and vegetables a day
- Do a juice and soup cure over 3 to 5 days to boost your body
- Do not drink water with meals - always before or after
- Avoid products that inflame your stomach (spicy or white bread)
- Don't delay abdominal and perineal reeducation
- Be patient with yourself. Everything depends on your mood, your hormones, your body

FIRST DAYS WITH BABY

The first hours with baby

- Favour calmness
- Don't hesitate to hold baby to establish contact
- Talk to him and tell him you love him
- Get to know him
- Give him food to his hunger, each baby is different

The main reasons for a baby's crying

- Hunger
- Has a dirty diaper
- Looking for sleep
- Needs to be reassured
- Has a tummy ache

Remedies for colic

- It can appear 2 to 3 weeks after the birth of the baby
- Cook fennel seeds in water - let cool and give him to drink cold 15 minutes before the meal
- Give him Calmozine by cure of a few days to observe the effects.
- Rock him in the sling
- Reassure him with "skin to skin".
- Massage baby's belly counter-clockwise to activate transit, do leg exercises to massage the belly
- Try foot reflexology to calm the stomach and digestive system

Valuable advice for baby's happiness

- Touch and reassure him with skin to skin. The cocoonababy is also perfect because it takes the shape of the stomach. The pacifier also reassures.
- Talking to him, he knows your voice. It reassures him and rocks him.
- Sing and rock him! Music develops the brain
- Make him meet people. Human contacts develop the synapses in the brain. The more sociability there is, the more the brain grows and gets bigger!
- Use positive words, full of love and compliments to boost his self-esteem (this starts very early at this age)
- Know that until about 18 months there are no tantrums.
- Finally, very important: "Sleep when baby sleeps!" This is the key to holding on.

HIGHLIGHTS FROM 0 TO 2 YEARS OLD

Diversification and teething

- It usually goes together
- As soon as the first teeth come out, it's time to diversify
- Diversifying = giving food other than milk
- 1 vegetable and fruit at a time at the beginning to avoid the risk of allergies
- Above all, do not give salty foods
- Chocolate at 6 months
- Camellia in the form of a cure (e.g.: 4 to 16 doses per day over 1 week)
- "Don't let baby suffer" - I used to give him painkillers before going to sleep and sometimes during the day if necessary during the flare-ups

Baby sleeps alone in his bed

- With the diversification, comes the time of the complete nights normally
- The method "Au dodo les petits" is unstoppable to give them confidence
- "Baby must wake up where he fell asleep" otherwise it feeds the anxiety
- Strict hours and routine - lots of laughter and cuddle time before bedtime!
Have the situation under control so that baby is reassured.

Baby is walking

- Protect outlets, table corners, doors and windows
- Prefer barefoot walking for better support (without socks)

My last advice

- "The more baby sleeps, the more he sleeps."
- Put baby to bed between 6:30 p.m. and 8 p.m. - no later than 8:30 p.m.
- Make baby listen to and speak several languages, he develops his brain
- Knowing that life doesn't have to change at all because you're a parent... Baby adapts to the parents' lifestyle, a healthy and joyful life.
- Let baby become independent and socialize with other people than you who take care of baby. It's for his good and yours! Daycare is amazing for this!
- Children are very intelligent and sensitive beings. They sense everything. Be honest and transparent with them.
- The "terrible 2" really exist! Little girl/boy asserts herself and discovers her personality. Find the balance between authority to teach them the limits not to cross and the freedom to be.
- To live each moment well anchored in the present and intensely because that passes so quickly

CONCLUSION

The End

Did you like it? Feel free to share with your mom friends! You can also write to me to tell me what you thought of it.

Don't hesitate to discover The Precious Life and take advantage of special offers and precious advices by subscribing to the mailing list. For that, go to audreykabila.mykajabi.com

