



Nutrition and Lifestyle Essentials for New Mums

We want new mums to feel nourished.

Balance at this time can feel hard with competing priorities of your new bub, your family, and with your own often left until last.

When we've talked with new mums about what works for them to feel nourished and healthy they've told us they've needed to adapt routines and habits that used to be their go-to's for nutrition and exercise. Acknowledging that time is scarce and less flexible, they shared how a little planning and some simple new routines helped them feel less overwhelmed. Many loved online shopping (and even delivery) for groceries, and also relied on meal kits and pre-prepared meals.

To keep active, many women told us online or digital programs were helpful. They loved that these could be done at home at any time. Other things that got them moving was wearables with prompts for activity or joining a group where they could take their baby.

"In her own words..."

Do you sometimes wish you had a crystal ball? Being able to know what's just around the corner can make you feel more in control of what's going on NOW.

Unfortunately, we don't have a magic wand. Even better though, we have a whole lot of mums who are keen to share their experiences with you. Have you seen our posts on Instagram or Facebook yet? We asked mums, "*What do you know NOW that you wished you knew THEN?*" They shared precious insights about sleep, breastfeeding, adjusting to the 'new normal', moving more, eating better and juggling well-wishing visitors. Check out their voices on our Facebook and Instagram accounts.

Unsure what the benefits are of an INDIVIDUAL CONSULTATION?

New mums have told us that healthy eating is on their priority list, along with better sleep, moving more, and feeling connected with community and friends. But sometimes to even leave the house to make this happen can be hard. This was one of our main reasons for wanting to offer flexible and affordable telehealth appointments. We want new mums to have access to easy, regular check-ins for accountability and support as they create their 'new normal' healthy lifestyle.

Please reach out to us and make an appointment if you would like to partner with us on your journey.

Nourish yourself while caring for your new baby with our practical lifestyle solutions and support.

