



# GUIDE TO BECOMING

# *A First-time Mum*

Nothing can ever fully prepare you, but I lovingly offer you things that helped me, things I did and things I wish I'd known

Christine Parker | The Consciously Manifesting Mama



I'm Christine, a spiritual teacher, cycle-breaker, and proud mum on a mission to help you step into motherhood with intention, confidence, and a whole lot of love. Through my journey as a mum and as the voice behind The Consciously Manifesting Mama, I've seen firsthand how powerful it is to tap into our intuition, break generational cycles, and build meaningful connections with our little ones from day one. I wholeheartedly believe in secure attachment, gentle parenting, and the magic of manifestation, so I'm here to empower you with practical tips, soulful insights, and all the encouragement you need.

I created this guide because there are so many unknowns about becoming a mum and I wish I would've had something like this when I was pregnant, consolidated into one easy download. So let's make motherhood a beautiful, conscious journey - one day, one mindful moment, and one snuggle at a time.

Also, as much as you may be learning from me, I'm always open to learning from you, so if you feel like there's anything you wish I'd covered, but didn't, please reach out because I would love to hear your feedback.

*Christine xo*

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# Introduction

Hey, Mama-to-be, congratulations on this wild, beautiful ride to motherhood! Whether you're glowing or grumbling (both are totally valid), you're about to enter a magical world of snuggles, sleepless nights, and, yes, a whole lot of self-discovery. But don't worry - I've got you covered.

This is your down-to-earth, spiritually conscious guide to navigating the journey to becoming a first-time-mum. We're going to talk about manifesting your dream birth, packing that all-important hospital bag, and how to bring your baby home to your sanctuary. Let's dive in!



# Pregnancy Purchases

*What do you actually need?*

The pregnancy product rabbit hole is real, girl. But guess what? You don't need everything the internet tells you, and that may include what I tell you! So let's break it down into what I found essential and what's "nice to have but won't change your life", but always keep in mind that you know your home and what you want, best.

## Mama Must-Haves

- **Maternity Clothes:** I need to stress, when I say "Maternity Clothes", that doesn't actually have to be maternity clothes! You just need clothes that will fit. While I did buy a few maternity specific items, I mostly lived in oversized tracksuits and loose or stretchy dresses, because I personally preferred to spend money on baby-related items rather than clothes I would only wear for a few months.
- **Prenatal Vitamins:** Let me preface by saying *this is not medical advice, so it's always a good idea to consult your medical and allied health team for anything you decide to take during pregnancy.* Vitamins were important to me because I'd had 2 miscarriages, so I was taking Blackmores Pregnancy & Breastfeeding Gold, as well as Vitamin D.

# Pregnancy Purchases

What do you actually need?



## Mama Must-Haves

- **Skincare:** Stretch marks happen for most of us, but keeping your skin hydrated with some good oils or creams is where the magic is at! I didn't buy anything special, I just used liquid coconut oil with a bit of lavender essential oil, which was also great for relaxation.

There are a few more things, but you'll find those in the upcoming pages where we go through the ultimate hospital bag checklist.

## Baby Prep List

- **Cot or Bassinet:** I got a little extra with this - I had multiple. A friend of mine said she had a bassinet on wheels that she would bring into the living room during the day, and then wheel it to the bedroom at night. So I got one on wheels and put it in the living room, but aside from wheeling it to the kitchen a few times, it basically stayed there. I got a separate co-sleeper bassinet for the bedroom, which had a side that would zip down for easy access to baby in the middle of the night. Then as Alya outgrew those, I got a slightly bigger bassinet for the living room (which also folded so was good for travel) and a convertible cot to replace the co-sleeper in the bedroom. I didn't actually get a proper cot for Alya's own bedroom until she was a few months old as she was never in there anyway. Finally, a portable cot for travel & overnight stays. Don't forget the fitted sheets!

# Pregnancy Purchases

What do you actually need?



## Baby Prep List

- **Car Seat/Capsule:** *This is non-negotiable, because you can't bring baby home from the hospital without one.* I started off with a regular 0-4 convertible car seat rather than a capsule because, for whatever reason, I decided it would be a good idea to get baby used to being moved in and out of a proper seat. When my relationship was breaking down and I basically became a single mum, I ended up getting a capsule to make it easier for myself when going to the shops and let me tell you, I wish I'd gotten one from the beginning! Not only was it easier to click on and off the pram, rather than taking baby out of the car seat, putting them in the pram and then out of the pram and back into the car seat, it also saved space in the boot because I didn't have to bring the pram's carry cot (bassinet) everywhere I went. I also got one that had a full recline feature when not in the car, which made it better for baby's body and it was one of the only capsule's in Australia that could be used to 12 months.
- **Pram:** I did a lot of research and chose a brand renowned for safety and a model that had a beautiful aesthetic, but as much as I love this pram, there are certain features I wish I'd taken into more consideration. The pram I got is a bit on the heavy side and doesn't fold down quite as compact as some others do, so getting it in and out of the car can be a bit of an effort. I also didn't realize how important the bottom basket would be when going shopping or on outings and I feel I would've benefitted had mine been a bit bigger. Definitely do your research!

# Pregnancy Purchases

What do you actually need?



Childcare Dusk Bedside Sleeper



Grottime Patsy Bassinet



Rever Baby Aaron 4in1 Cot



Babyhood Kaylula Mila Cot



Ingenuity Carrington Foldaway  
Rocking Bassinet



Aeromoov Instant Travel Cot



Cybex Cloud Q Capsule



Britax Graphene  
0-4 Convertible Car Seat



Cybex Priam Pram

# Pregnancy Purchases

What do you actually need?



## Baby Prep List

- **Carrier:** Not a necessity but really helpful to keep baby close and have your hands free, especially if they are contact nappers! A little like my experience with the capsule that I mentioned earlier, I only got on board with carriers a few months after Alya's arrival, but I wish I'd done it sooner! I always opt for quick and easy, so I wasn't a fan of wrap carriers - I imagined I'd somehow end up wrapping it around my neck and strangling myself or that I'd do it wrong and Alya would simply fall out. Let's face it, I didn't need that added stress (and neither do you) so I found a wonderful carrier that you just put on like a t-shirt - there are a few around, but I chose the BabyDink. Then, when Alya got bigger, I went for the Ergobaby Omni 360 Cool Air Mesh and while it's good, in my opinion, it was still a bit strappy for every day use. I would have loved to get the Artipoppe but got deterred by the price point, although looking back on it now, the convenience probably would've justified the investment. Having said that...if I could do it all over again, I would probably invest in the Tushbaby hip carrier (instead of the Ergobaby Omni 360) with the snug attachment for longevity and versatility.



BabyDink



Ergobaby Omni 360  
Cool Air Mesh



TushBaby Hip Carrier  
with Snug Attachment

# Pregnancy Purchases

What do you actually need?



## Baby Prep List

- **Nappies, wipes & creams:** Stock up early! Whether you decide on disposable or reusable nappies or wipes, you're going to need a lot of them, so you honestly can't buy these too far in advance. I would also suggest getting some kind of barrier cream to protect baby's bum from nappy rash. ([click here to check out the barrier cream I use for Alya and get a \\$10 coupon](#))
- **Baby clothes:** Okay Mamas, I know so many of us, including myself can get a bit overexcited with baby clothes, but please let me stress how quickly they grow out of them! So all you really *need* is to make sure you have the basics in 0000 (newborn size) - singlets, onesies, socks and beanies...although I didn't really use the beanies because Alya came out with a full head of hair that was enough for 4 babies, so it kept her head pretty warm. I did also utilize Facebook Marketplace and found baby clothing bundles that were in like-new condition. I'd suggest to maybe stocking up on the next size up 000 (0-3 months old) too.
- **Swaddles/Wraps:** Alya didn't love to be swaddled, but I found a wool wrap that was so easy and kept her super comfortable. I had one for home and one for the pram and I would it buy it over and over again. ([click here for the one I got](#))

# Pregnancy Purchases

What do you actually need?



## Baby Prep List

- **Feeding pillow:** If you're planning to breastfeed, it can be recommended to get a feeding pillow. I got a few different ones and never found one that I loved and ended up either not using a pillow or just using one from the bed or a cushion from the couch.
- **Bottle sterilizer/bottles/breast pump:** Yes, you can sterilize bottles and pump parts in a pot of boiling water BUT drying them is what I found tedious, especially if you're using a breast pump frequently, so one of my favorite purchases was definitely a steam sterilizer that had a drying function. As for bottles, I opted for PPSU (basically medical grade plastic intended for high use) as they're lighter than glass bottles, but I honestly didn't need or use that many as Alya wasn't bottle fed often. When it comes to breast pumps, for those who choose to breast feed, I think it's a matter of finding one that feels comfortable for you, which unfortunately there is no easy way of doing or try-before-you-buy that I know of, so your wallet can take a bit of a hit. I got all my stuff from [Minbie](#).

*IMPORTANT NOTE: Mama's, please know that the output of your breast pump doesn't necessarily give an indication of your milk production. I wasn't able to pump huge volumes, which made me feel like I wasn't producing enough milk, but I definitely was because Alya was growing at a healthy rate whilst exclusively breastfed. If you have concerns, chat to your Maternal Child Health Nurse or The Australian Breastfeeding Association, if you're in Australia.*



# Ultimate Hospital Bag

## Checklist

So, you've hit the third trimester, and it's time to get that hospital bag ready. No, you don't need to pack for a week-long vacation, although if you want to absolutely do you, but there are a few things that'll make your stay a little more pleasant and keep you feeling in control. Side note: it's never too early to pack your bag, but it can be too late. Thankfully, I finished packing my bag the night before I went into labour!

### *For you*

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- **Comfy Clothes:** I can honestly say I lived in pajamas while I was in the hospital for 5 days post c-section with a few complications. So I had some loose pajamas (button up or easy to pull the top up/down if you're planning to breastfeed), a robe, socks, slippers and a tracksuit to wear home. I know some women feel more comfortable keeping their regular glam routine and that's okay too, but I can't give you any guidance on this as it certainly wasn't me, haha.

# Ultimate Hospital Bag

Checklist



## For you

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- **Toiletries:** Don't forget the basics - shampoo, toothbrush, deodorant, facial moisturiser, body wash, hairbrush, hair ties. They had liquid soap in the shower at the hospital I went to, but I don't know if that's standard at all hospitals. Notice I didn't mention underwear above when I was talking clothes? That's because I literally lived in disposable maternity underwear and adult diapers both in the hospital and a while after I got home - it just made life so much easier and more comfortable than a pad in regular underwear. You may also want to bring things like a peri bottle and ice/heat packs. I got a Labour Prep and Postpartum Recovery Box from Bubba Bump, which included so many of the things I needed, [click here to see it](#).
- **Snacks:** Labour is a bit of a marathon for most and you'll want easy-to-eat, high-energy foods to keep you going (plus some treats, because you deserve it) - I had nuts, lollies, crackers, chips and fruit. If I'm honest, I didn't really feel like eating much, but it was good to have on hand. If you don't have anything though, don't stress out, I'm sure the hospital can muster up some sandwiches or something. The most helpful thing I had was a drink bottle (for water) that had a straw so I could sip at any angle and even while someone else was holding it for me.

# Ultimate Hospital Bag

Checklist



## For you

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- **Accessories:** Phone charger with extension cord so it can reach your phone while you're laying in bed and tablet/laptop (I bought my tablet with pre-loaded shows & movies but I never even used it). Also include things you may want during labour in case they don't have them at the hospital - fairy lights, essential oil diffuser, speaker to play music, affirmation cards etc.
- **Comforts of home:** I didn't really do this, but I do wish I'd bought my pillow from home and one of my favorite blankets (I love fleecy furry stuff). Bring with you anything that will make your stay more comfortable. Some women go home the day after, but if you're like me and stay for 5 days, some creature comforts from home can make it more pleasant. If only I could've brought my dog!
- **Birth Plan:** I'll go through this in more detail in an upcoming section.

*Depending on the hospital, there may not be that much space in your birth suite, so you may want to have 2 separate bags - a smaller one just for the items you need during labour and another bag with everything else for when you go to the post-natal ward. Do remember you may end up in a shared room in the post-natal ward, which also may not have a huge amount of space.*

# Ultimate Hospital Bag

Checklist



## For Baby

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- **Clothes:** Pack a few complete outfits just in case you're there longer than overnight - singlets, tops & bottoms (and/or onesies), mittens, socks and beanies.
- **Baby Toiletries:** Baby definitely doesn't have a list of needed toiletries like yours, but you'll want to pack things like nappies, wipes, dirty nappy bags, bum barrier cream and burp cloths. The hospital will likely have some you can use, but nurses can get busy and may take a while to answer your call, which isn't ideal if you need a nappy immediately.
- **Blankets/swaddles/wraps:** The hospital will have blankets and swaddles you can use there, but it's always nice to bring your own and you'll probably want a blanket or wrap for taking baby home.
- **Milestone card:** This isn't necessarily a must-have, but in case you're all about documenting, then it's good to have a milestone card you can fill in and take a cute little photo with.



# Ultimate Hospital Bag

Checklist

## For You

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- Comfy clothes**
- Robe
- Pajamas
- Socks
- Slippers
- Snacks
- Water Bottle
- Phone Charger
- Tablet
- Speaker
- Fairy Lights
- Diffuser and Essential Oils
- Affirmation Cards
- Toothbrush
- Toothpaste
- Deodorant
- Moisturizer
- Shampoo
- Soap/Body Wash
- Hairbrush
- Hair Ties
- Peri Bottle
- Ice/Heat Packs
- Disposable Underwear or Pads
- Pillow
- Birth Plan

## For Baby

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- Clothes + Going Home Outfit**
- Singlets
- Onesies/Tops/Bottoms
- Socks/Mittens/Beanies
- Milestone Card
- Wipes/Nappies/Dirty Nappy Bags
- Bum Barrier Cream
- Feeding Pillow
- Swaddles/Wraps/Blankets/Burp Cloths
- Formula if not breastfeeding



# Preparing Your Home

for baby's arrival

Welcome to the nesting phase, where you'll want everything in your home to be perfect and if you're anything like I was, you'll have a boost of energy and strength that will see you moving furniture all on your own. But I lovingly invite you to pause and breathe, Mama - you've got this and I can guarantee that even if everything isn't your complete vision of "perfect" before baby comes, everything will be just fine.

## Meal Prepping

In the whirlwind of newborn life, cooking? Yeah, not so much. Unless you have a partner or someone who'll basically be living with you, you may want to make life a little bit easier by prepping some freezer meals or, even better, enlist some friends and family to drop off dishes, either in the weeks prior to baby's arrival or in the first few weeks after you get home. Be mindful that you may not want actual visitors in those first few weeks, whether you're practicing post partum confinement traditions or simply holding space for both you and baby to adjust, whilst also allowing baby's immune system to strengthen a bit more, it's absolutely okay to request that these just be dropped off at your front door - those who truly love, support and respect you will understand.

# Preparing Your Home

for baby's arrival



## Baby's Space

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- **Decide where baby will sleep and get it set up:** Let me emphasize that this doesn't mean you need to have an entire nursery set up, so please don't cause yourself stress if this has fallen to the bottom of your to-do list. I actually didn't have Alya's own room set up until about 6 months after she came home and truth-be-told, at the time of creating this ebook, there's still things I want and need to do in there. But, since Alya only takes her daytime naps in her room (and used to take those in the living room), it really wasn't a necessity for me. What I did have set up when she first came home was a co-sleeper bassinet next to my bed and honestly, had I not initially bought into the fears surrounding co-sleeping, I probably would've just co-slept from the beginning.
- **Changing station:** Create a convenient place for nappy changes. As I said, I didn't have Alya's room ready prior to her arrival, so nappy changes certainly weren't going to happen in there. I ended up getting a change table on wheels that I could move from the bedroom to the living room and wherever else I wanted it in the house. But do what's right for you - whether it's a change table on wheels, a dedicated spot in their nursery or a nappy caddy with all their necessities so you change them on the floor, as long as it works for you, it's fine - remember, "convenient" looks different for everyone.

# Preparing Your Home

for baby's arrival

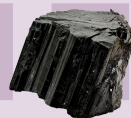


## Baby's Space

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- **Get the energy ready:** This part may not apply to everyone, but since you're in my ecosystem, it probably does, so don't forget to set-up the energy! Cleanse the space (or your whole house) with sage or palo santo, visualize it filled with white light, add in your protective crystals, some plants to help purify the air and circulate energy and maybe an essential oil diffuser for good measure (just ensure that the type of essential oil and strength you use is suitable for babies and definitely don't put it too close to where they sleep). Set the spiritual mood so your baby will feel the calm, safe and peaceful vibes.

*My crystal tips for added love and protection in baby's room (or whichever room they sleep) is one piece of each black tourmaline, selenite and rose quartz placed in all four corners of the room. I also have a nazar (eye bead amulet) on the door to protect from evil eye as Alya is half Turkish and it's a big part of Turkish culture. Plant wise, I placed a Dracaena Janet Craig in Alya's room because I wanted something leafy, easy care and able to thrive in low light conditions, since the curtains are mostly closed. Dracaena Snake Plant is also a fantastic option to help filter the air and according to Feng Shui, may enhance the energy of the space.*



# Preparing Your Home for baby's arrival



## Fur Babies

As we get ready for our tiny human to come home, we need to also remember to prepare our fur babies and help them adjust to the big change. Here are some things I did to help Chica, my English Bull Terrier:

- Allow them to check out things like the bed your baby will be sleeping in (or their room) and the pram etc. If it moves (e.g. the pram, or a bassinet/change table on wheels) move it around while they're close so they get used to the sound and the sight. It was suggested to me to take Chica for a walk with an empty pram so she'd get used to walking alongside it, although I never got around to it, I do wish I'd done it!
- Start training them to differentiate between their toys and baby's toys.
- Once baby has been born, if possible, get your partner/support person to bring home some clothes or a blanket that baby has worn or used and allow your fur baby to sniff it so they can get used to the scent. We did this with Chica and she ended up laying down with Alya's clothes, it was very heartwarming.



# What To Expect

during labour and birth

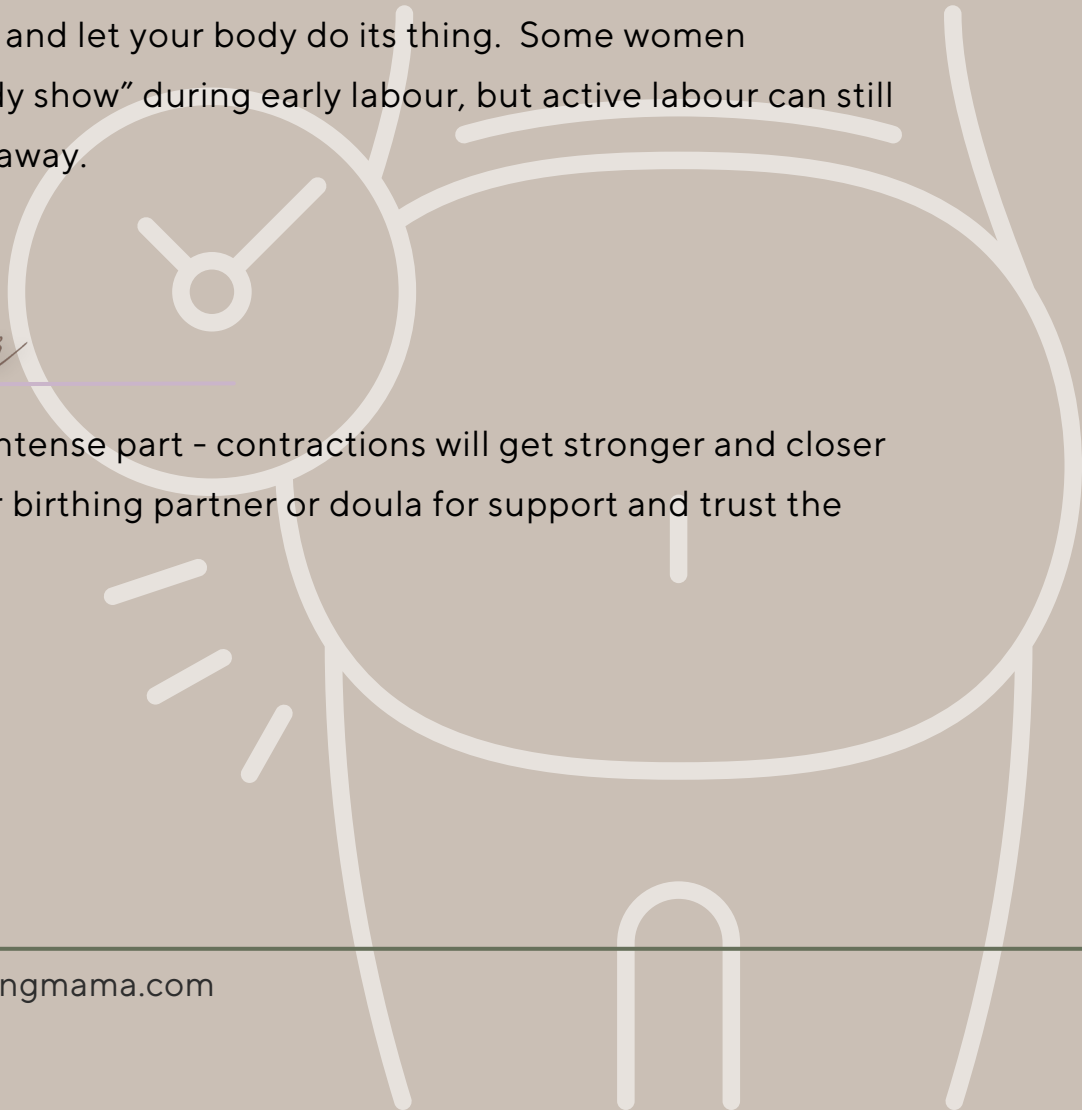
Labour is unpredictable, and no two experiences are exactly alike. The key is to stay flexible, expect the unexpected and trust yourself and your body. You've got this, mama.

## Early Labour

You might feel some cramping, lower back pain, or a "nesting" surge of energy. Relax, breathe and let your body do its thing. Some women experience their "bloody show" during early labour, but active labour can still be days or even weeks away.

## Active Labour

Here comes the more intense part - contractions will get stronger and closer together. Lean on your birthing partner or doula for support and trust the process.



# What To Expect

during labour and birth



## The Beginning of My Labour

For me, I didn't consciously experience early labour, as in, it all began fairly quickly for me so I feel like I went straight into active labour. I remember waking up at about 4 or 5am and feeling a bit of a cramp as well as needing to go to the toilet, so I got up out of bed and went. Nothing really out of the ordinary happened, apart from when I was finished, I opened the door and my dog was there. At that kind of hour, she would've usually stayed in bed and although I didn't think much of it at the time, looking back now, she must've sensed something.

I got back into bed, but the cramping was pretty bad and it wasn't long before I felt the need to go to the toilet again; this time, there was a bit of blood. I called the Hospital Pregnancy Assessment Unit and the nurse I spoke to said that I was probably in early labour, which can go for days or weeks for a first time mum, so to just stay at home and make myself comfortable.

I stayed in bed, but the contractions were almost unbearable and I was only getting a few minutes of relief in between. I decided to call up again and this time was told to come in to the hospital with my bags, but also be prepared to be sent home if I was still in early labour. I was at the hospital by 8-8:30am and I just knew this was it, as the contractions were so intense, I could barely stand it and they were only a few minutes apart. When I got checked over, I was already 6cm dilated and it wasn't long before I was transferred to the birthing suite.

# What To Expect

during labour and birth



## The Birth Plan

Here's the deal: your birth plan is your vision for how you'd like things to go, any instructions you might have and things you'd like taken into consideration. I think there's misconception that there's a certain way things are done and that's just the way it is, but you do have a voice and you are allowed to make choices. So it's great to include things like:

- Preferences for pain management (epidural, breathing techniques etc.)
- Who you want present in your delivery room
- Your wishes once baby arrives (immediate skin-to-skin, whether you'll be breastfeeding etc.)

One of the best pieces of advice I was given was to **be flexible with it**. Birth is an experience that doesn't always follow the script and you may change your mind about things, and that's okay!

I've included a sample birth plan based off the one I created, which was pretty detailed as I had some strong preferences. I would highly recommend making sure your birthing partner is well aware of all aspects of your birth plan and has a copy of it so they can advocate for you if required. I brought 3 copies to the hospital, one for my midwives, one for my birthing partner and a spare.



# Sample Birth Plan

## Birth & Newborn Preferences

These birth and newborn preferences are for (patient):

Hospital Number:

My support person is:

Relationship to me:

Their phone number is:

My support person has a copy of and is aware of my preferences, so is able to advocate for me if I'm unable to answer questions (e.g. if I'm "in the zone" or during contractions). If they are unsure of the answer, I would prefer any questions be held until I am able to answer myself, unless it is a medical emergency

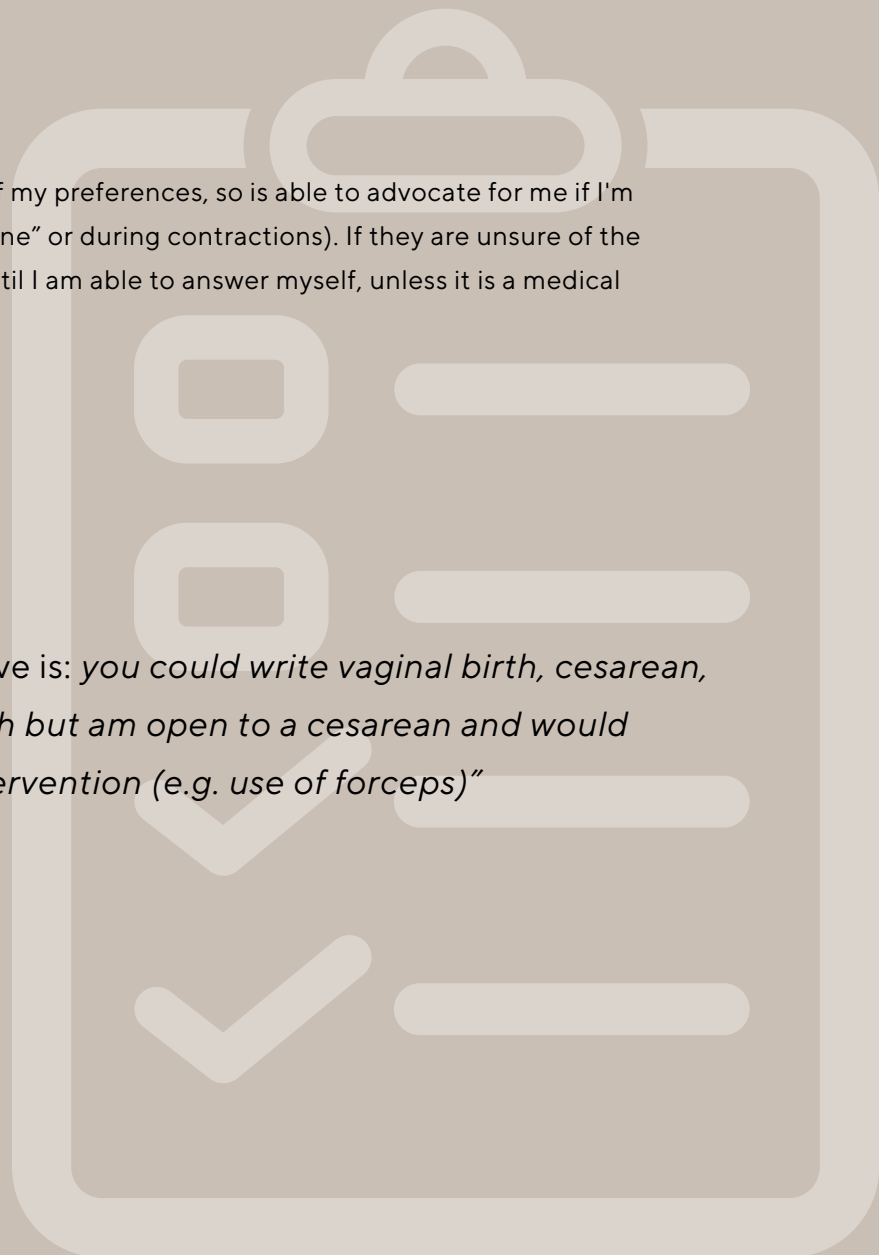
My alternate emergency contact is:

Relationship to me:

Their phone number is:

The kind of birth I am planning to have is: *you could write vaginal birth, cesarean, water birth etc. I wrote "Vaginal birth but am open to a cesarean and would prefer a cesarean over any other intervention (e.g. use of forceps)"*

My current medications are:



# Sample Birth Plan

Birth & Newborn Preferences



For most of these next parts, I've listed what I included in my own birth plan to give you ideas/examples, but you can list whatever you like.

## During Labour

### Important things to me:

- Calm and quiet space
- Minimal amount of people in the room - am okay with one student
- Freedom to move, eat and drink during labour
- For everyone to explain everything that's done to me and around me
- Minimal Vaginal/Cervical examinations - only when I request it or when absolutely necessary
- Intermittent fetal monitoring preferred
- Please check at the time whether or not I would like to be comforted with physical touch
- Place any electrodes on my back where possible to assist with easier skin-to-skin contact with baby

### I would like these things in my birthing environment:

- Music (I will have my own speaker in case there isn't one available)
- Calm/quiet spoken voices
- Aromatherapy (I will bring a diffuser with lavender essential oil if unavailable)
- Dimmed lighting
- Headphones
- Room temperature water

# Sample Birth Plan

Birth & Newborn Preferences



## I would like to consider these things for pain relief:

- Breathing techniques (deep breathing and horses breath in particular)
- Massage/acupressure
- Cold/heat packs
- Walking/movements/active birth
- Meditation
- Shower or deep bath water immersion - but I do not want to give birth there
- Pharmacological pain relief
  - Offered by my care provider or as requested
  - Administered with support person present
  - Acceptable forms: Nitrous oxide gas, Morphine injection, Epidural anaesthetic

## During 2nd Stage (Pushing/Descent)

### Important things to me:

- Prefer a cesarean over any other instrumental/assisted birth
- Please do not advise/allow me to hold my breath during pushing. Encourage consistent breathing.

### When in second stage, I would like:

- To instinctively bear down/push as my body feels
- No coached pushing unless my sensation is heavily dulled by epidural
- To try whatever position feels comfortable for me at the time

# Sample Birth Plan

Birth & Newborn Preferences



## If my baby is born by Cesarean, I would also like:

- My support person to be with me in theatre
- Music to be played if possible
- The drapes lowered after baby is born
- Baby to be birthed gently and calmly unless medical emergency doesn't allow for it
- Immediate and uninterrupted skin-to-skin in theatre with myself or with my support person if I am unable

## When Baby is Born

### When my baby is born, I would like:

- Gentle wipe down of baby
- Myself or my support person to cut the umbilical cord (however, would like delayed clamping until cord turns white)
- Immediate and uninterrupted skin-to-skin with my baby or baby with support person if I am unable
- Photos taken of the birth using my camera/my phone/my support person's phone if possible
- Any routine IV antibiotics for me to be given AFTER cord is cut unless it's a medical emergency
- First weight/measurements only to be taken after skin-to-skin and breastfeed

# Sample Birth Plan

Birth & Newborn Preferences



## **During the 3rd stage of labour (from birth to delivery of the placenta) I would like:**

- Delayed cord clamping until cord turns white
- Active management of the 3rd stage, including the oxytocin injection and controlled cord traction

*If you are collecting and either donating or storing cord blood, be sure to specify that here.*

## After Baby is Born

### **Important things to me:**

- Baby not to be separated from me unless medically necessary (stays with me in recovery and does not go to ward without me)
- If baby must be separated from me, baby to be accompanied by my support person
- *If you would prefer your baby not receive the hepatitis vaccine or vitamin k injection (there is an oral alternative to the injection), then specify that here*

### **I am planning to feed my baby:**

- by breastfeeding or giving expressed breast milk (or formula if that's your choice)
- with colostrum I will bring into the hospital, stored frozen (if available)
- by combining breastfeeding and formula feeding if necessary

# Sample Birth Plan

Birth & Newborn Preferences



## **I would like my baby to have:**

- *If you are choosing oral vitamin k as an alternative to the injection, note that here*
- *Whether you'd like the newborn hearing screen to be done*
- *Whether you'd like the newborn screening (heel prick) test to be done*
- *Whether you'd like them to have their first bath during your hospital stay*

## **Only named visitors to be permitted:**

*You won't need this section if you are happy for anyone to come visit you at the hospital, however I personally had a list of just a few names and also specified "if anyone other than the named pre-approved visitors arrive, please discreetly seek permission from patient before admission". This can be particularly helpful if you are experiencing any kind of family violence or just want some time and space alone (which is absolutely okay!). Your nurses will be able to advocate for you and respect your choice to turn people away, but only if you let them know your wishes, so don't be afraid to speak up. Remember the only people who see your birth plan are you, your support person and your care team.*

*Please note, at the time of writing this, I am based in Melbourne, Australia, so the hospital procedures (especially for things such as newborn screens and vaccinations) may be different if you're located interstate or internationally. It's a good idea to have a chat to your midwives and medical team to further assist you with your birth plan - but remember, you're the boss, so don't hesitate to advocate for yourself, your baby and your experience!*



# The First Few Weeks

surviving & thriving with baby

Welcome to the newborn bubble, where time is an illusion, sleep is a distant memory, and love? Well, it's overflowing.

## Baby Basics

- **Feeding:** Whether you're breastfeeding, formula feeding, or both, I personally recommend feeding on demand. Baby's tiny tummy needs frequent refills and the best way to ensure this is done (unless there are medical issues at play) isn't by looking at the clock, it's by tuning in to your baby's individual demands.
- **Sleep:** Newborn sleep is wild and for me, it was all over the place and fairly unpredictable. Creating calm routines can help, but don't stress yourself out by expecting them to follow any kind of schedule or routine at this stage. If you do want to track their sleep (plus other things like feeding, nappy changes, medicine etc.), now or in the future, I loved the [Huckleberry app](#) and still use it today.
- **Nappies, Nappies, Nappies:** Get ready to become a pro nappy changer, because you'll be changing them all day, every day!

*Please note, anything here is just based on my own experiences and opinions; not intended as medical or professional advice.*

# The First Few Weeks

surviving & thriving with baby



## Self-Care For Mum

- **Mindfulness Practice:** You might be up in the middle of the night, but taking a few mindful breaths or grounding yourself in gratitude can help you stay calm and present. Two reminders I hold in my head and heart are:
  - Babies aren't giving us a hard time, they're having a hard time.
  - The days and nights feel long, but they go by so quickly and even though it doesn't feel like it right now, one day I will look back and miss these moments.
- **Body Healing:** No matter how your baby entered the world, your body just did something incredible by creating a tiny human from scratch! Not to mention you still have a wound roughly the size of a dinner plate inside you from where your placenta was. So please be kind to yourself - take baths, rest and nourish your body. Housework and everything else can wait! I promise, you will never look back on these moments and wish you'd done more housework.
- **Don't do it alone:** Don't be afraid to reach out and ask for help. Even if you don't have friends or family around you, there are many local support systems and groups in place. This can be a really overwhelming and isolating time, so please seek help if you need it, Mama.



# Mindfulness

## and manifestation for new Mums

Manifestation isn't just for vision boards. During pregnancy and early motherhood, you can use it to create the life and motherhood experience you want. Here are a few practices to help:

- **Daily Mantras/Affirmations:** Start your mornings by empowering yourself with affirmations like, "I trust my body" or "I am exactly the mother my baby needs". You can also repeat these throughout the day.
- **Connect With Your Baby During Pregnancy:** Take some time each day to close your eyes, place your hands on your belly and tune in to your baby. You may wish to visualize the colour pink (for unconditional love) connecting your heart to theirs, then filling your entire body. It's also beautiful to speak to your baby out loud - they can hear you and research shows that they enjoy hearing their mother's voice!
- **Visualize Your Birth:** Spend a few minutes each day imagining your ideal birth. It helps prepare your mind and body for a positive experience.
- **Practice Presence:** Mindfulness isn't just for meditation - it's for those everyday moments. Whether you're rubbing your bump, breastfeeding or cuddling, practice staying present in those moments and enjoy the journey.



# Secure Attachment

*and gentle parenting basics*

Conscious parenting is all about creating a strong, loving bond with your baby from the very start. Regardless of what you may have heard, you cannot hold or love on your baby too much. It is biologically natural for mothers and babies to stay close. A baby depends on their mother (and dad's or other caregivers) for everything, including feeling safe and help to regulate their nervous system. Here are some ways to nurture secure attachment and connection-focused parenting:

- **Respond to Baby's Needs:** Every cry, every coo is communication. Be there with love, patience and reassurance. Although the belief that babies can "manipulate" you by crying still circulates, it's important to realize that babies' brains simply don't have the cognitive capacity to do this. Remember, when they were in your womb, they were always warm, never hungry and you were right there with them 24/7. Imagine how scary and new it must be for all that to change.
- **Hold, Cuddle, Repeat:** Skin-to-skin isn't just for the hospital - it's a key way to bond and build trust and even if it's not necessarily skin-to-skin, your baby feels safest in your arms.

# Secure Attachment

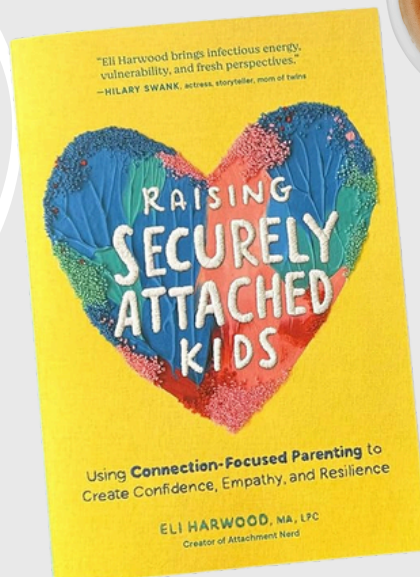
and gentle parenting basics



- **Practice Gentle Parenting:** Lead with empathy and understanding. Babies are learning, just like you - but the difference is, everything is unfamiliar to them, except you. Not only are you guiding your baby through their external environment, you're also shaping their inner landscape. One mantra I've repeated to myself often and has really helped me through some of the more challenging moments is, ***they're not giving me a hard time, they're having a hard time***

## Recommended Reading

To learn more about secure attachment and gentle parenting with some fantastic practical examples, I loved this book by Eli Harwood (@theattachmentnerd).





# Conclusion

## **and Community**

Welcome to motherhood, mama. It's messy, magical, and full of heart-expanding moments. You've got everything you need within you to nurture, guide, and love your baby in a conscious, connected way. Trust your instincts, lean into mindfulness, always give yourself grace, and remember - you're doing an amazing job.



# Conclusion

and Community

## Ready to Dive Deeper?

As you continue on this journey, I'd love for you to join my upcoming community of like-minded Mama's. **The CMM membership community** is the perfect space to connect, learn, and grow with other spiritual, conscious mums (of tiny humans, fur babies and plant babies) who are all about manifesting, gentle parenting, growth and creating generational emotional wealth. Think of it as your village - a place for support, learning, healing, expert advice, and the practical resources you need as you step into motherhood with confidence and grace.

**Plus, check out my upcoming podcast!** If you're craving even more guidance (and let's be real, a few laughs along the way), tune in to my podcast, *The Conscious Mama's Manifesto*. It's your go-to for honest chats, real-life stories, and expert insights on all things pregnancy, healing, parenting and manifesting the life you dream of for you and your little ones - basically, mum life. Perfect for those moments when you need a boost of encouragement, inspiration, or just a friendly voice reminding you - you're not alone and you've got this, mama.

Stay tuned, and I can't wait to connect with you in my community and on the airwaves!