



Mum 2 Mum Coaching with Sonia Biszczak

1. Look after Yourself!

If you don't take care of yourself how can you take care of anyone else? It's important to look after yourself and that means getting as much sleep as you can, aim for 8hrs each 24hr period. I remember when my daughter was just a few weeks old I would get around 6 hrs sleep a night and a couple in the afternoon when she had an afternoon sleep, of course that was on the good days. Eat well because 'you are what you eat' and your body needs as much nutrition as it can get, especially if you are breast feeding. You can even look at supplementation to help, I recommend you see a good Naturopath that specialises in helping mums to make sure you take what your body really needs. Go for a walk, each day if you can, even start with just a walk around the block and take just 5mins then increase as you go. Don't stay at home just because the house needs cleaning or tidying or the washing needs doing, it will always need to be done. So if you're starting to feel stressed just put the baby in the pram and go!

2. Ask for Help if You Need it.

If you are feeling stressed or you're struggling to cope or even if you are just too tired to clean the house or get the shopping, I can't say it strongly enough 'ASK FOR HELP'. I remember feeling that way and thinking 'oh I'll be alright' or 'I don't want to ask' or even if someone offered to help I'd say 'I'm ok' or 'I'll be fine' but the truth is I really needed all the help I could get and when I accepted the offers or did ask for help I felt so much better afterwards. Remember most people love to help out; it makes them feel important that you've asked them.

3. Plan Your Week Ahead.

Doing a plan of your week ahead is a great way to feel more in control and organized. My coach recommended this for me when my daughter was 5 months old and this was a huge help. It's not set in concrete of course, things can always change when you've got a baby, which I'm sure you know well, but you can plan which afternoon you are going to do the shopping and which day for mothers group catch up and roughly what time to prepare dinner (eg. 10am when baby is sleeping or playing you may pre-cut your veggies for dinner). This way you have a guide to follow and you won't be left thinking 'now what?' because everything needs attention.

4. Re-evaluate Your Life and Set New Goals.

Things change after you've had a baby especially if it's your first. Take a moment out for you and get someone you trust to look after your baby even just for an hour and pop down to your local coffee shop and take a notebook with you. Write down the main areas of your life such as health & fitness, Career & finances, family & friends, spiritual and self and have a think about where you are and where you would like to be in each area in 6 months time. From there pick your top 3 areas which are most important to you at the moment and write a goal for each. Now you have something to start working towards. Another great way to go about this process is to do it with a life coach. A life coach can help you define what it is you really want and help you to



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achieve it. If you would like a free trial session to help you set your goals please go to www.mum2mumcoaching.com.au

5. Join a Mothers Group.

One of the great ways to make new friends with babies and realize you are not the only one trying to care for a baby is to join a mothers group. There are many ways to join a mothers group such as your local Child and Youth Health or Playgroup but for me it was through the hospital I had my daughter. My mother's group has been a great source of support and a great way to get out of the house and do something different. If you're having a feeding or sleep issue with your baby chances are someone in your group is too and they can often give good advice or tips or even where to go to get help.