



**NEW MUMS ROCKING
MOTHERHOOD
- THE COMPREHENSIVE PLANNER**



"Planning and preparing for your baby's arrival whilst you are pregnant will put you in a good, solid position and mindset for when your baby arrives."

APRIL KNELL

You plan for the arrival of your baby. You are asked lots of questions about how you would like your birth to be. You fill in forms and have endless chats with your medical team.

Even with all your planning and over-thinking, that said-plan often flies out of the window when it's time to meet your baby.

What you can have more of a say in, is what happens when your baby is here.

You can take practical and emotional steps before your baby arrives to help you feel prepared, assured, confident and a sense of positivity striding into motherhood.



Expectations

Modern living gets us thinking about how you should live your lives in certain ways, and motherhood is no exception. Routines, schedules, how and when to feed, social media offering up constant reminders.

The truth of the matter is you are going to feel dog-tired (sorry for the bluntness). Feeds will feel relentless, people will pee-you off because of a well-meant remark; one that wouldn't have bothered you before.

You may find yourself comparing yourself to other Mums and thinking, "How can she do it and I can't."

Your hormones will be up and down, often Mum guilt shows up. Your shift in identity is going to take some time getting used to. Oh, and your baby doesn't do what the book says.

Yes, these can feel like challenges and may take some time to work through but try and remember these are phases and won't be forever. Just for now.

How can I make sure my expectations are as close as possible to the reality of having a newborn?



Have you had a chat with your partner about expectations from both sides, and how you can keep working as a partnership?

(If you are flying solo, could you bounce some ideas around with a family member about how it's best going to work for your situation?).

Fourth Trimester

The fourth trimester is the twelve weeks after the birth of your baby and it's a period of transition for baby, and Mum.

Your baby has come from womb to the outside world and they need time to adjust to their new experiences, development and sensory world.

For Mum, there are physical, emotional and mental changes you need to process and allow yourself the time to rest and recover.

Have you got an understanding of the fourth trimester and how it shows up?



Have you got an understanding of how to work with it?

Have you had read about typical baby behaviour? Such as sleep, cues, feeding and development?

Who you gonna call?

In your support network, who you can call upon when you need an honest chat? The person who will make you laugh through the tired tears. The person who talk to you endlessly about how you can work through a phase. Who are the people you will feel comfortable to call? (Let me know they are going on the list!)

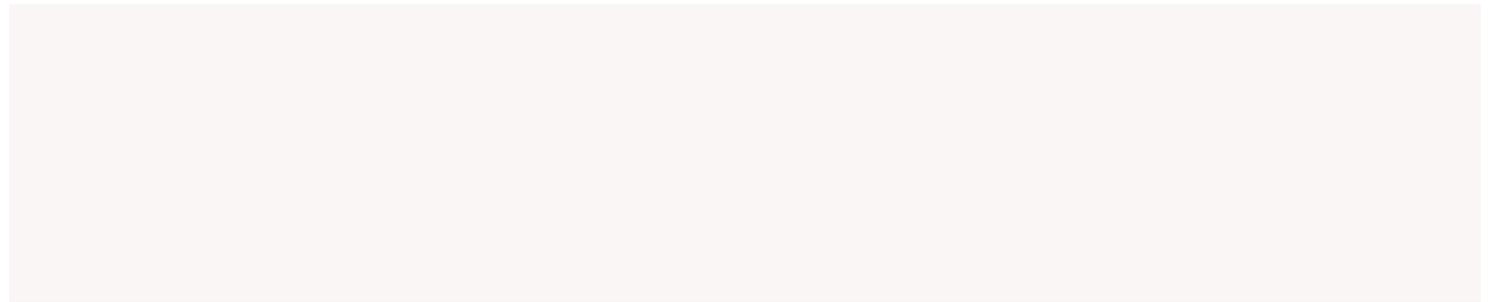


Your space and time

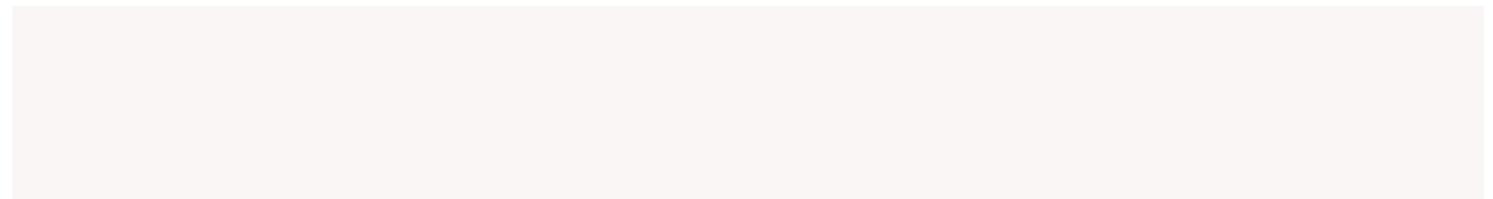
SPACE is where we spend our time and how our environment makes us feel.

TIME is how we spend our time – whether it be alone, doing something we enjoy or being in company.

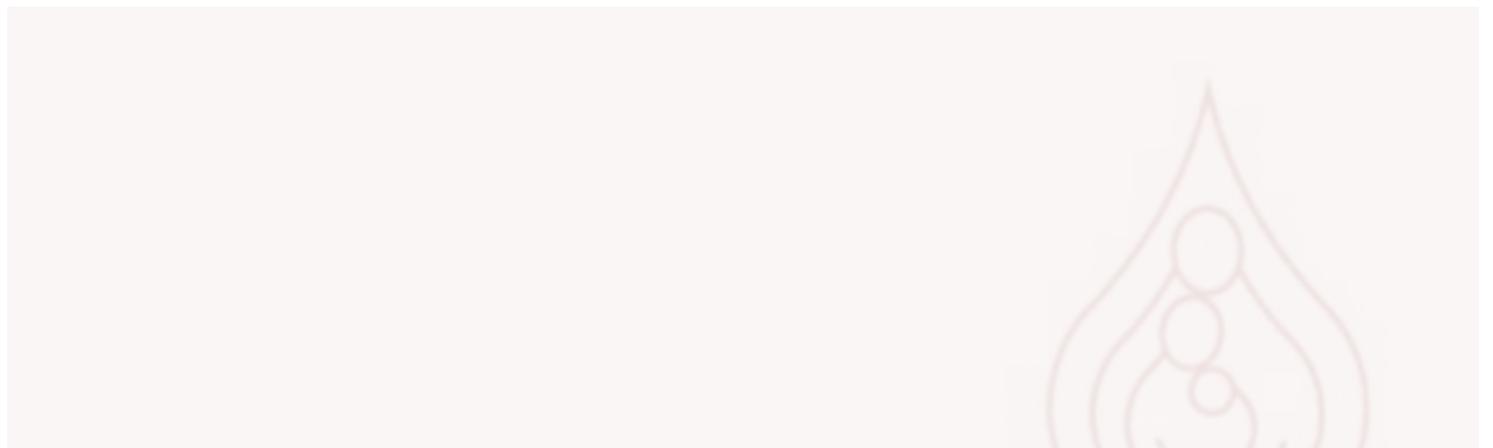
What's your plan for visitors once the baby is here?



Where is your sanctuary?



Have you got a resource of things you enjoy that you can easily tap into? (eg. podcasts, music, journals, exercise, yoga, relaxation, journal, book.)



Practical stuff

Getting the practical stuff done whilst baby is still to arrive you will make you feel lighter and free up mental space.

- Make a list of batch cooking recipes and get cooking?
- DIY jobs around the house?
- Have you found your local support groups for when the baby arrives?
- Have a good declutter
- Make space for new baby things and know where everything is homed
- Have you arranged help for around the home

You know where I am..

These planning and prep ideas should give you lots to work with. However, if you would like further info or to ask specific questions, please do get in contact

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Postnatal Specialist | Doula | Founder of the Confident New Mum Program

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April Knell trained and worked as a postnatal doula since 2014.

April supported lots of families and saw first hand what a profound transition period the Fourth Trimester is for mum and baby.

April Knell is an experienced Postnatal Doula. She left London life, working in Media and totally changed direction and retrained as a doula. Deciding to focus on the postnatal space, to offer help and support to women starting their mothering journey.

As a Mum of two, April feels strongly that more can be done in the postnatal space to get women off to a much stronger start and to be able to look back at this life-changing chapter with positivity.

Since April's new direction in 2014, April has been providing in-home support when baby arrives, providing emotional back up and practical hands-on help.

In 2020 will see the doors open to the new digital program, Confident New Mum program – covering the first 12 weeks after a baby's birth, also known as the Fourth Trimester. A transition time for mum and baby.

For more info on the new digital program and in-home support, contact:

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