

Me & My Baby

EZINE

May 2021

The Hide & Seek Nursery

A unique and modern approach to decorating your baby's nursery

Importance of Family Portraits

How family photos help children's self-esteem

Craniosacral Therapy

What exactly is it and who is it for?

Post Natal Depression

Knowing what to look for

Pelvic Pain

A physiotherapist's advice to dealing with this during pregnancy

Breastfeeding

What to expect in your first week

Sleeping Tips

Tips for babies from newborn to toddler



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The Baby Academy delivers Live Online Classes for expectant parents across Ireland on their tailored and interactive platform. Being a modern alternative to Antenatal Education, they draw on the very latest evidence-based research. And what's better, all classes are delivered by the country's leading experts.

What to Expect in your First Week of

Breastfeeding

You might be wondering, "What is there to learn? Breastfeeding is natural; just give baby your breast and they nurse, right?"

We wish we could say it was always that simple. In our experience with new mothers, we have seen some struggles getting started with breastfeeding. Some of these problems are readily solvable with quick fixes while others can be more challenging. A recent study provides empirical support for what we've observed in practice. Specifically, it found that 92% of mothers with 3-day old babies had at least one 'bump in the breastfeeding road'.



While breastfeeding may be "natural" it does take some time to learn. For many women, breastfeeding their baby will be their first time witnessing the process up close. So while breastfeeding is 'natural', it may not come naturally to you and will take some time to get used to. To that end, we want to tell you four important things that will make the first week of breastfeeding much easier.

1) Understanding newborn baby talk

Evolution equips us all with reflexes that help us to adapt to our environment and survive. Babies are no different. The sucking reflex and rooting reflexes (searching with the mouth) are important for feeding. When baby makes sucking motions, therefore, he is signalling that he wants to be fed. And when he starts crying after his signals have not been heeded, he is- in short- saying, “I tried to be nice about it but you missed my signals. Now I’m ‘hangry’ and this is stressful for everyone! Always take a few minutes to calm and soothe your baby before putting them to the breast.

Try to watch for and respond to those earlier cues as the baby is easier to latch and frequent feeding causes the mother’s body to produce more milk.

2) The “Ravenous Second Night”

A Baby’s second night can be a demanding one for mothers. Baby wants to feed often. Mom’s breasts are soft. Many people assume this means they don’t have enough milk and are tempted to turn to formula.

This period of frequent eating, however, is to be expected. Your baby is doing exactly what it should be. Frequent feeding signals to your body that it should produce more milk. Interfering with this natural process by giving formula can deter your bodies’ ability to produce milk in the long run.

3) You do not have to endure nipple pain

Nipple pain is common in the early stages of breastfeeding. Feeding is new to your body and initially, can be tough on the delicate skin (barrier cream can really help). But that doesn’t mean that it should be blindly accepted. Nipple cracking or bleeding indicates that baby is exerting too much pressure on the nipple. To allay some of this pain, unlatch your baby, adjust your breastfeeding position and try to get baby latched more deeply. If these simple adjustments don’t work, you can take our free workshop on breastfeeding to refine your technique

4) A breastfeeding support team is critical

Bringing a new baby into the world is one of the most transformative experiences you'll ever go through. It is impossible to imagine how dramatically your world will shift. On top of all of this, you'll be learning how to breastfeed- something that, as the points above indicate, is trickier than it looks.

Amidst this sea of change, you'll need support to keep you afloat. Indeed, research shows that a partner's support is key to ensuring breastfeeding success. If you don't have a partner, recruit a friend. When you are struggling or have questions in the wee hours of the morning, you will need someone to support you and tell you that you are doing an amazing and important job. Try to surround yourself with friends and family who have had positive experiences with breastfeeding. Look to

The first week of breastfeeding is challenging. Hopefully, knowing these four things will help to make it easier. We believe in you! Begin your breastfeeding journey today, sign up for our FREE Prepare to Breastfeed Workshop, suitable for expectant parents in their second and third trimester.





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We are continually developing, growing and sharing our knowledge by offering classes and workshops. For example baby reflexology, meditation classes, healing days, fermentation for gut health etc. Please check Facebook and Instagram to keep updated.

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The Bump Room is a safe place for mums-to-be to exercise with instructors who are chartered physiotherapists. We aim to reassure, encourage and motivate mums-to-be to stay fit, strong and confident to exercise in pregnancy.

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- * Beyond Birth *



Lorna Kee, BA Int Arch

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www.keeinteriors.com

The Hide & Seek Nursery

The emotions and excitement of a new baby coming home is great but, after months bunking in with Mum, it's time the baby moves out! This is a great opportunity to design a Nursery. I chose to use a new Collection called Hide and Seek from the Fabric and wallpaper book "Book of Little Treasures".

The Design for a nursery includes a feature wall of a Meadow with animals like jumpling foxes, fluffy rabbits, butterflies and hand painted meadow Flowers. Each time you go into the nursery the feature wall is like a little story to share with the baby over nappy changes!



A Soft Mint Cotton Fabric with delicate print is a great choice for a roman blind or pair of curtains, lined in Black out Lining! Accessories the room with A cozy Mint Velvet Rocking Chair, knitted Footstool, Oak Furniture and a soft Round Rug.



A Soft Mint Cotton Fabric with delicate print is a great choice for a roman blind or pair of curtains, lined in Black out Lining! Accessories the room with A cozy Mint Velvet Rocking Chair, knitted Footstool, Oak Furniture and a soft Round Rug.

Everything in the nursery has a theme of wooden toys, wooden furniture and shelving, Mixed natural fabrics and textures and a natural gender neutral colour palette.

To Book an Interior Design Consultation, call Lorna in Kee Interiors on 0872491249 or visit the Website www.keeinteriors.com and quote DesignWorks to receive 10% off the consultation.

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the nursery



Sleep Tips - Newborn & Beyond

Any family that has worked with me will know that I am not one to use too many gimmicks and gadgets in terms of sleep for little ones. I am a “less stuff, more encouragement” kind of girl!

Subtle messages in terms of baby sleep rather than the bells and whistles and all singing all dancing mobiles/hairdryers/iphones/ipads is the way forward!

Here are a few handy tips for each stage – from newborn to toddler!

For your newborn

Routine. Forget about it for a while! When a new ‘bundle of love’ arrives, many people feel pressure to have a routine from day one. I don’t believe that this extra pressure is helpful and can sometimes make life even more stressful. Indulge yourselves for a few weeks - let the baby just “be”, before starting on their own learning curve. Get to know each other.

With over 20 years of childcare experience behind her, Niamh O’Reilly is the best selling author of “No Fuss Baby and Toddler Sleep”, and sleep expert with www.thenursery.ie. She’s also a baby and childcare guru, a ‘parent nanny’ and the answer to many a weary parent’s woes.

When it comes to baby and child issues, Niamh is your woman. Always on hand to offer a no-nonsense solution, in an approachable way. A regular in the Irish media, both tv and radio, Niamh will help you attain that ‘holy grail’ – nights of uninterrupted sleep for all of the family.



Swaddling. Swaddling is a great way to help your newborn relive the comfort and security of having been inside you for so long. It reduces the startle reflex which can often prevent them from staying asleep for periods of time. Some people may even swaddle for up to 12 weeks. There are no big rules in terms of swaddling except that you should stop once your little one is showing signs of rolling. I would recommend a breathable and slightly stretchy fabric. A relatively tight swaddle around the upper body, but looser around the hips and legs, to allow freedom of movement and to avoid hip dysplasia. And finally, never leave a swaddled baby unattended.



Babies 6-12 months

Sleep-Bags. Once you have finished swaddling, using baby sleeping bags can give your little ones a good strong sleep association which helps them to think “oh. I’m expected to go asleep now.” Quite often the zipping up of the sleep bag can be their cue for sleeptime. Use them for night time and also for naps. In terms of warmth, it’ll reduce the need for extra blankets, which may rise up or get lost overnight.

Bedtime routine. From around 16-20 weeks your baby might begin to develop a slight behavioural element to their sleep patterns. Maybe they expect mum to put them down to sleep so when Dad tries, all hell breaks loose (or even vice versa!) Perhaps your baby falls asleep on the bottle/breast at naps and bedtime - it may follow that when they rouse later they will expect/need it to fall asleep again. Try and put your little one down to bed awake, or at least awake enough to know where they are!



Toddlers

Soothers. Soothers are often the biggest culprit when toddlers are not sleeping well at night. They lose them - you leg it in to retrieve it in the hope that they don't wake fully. They catch a glimpse of you and so the fun begins. You are on all fours scrambling in the dark for the rogue soothers and your little one thinks it's play-time! It's all just a big game and toddlers love a game (no matter what time of the day or night!). The Sleepytot Bear can cut down on these "lost" soothers. It also means that soothers are in one place if they are being thrown at you from the cot/bed. It's simple and genius all at the same time!
<http://www.sleepytot.com>

Consistency. We all learn a new skill through repetition and this is why consistency is key when teaching your baby/toddler to sleep independently. Mixed messages make things unclear as they don't know what to expect each time they wake (particularly at night). Pick a technique and stick to it. Give it time (at least 5 nights) to really settle in. Don't panic after a night or two and change your method as this will just be confusing for your little one.

Give them a try – you never know!

Niamh

the nursery




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Nurture Health

BREAKING THE SILENCE OF
*CONCEPTION *PREGNANCY *CHILDBIRTH

Irene Lowry, MD Nurture Health

Irene's professional background is diverse - she worked in international sales and marketing for many years before training to be a humanistic counsellor and is accredited to the IACP <https://iacp.ie/>

In 2011 Irene established Nurture charity - a unique nationwide counselling and training support service in Ireland supporting women and partners' mental health: Conception, Pregnancy & Childbirth related health issues. Nurture Health works with 28 accredited IACP counsellors.

In 2015 Irene successfully won Social Entrepreneurs Ireland 'For Impact' award an extremely prestigious award with significant investment in Irene as an Entrepreneur both financially and professionally. Irene attended SEI's business programme from 2015- 2018.

In 2018 Nurture charity lost their HSE funding thus the charity had to wind up its support services.

In 2019 Nurture became an independent organisation Nurture Health. Through Irene's business contacts Nurture Health has partnered with Irish health Insurance Companies whereby their clients can be re imbursed for some of their counselling sessions. Nurture has supported over 11,500 women and 2,500 men since being established in 2010.

What is Post Natal Depression?

Postnatal depression (PND) occurs when a mother delivers a baby, generally after a fourteen day period, and feels she has a low mood and is struggling to cope emotionally and physically. PND (postnatal depression) can last many months after a baby is born, therefore, it is vital for a woman to seek professional support by talking with her GP, public health nurse, midwife, doula, partner, a family member or friend about how she is feeling.

Delivering a baby brings with it enormous life changes that can be more than challenging at the best of times. It is normal for new parents to be confused when trying to figure out what they are feeling, especially the mother's emotional and physical processing of this life changing event. Due to several social and biological factors of this physical and emotional processing, a woman can develop the symptoms of PND.

Postnatal depression can have a broad range of symptoms. These can vary in how severe they are. A woman might be feeling sad, anxious and alone. She may be feeling guilty, irritable and angry. She may be experiencing panic attacks. She may not enjoy being with people, or even her baby.

Women who find themselves presenting symptoms of PND may also suffer from a high level of anxiety which over time debilitates them in their everyday life. Because postnatal depression is not openly discussed in the healthcare environment some women do not realise they are suffering from PND. The ones who are not vocal of their symptoms hope that over the coming months their low mood; lack of motivation; persistent urge to cry; crying all the time and lack of motivation will alleviate itself to how they felt prior to giving birth.

These feelings can terrify them and in turn can shut them down from talking about how sad and disconnected they feel from the real world. Some women find it incredibly difficult to admit these negative feelings with their partners and may become angry. This anger can be directed at their partner by way of verbal and physical abuse. Partners with women who are experiencing PND also suffer as they may be extremely worried about their loved one as they may not know what is happening to them, and do not understand. This may jeopardise other aspects of family life such as a woman not being able to return to the workplace as she is struggling with PND and is not coping as she used to. Some women can lose their identity when experiencing PND and they can be more than concerned about who are they now and what has happened their old identity. What is important for a woman to remember is that; PND does not define who a woman is as it is only a part of them. It is okay to be 'a good enough mother', rather than the 'perfect mother'.

Statistics of postnatal depression in Ireland:

More than 1 in 10 (13%) women experience postnatal depression (PND) during the first year postpartum with most cases commencing in the first three months. It occurs at a crucial time in a mothers' life and can persist for long periods. Postnatal depression can have adverse effects on partners, on the emotional and cognitive development of infants and children. For many women, the period following delivery is one of increased psychological vulnerability, detectable across a broad spectrum of reactions. If left untreated, PND can have detrimental consequences for the mother, infant and family, and can progress into severe clinical depression which can be a precipitating factor to suicide, which is the second-most-frequent cause of maternal death in Ireland and the leading cause in the UK and infanticide in some severely depressed mothers. There are a number of postnatal emotional disorders, which may include some similar symptoms, but are distinguishable from PND.

Patricia Leahy-Warren, 'Postnatal Depression: Risk Factors, Assessment, Identification and treatment', in World of Irish Nursing, 10, 21 (2013-14), 51-54 (p.51).

Some women think PND presents itself as the client does not want to get out of bed in the morning time due to lack of motivation or feeling anxious. However, there are many other symptoms of PND which a woman may not know about and therefore her negative thoughts and experiences leave her lost and feeling alone. Outside health professionals, society as a whole is generally not educated about PND and so when a woman mentions she is struggling with PND people tend to shut her down with comments like, "you have a baby what have you got to complain about" or "how could you feel this way look at your beautiful baby" these comments are viewed as a negative to the women and in essence can shut them down from talking about this debilitating illness any further.

In Nurture Health our message to women and partners suffering from PND is 'that you are not alone' in your struggle - we are here to support you. Nurture Health offers you immediate affordable professional counselling across Ireland with 'No wait lists'. All our counsellors are fully trained and extremely passionate working in the areas of mental health we support, one of those being postnatal depression. Our dedicated counsellors are accredited to our governing Irish body <http://iacp.ie/> Irish Association for counselling and psychotherapy. Please don't suffer in silence please contact us:

Nurture Health Contact Details

Mob: 085 8619585

Email: info@nurturehealth.ie

Website: www.nurturehealth.ie

Why have

Professional Portraits

taken?

Photographs play an important role in everyone's life – they connect us to our past, they remind us of people, places, feelings, and stories. They can help us to know who we are.

It is all well and good having hundreds of images of your spouse/partner and children on your phone. If you look through the images though, how many include you? Some Mums are happy being out of the picture as they feel they need to lose that extra few kilos to get back to pre-child weight before considering to be in front of the camera. The reality is the majority of us do take quite a while to get back to pre-child weight or shape but, when your child looks at photos with you in them, they only see you! They don't know how big or small you were before child birth, they see you as you. And you need to exist in photos for them. As adults, photos of our parents when they were younger are a treasured precious possession. When your children are older, will they have those precious photos of you to treasure?



Aside from existing in photos are becoming part of your family's history to be handed down to future generations, there are hidden but powerful aspects of family photography that are rarely considered. Psychologists and experts have done some work in recent decades exploring how it can help us raise children with stronger confidence in their own worth and abilities.

But how can family portraits help boost a child's self-esteem?

David Krauss, a licensed psychologist from Cleveland, Ohio says, "I think it is really important to show a family as a family unit. It is so helpful for children to see themselves as a valued and important part of that family unit. A photographer's job is to create and make the image look like a safe holding space for kids where they are safe and protected. Kids get it on a really simple level."

Krauss is one of the earliest pioneers in using people's personal photography and family albums to assist in mental health counselling and therapy. He co-authored "Photo Therapy and Mental Health" in 1983 that is considered a founding text for the use of photography in therapy.

Judy Weiser, a psychologist, art therapist and author based in Vancouver has spent more than 20 years using all manner of personal photography to assist in the treatment process of her clients. She is considered by many to be the foremost authority on these treatment techniques, called PhotoTherapy.



“It lets children learn who they are and where they fit. They learn their genealogy and the uniqueness of their own family and its story. When a child sees a family portrait, with them included in the photograph, they say to themselves: ‘These people have me as part of what they are, that’s why I belong here. This is where I come from.’”



When It Comes To Having The Greatest Positive Impact For Your Child, Which is Better, Digital Images or Paper Prints?

In today’s digital world, rather than print and display family photographs, families are increasingly enjoying their images in a digital form, be it a mobile device, a laptop, or simply on social media.

But does an image on a tablet, computer screen or social media site have the same impact for helping families boost a child’s self-esteem?

“My bias is very simple. I think family photographs should be on the wall,” says Krauss. “I am very conservative about self-esteem and I think placing a family photo someplace in the home where the child can see it every day without having to turn on a device or click around on a computer to find it, really hits home for that child this sense of reassurance and comfort. They have a certainty about them and a protecting quality that nurtures a child. It lets them know where they are in the pecking order and that they are loved and cared for,” says Krauss.



Family portraits boost your children’s self-esteem! It’s actually been proven by psychologists that it’s incredibly healthy for your children to physically see your family as a unit, and to see themselves represented as a valued member of that unit. By having family portraits hanging on your walls at home, your children grow up knowing that they belong and they are loved. You may be thinking, “my child is the background of my phone, does that have the same effect?” While I’m sure that does help, the psychologists who conducted this study seem to think that the sensory and accessible act of touching and seeing a portrait on their wall makes it a habitual sight, reinforcing these esteem-boosting ideas.

Denise Cannon is a qualified professional photographer with over 15 years' experience in photographing babies and families. Having spent several years working from a small studio at her home, she then spent 10 years running a very popular studio in Skerries, Co Dublin. In 2019 she moved to a larger state-of-the-art studio at Turvey Avenue, Donabate where she now has two studio rooms - one dedicated to babies with an astounding array of props and outfits. Her second studio room is for families of all sizes and descriptions and can fit up to 40 people! Denise has been called 'the baby whisperer' for her uncanny ability to get babies to be calm during photosessions. Her patience and love of babies is obvious to all her clients as well as her dedication to getting beautiful portraits for every family to enjoy for generations. She is a registered, insured and qualified member of the Irish Professional Photographer and Videographer Association and also holds qualifications from the Master Photographers Association and Society of Wedding and Portrait Photographers.



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The importance of printed photographs displayed in your living space is echoed by other experts.

“Displaying photos prominently in the home sends the message that our family and those in it are important to one another, and we honour the memories we have experienced,” says Cathy Lander-Goldberg, a licensed clinical social worker and a professional photographer in St. Louis, Missouri.

Additionally, Krauss recommends having photographs of that child with their family placed in the child's bedroom so it can be among the last things they see before sleep and the first thing they may see before beginning their day. “It says we love you and care about you. You're important.”

So next time you are looking for a family project to all do together, why not get out your phone, tablet, laptop or whatever you save your photos to, and choose some family photos to get printed to put up in your home or at least put into a photo album to hand down to your children and their children in the future. Have them printed at a proper printers as many kiosks use printing technology that, while great for instant photos, won't last the test of time. The same goes for printing photos at home unless you use archival inks and archival papers. Best of all, go to a professional photographer who will make sure you are included in your family portraits and, using their expertise in lighting and posing, will make you all look your best in what hopefully will become treasured heirlooms for future generations.

Denise Cannon

LIPPA, LMPA, LBPPA

Having trouble getting your baby/toddler to sleep at night?



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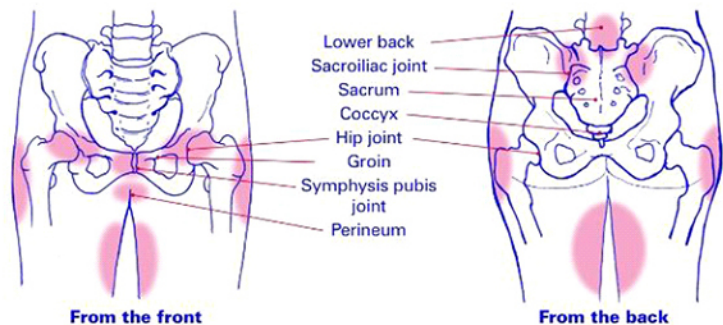
Ailish Cleary is a Chartered Physiotherapist and co-founder of The Bump Room since 2012. The Bump Room are physio led pregnancy fitness classes. Ailish runs workshops for physios on exercise in pregnancy and over 7000 women have attended Bump Rooms which are currently on Zoom, delivering 14 classes a week. The Bump Room Beyond Birth was established in 2017

Pelvic Pain in Pregnancy

Pregnancy related pelvic girdle pain
AKA symphysis pubis dysfunction
AKA pelvic pain

I am going to call this pelvic pain for ease. Before I give the facts about Pelvic Pain it is important to acknowledge the wide spectrum of discomfort that exists. It can vary to small niggling sensations to severe pain.

- This affects up to 60% of pregnant women to some degree but out of that 60% only 20 % will seek medical attention. I will always have two to three women in my classes with pelvic pain.
- Pelvic pain is around joints of the pelvis, it can be one joint or all three. There is one in the front and two at the back. So you may feel a sharp pain in the middle of one or more buttock or a burning inflamed type sensation at the front of your pubic bone. Women may also describe it as a pain felt up inside the vagina. it can radiate further down the legs.



How do you know if you have it?

The activities that bring it on will confirm if it is pelvic pain. If it gets worse or is sore with:

- Turning in bed (this is a classic sign of pelvic pain)
- Going from sitting to standing, where you feel like 100 years old for the first few steps, hobbling away.
- Getting out of the car

All of the above are movements that require a lot of pelvic stability but if your pelvis is getting very sore then you may also feel it with:

- Going upstairs
- Standing on one leg like when putting on underwear
- Walking

Why did you get it?

The science does not know. There is no significant correlation with risk factors such as age, weight, ethnicity, number of pregnancies, size of baby, etc.

There is some evidence to support that if you have had a previous injury to the area that you are more at risk.

My experience is I just don't know why one person gets it and another doesn't. I believe it could be connected to your genetic makeup of your connective tissue but currently the science isn't there to confirm this.

What I advise?

I had pelvic pain on all three pregnancies.

I wish I could tell you three exercises that will cure this or the perfect joint manipulation or support belt that will take it away. I can't.

I can tell you that, even though it is unlikely that you can fully resolve it while pregnant, you can do a super job of managing it whereby you can get through the pregnancy and still want to get pregnant again (yes, it can get that bad!)

Here is the thing about pelvic pain, it never stays the same. One week it might be so bad you can hardly move, need help getting up out the chair and are going up the stairs on your hands and knees. Then the next week, it's not that bad. The severity of pelvic pain can really vary. I have seen the women with a few niggles in the pelvis and women who cannot move without crutches.

My goal for women with pelvic pain is to manage it well where they can still function in their life. You may not be able to do everything you want to do and certainly you will have to say no to many things but you can get through the main parts of your life, personal care, work, house etc. Big outings with long drives or prolonged walking usually have to be curtailed.

So what do you do? I often say it is more important what you don't do with pelvic pain.

Too much loading and movement of the pelvis is what really annoys it so:

- Don't** push heavy trolleys/buggies
- Don't** sit with hips lower than knees
- Don't** carry toddlers hitched on one hip
- Don't** do too much on your good days

Do have ruthless compassion for yourself, not everyone will understand how sore this is.

Do try the support belts, there are many on the market, some go around the pelvis others also support the bump

Do the exercise routine in this article which has been chosen to help with mobility and release tight muscles- not strengthening- when it is very sore it is better just to ease it into movement first.

Do listen your body

Do sit with hips higher than knees, you can use a wedge cushion to get best results achieving this.

Do set up your sleeping position so you are as supported as much as possible

Do wear satin pajamas and satin type sheets make it so much easier to turn in bed

Do self massage techniques

Do use heat particularly standing in a hot shower and focussing the water down your bum that is sore

Do use ice, which seems to work better for the pain/inflammation at the front in the pubic bone.

Do partner massage techniques

Do go for physiotherapy with a professional who is used to working with pregnancy, ideally a women's health or pelvic specialist.

To walk or not to walk?

Walking requires a lot of stability in your pelvis. I usually advise to stop walking but a quick guide is to check yourself. If you do a fifteen minute walk, is your pelvic pain worse at the end of the walk compared to the start. If the answer is Yes, you have to minimise your walking down to the bare minimum.

If I can't walk what can I do?

A cross-trainer or elliptical is a great alternative to walking. This works because your feet never lose contact with the ground so you never shift your weight all the way over to one side of your pelvis, therefore not loading it too much.

Swimming is great too, only to give yourself lots of time to get ready and get dressed afterwards. You may read not to breaststroke but I think when your body weight is fully supported by the water the movement of opening your legs is not the same as on land. Do whatever stroke feels right for you, being in the pool feels great when pregnant and all movement is good.

Exercises that help- if having a rough day with pelvic pain, I find that gentle stretches help more than strengthening. The muscles around the pelvis are already working hard, the aim here is to relieve the tension with stretches, manual work and massage.

I have three different sequences here: one for if the pain is 8-9/10, another for 5-7/10 and the last one is 1-4/10. Essentially the sequences vary in loading, if having a bad day it's a very low level, aiming to settle the pelvis and move it in an extremely supported way.

8-9/10 Severe pain - On ball- pelvic rolls, mermaid stretches, roll downs



At wall- wagging tail



In standing- Pelvic circles, pelvic scoops, side bend with legs crossed to get hip stretch (not in image), inner thigh stretch with ball.



Hand and knees- pelvic tilts, pelvic rolls, rock backs



On back- knee hugs, hip fallout



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How can I support you?

People often ask me what I do and I always struggle with an answer, do I say I'm a Reflexologist and Craniosacral Therapist? I have said this and people often look a little blank and then I proceed to struggle with explaining what I do, which sometimes works and other times often not.

So what do I do? In the last 13 years as a therapist I have supported, cared, calmed, listened, laughed, cried, helped and empowered my clients, who range from foetus to 89 years old. There is something very magical that happens when working with a Mam and baby in utero. Communicating with a yet to be born baby is very special – this communication between Mam and baby, being facilitated by me has helped breech babies turn, has helped deepen bonding and helped Mam and baby feel more relaxed as they journey together.

What I've learned over the past 13 years is that I don't fix problems but empower clients to view their 'problems' with an open heart and mind. I create a safe space for clients to unfold and to release the grip of emotions that often seem overwhelming and frightening.

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ADRIENNE DALY CST-T, CST-P, NRR Having worked in healthcare for over 18 years, Adrienne understands the importance of treating people holistically. As a Craniosacral Therapist, Reflexologist and Mindfulness teacher, she brings all this together when treating clients. Adrienne set up The Willow Rooms in Skerries Dublin, bringing more therapists together to ensure that health and wellbeing is at the core of every treatment. With a background in teaching children on the autism spectrum, she has a passion for treating children with extra needs as she believes a holistic approach can be hugely beneficial. Adrienne's training in Craniosacral Therapy for paediatrics allows her to work with babies just after birth and beyond. To find out more check out www.thewillowrooms.ie



When I was training as a reflexologist I really wanted people to feel good and leave feeling calm and relaxed. In the early years of working in this therapy I wanted to fix everyone's problems. This came from a good heart but also from a naivety that I could magically help problems disappear. It was true that clients did feel comfortable, relaxed and happy after a treatment but their problems were often still there. Their headaches may have eased, their back problems resolved, their digestive systems functioning better etc, but they also seemed less stressed each time or their family would comment that they didn't react to situations in the same way. The outside world was the same but their inside world was changing.

When I discovered Craniosacral Therapy I was delighted to be able to have a therapy that was gentle and very supportive.

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I learned that the 'fixing a problem' came from me and was not empowering clients or listening in an embodied way.

I learned about being neutral when working with people – neutral is being very present with someone, listening to what they have to say, but most importantly what their bodies have to say, it means allowing the body, mind and spirit a space to be just as they are, without having a set outcome or expectation. When you are truly listened to anything is possible.

As therapists in Craniosacral Therapy we spend a lot of time being a client, experiencing being truly supported and what that feels like to us. We spend many hours working as trainee therapists hearing deep hurts, sadness, delight, happiness, grief, disappointments and every emotion possible and we train to do this all from a very neutral place.

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When you experience a session with a qualified CST therapist you are in very safe hands. We work with unborn babies and their Mammies, Daddies, children with extra needs, people of all ages. Our listening hands are trained so our palpation is highly sensitive and we do this through a fully clothed body. I love working with babies and children and they respond so well to both therapies that I offer. I run parent and baby reflexology classes where I teach techniques to help with a vast range of issues. Working with babies during CST sessions helps babies release any difficulties they may have experienced during the birth process.

We are sensitive humans touching other humans with compassion, empathy, care and support.

Now when someone asks me what I do I say

'I help people through
compassionate touch'.