NEOMAMA

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A Guide to a Delighted Baby of the Flourishing Mom



Instructions for a happy baby of a successful mother

Who, why and how?

Instructions for having a happy baby without stop being a successful woman

Why did I create this guide?

Honestly? From the fear of motherhood: not being able to cope with your baby, not becoming strong and safe for him, not creating an environment of family peace for him and not setting an example of healthy behavioral models at a time of fatigue and anxiety. And, to be honest, no less, because of fear for oneself when immersed in motherhood: losing qualifications, not finding time and energy for a loved one, for friends, for maintaining shape an .

“I was so afraid of motherhood that I had to rewrite it.”

Before giving birth, I lived a great life for a couple of decades: worked, traveled, hung out and watched friends become mothers. In addition to the delights, I also learned frightening things about motherhood. About how even strong people can fail to cope with this role. I’ve watched how some sparkling beauties became withdrawn on maternity leave, while others forgot themselves, their profession, their dreams. I saw how difficult it was for many of them without the constant help of their relatives, how some were unable to cope with irritable and sensitive children without tears and depression.

“I knew that I would not have constant support from loved ones. And I assumed that I was unlikely to have a baby with an angelic character. But becoming a sad, oblivious mother with an anxious baby was not part of the plan.”

Therefore, I decided to find out more about motherhood in advance - and what an endless field of knowledge it turned out to be! I have formed an idea of a new class of modern mothers - NEOMAMA, who are distinguished by a special view of raising children.

“I have always believed that knowledge in motherhood is an unshakable force that can save and protect,”

The copywriting experience and the great involvement and depth of knowledge helped me to find a unique approach to motherhood.

And it turned out to be a new class of mothers. Join us!

Thank you M.O.R. for honest stories about motherhood. I wouldn't be written without you.

Thank you, K.A.Y. — without love, I would be lost in a new role.

Contents

How to use the instructions for your baby

10 Commandments of NeoMotherhood

- 1. Set the rhythm
- 2. Look and read
- 3. Be confident and enlightened
- 4. Don't be lazy
- 5. Don't cancel baby cry
- 6. Know your baby’s temperament
- 7. Don't plan rigidly
- 8. Don't be stupid
- 9. Adjust your baby
- 10. Take a vacation

Basic needs

- Food
- Sleep
- Development
- Mom's time

3 secret knowledge

- Baby's language
- EASY method
- Fourth trimester

SOS manual for a newborn

You now have a child. What to do with it?

- 3 immortal newborn care points

All clickable

How to use the instructions for your baby

Discipline.

Moderation.

Diversity.

“For two thousand years there were no instructions for infants, but now there are!”

For two thousand years there were no instructions for infants, but now there are. It is in your hands, and here are all the most advanced and logical methods of motherhood and child care management. This is your manual for effectively raising a baby from birth to 12 months.

What to do with the instructions for NeoMotherhood?

The instructions for NeoMotherhood can be read shortly before giving birth, or at any time during the baby’s first year.

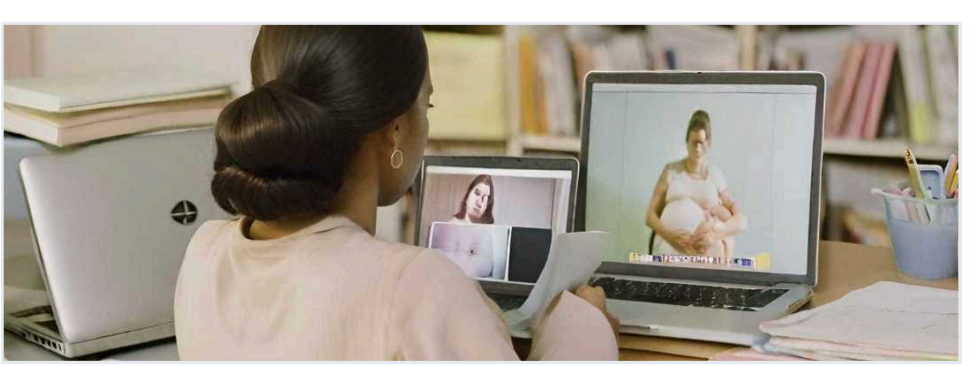
After reading it once, you can no longer look for any courses or books. Here is all the key information from known working techniques.

Take knowledge, life hacks, methods, explanations that are close to you - and raise your baby wisely and with a full understanding of how and what happens to him at each stage.

Who said that everything in the instructions works?

Everything that is written here has been tested by thousands of mothers and suggested by more than thirty experts.

Experts in pediatrics, child psychology and neonatology, from whom we learned by taking courses, reading books, watching hundreds of videos, delving into forums and comments. Knowledge is collected from everywhere - from Tracy Hogg to Pauline Green. Everything that is presented here is a practical vision of the methods proposed by experts. Everything I learned while preparing for motherhood was tested and collected in one place to share with you.



What is NeoMotherhood, and why do you need these instructions?

What does it mean? This doesn't equate to "superwoman" or "mother heroine" or anything pretentious. NEOMAMA is not a superhero or a cuckoo. This is a NEW mom. Not the kind of mother that myths and stereotypes have created over the years: not tortured, not stuck in diapers, not forgetting about herself, her husband, and friends.

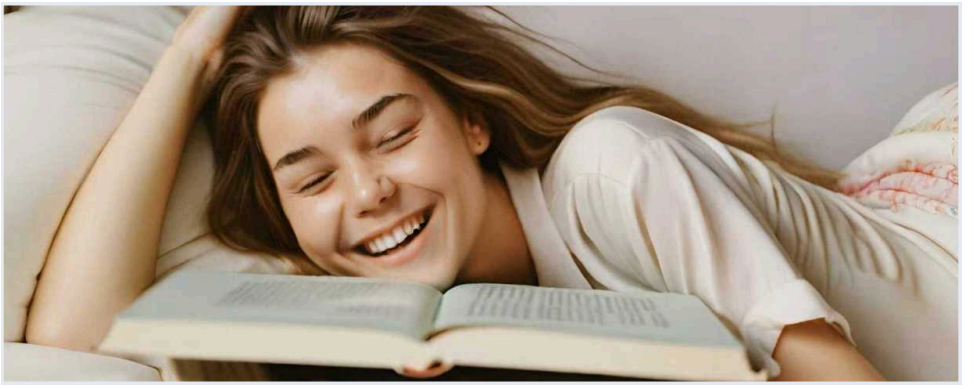
"NEOMAMA rejects ineffective and unadapted stereotypes of motherhood, but rethinks the phenomena in the life of her baby in order to apply logical, advanced solutions for the happiness of the baby and herself."

This is a person who refuses to follow the OLD path, critically rethinks all the information accumulated over centuries regarding raising a baby, including the latest newest research, and follows the path of NeoMotherhood.

Why do you need to be NEOMAMA?

NEOMAMA needs to be someone who does not have the help of loved ones, those who want conscious motherhood, in which there is no place for an unwashed head, eternal lack of sleep and loss of self, and those who simply want to make their life easier. NEOMAMA can be any mother who refuses laziness and stereotypes.

You can follow the difficult path of motherhood - suffer and make everyone involved suffer, complain to everyone around you, not know what to do, collapse from fatigue and be endlessly angry with yourself and the baby.



“You can go the hard way - suffer, complain, don’t know what to do, get overwhelmed and be endlessly angry with yourself and the baby. And follow the instructions and be happy NEOMAMA.”

Or you can stock up on the most necessary knowledge, be ready to solve questions without delay, find answers, and have at hand a plan A, a plan B, and even a plan C. This instruction will help you not to lose confidence in yourself and your maternal powers. And this is 50% of success in our difficult task. By the way, this is one of the commandments of NeoMotherhood.

If in 12 months of motherhood, hugging the NeoMotherhood instructions, you master at least half of the knowledge offered, then you will then raise your baby as consciously and comfortably as possible for both of you, I promise!

How to use the NeoMotherhood instructions?

There are 4 components of the instructions for NeoMotherhood:

- 10 commandments of NEOMAMA
- Basic needs: food, sleep, development, mommy time
- 3 secret knowledge about the baby
- SOS manual for a newborn: 3 immortal care points and 10 popular questions

I advise you to read the 3 secret knowledge and 10 commandments of NEOMAMA at once, and then return to some fragments using bookmarks to refresh your memory.

You need the SOS manual most of all if you discovered this instruction when the baby was born (but he is not even a month old yet) - and you need urgent primary knowledge. And you will read the rest of the chapters, which contain the entire practical meaning of the guide, later, when you have the time and moral strength to calmly perceive new information.
You will receive all the main knowledge and confidence in the tomorrow of your successful NeoMotherhood.

10 Commandments of NEOMAMA

Get them all to feel confident and calm in your motherhood.

Ignorance is no excuse from responsibility. Without knowing simple but important commandments, you can get bogged down in sad and depressive motherhood. About which mothers later say: “It was terrible, I don’t even want to remember.” Or even worse, “I sacrificed myself for the sake of the children.”

In this chapter you will find simple truths that no one told you in advance. They can reveal the secrets of happy, easy and productive motherhood.

The meaning of motherhood is not to sacrifice one’s own life, personality, desires and needs for the sake of the baby. Often this happens naturally. People sacrifice themselves in some cases - out of great love, often out of banal fatigue, sometimes - because “everyone sacrifices - and so do I.” But most often, many mothers sacrifice themselves from ignorance, limited understanding of parenting, coupled with the inability to ask questions and look for answers.

“If love is supplemented with knowledge, you won’t have to sacrifice yourself, but only apply it in a disciplined manner and enjoy motherhood.”

And the meaning of motherhood is love, understanding and interaction with your child. And if love is supplemented with knowledge, then understanding becomes easier and interaction does not require sacrifice, but only the confident and disciplined use of the necessary tools.



10 simple truths of NeoMotherhood

1. Set the Rhythm: Baby Needs Rhythm

In the first year of a baby’s life, the most active time of learning about the world around him and himself occurs. A baby's small and fragile brain is already working at its limit, and the nervous system is almost not formed to perceive too many new things at once - so it is important to have a daily routine and a predictable rhythm of life. Repeat the actions one after another every day: woke up, ate, played, walked, fell asleep, drove a car, fell asleep, ate, and so on, without adjusting the actions to a clear time frame, but only to the rhythm.

- **What to do: Don't be afraid to do your own thing with your baby. Just fit into his rhythm! When doing this, stick to the rule - one new thing per day.**

That is, do you need to include a trip to meet with an accountant into your usual routine? Let it be one new thing a day. Or make mini trips a daily routine.

Repeat the acts day after day - their duration and the rhythm itself, but not the content. Naturally, with many things to do and tasks besides motherhood, you need to fit something new into your baby’s life other than the infant routine. You can do it!

2. Look and read: Baby is a landmark

Look deep into your child. Don't look over. Don't look at what they tell you or what you were taught. In all norms and advice, focus only on the baby’s well-being. If he is cheerful, happy, develops well and gains weight, then the chosen daily routine is suitable for the baby. One that is convenient for MOM and does not interfere with the baby’s development.

- By the way: It doesn’t matter to the child what and how will happen, the main thing is that he is always fed, sleepy and surrounded by his mother’s love (or another main adult). Of course, he must be safe - dressed for the weather, clean, and in full control. And where exactly it is is not important.

- **What to do: Live life to the fullest with your baby, carefully reading his reaction to what is happening. The way children began to be raised in almost laboratory conditions is not a whim of mothers, but a relic of post-war demographic declines. It is evolutionary that the baby is with its mother everywhere, and the mother, as a cog in society, does not sit still, she works in the field, she takes care of the housework, she interacts with the world. This is the key to survival. Modern society has put mothers under maternity leave, and can afford it - this has become the new norm. But this is just a relic, remember that. You guide your baby according to your routine. And you adjust it according to the child's well-being.**

"Rent yourself out for at least the next three months!"

- **Fact: If your baby cries a lot, don't get angry, but feel sorry for him. A one-year-old baby cannot manipulate: he simply does not have the appropriate neural connections. Remember this. Redirect the energy of anger into the channel of compassion. The child wants to eat and sleep, and is also stressed from the whole world around him, plus his stomach hurts - he has many objective reasons for crying. And crying is not his plan, but an expression of needs. Imagine - he just came into the world and doesn't understand what's happening at all. The only island of calm is mom. Rent yourself out for at least the next three months and believe me, the baby is not manipulating or capricious, he just needs you.**

The child is the guide. He doesn't know how to pretend and sincerely shows how good it will be for him. As soon as you pick up his signs, you, too, will immediately feel much easier and better.

3. Be confident and enlightened: Mom is a confident adult.

Often, during sleepless nights, we forget who a mother is. And this truth just helps to set everything up and become NEOMAMA.

NEOMAMA checks everything, understands facts and figures, she is confident in her every action and is calm. The child should feel the confidence coming from you in every action and decision.

Stop blaming yourself for everything: “he didn’t get enough sleep, he fell asleep at the wrong time, it’s my fault that he cried, I don’t notice his signs of fatigue” and a bunch of other examples.

- **What to do: Instead of whining and remorse, it is better to keep a diary of dreams and feedings, note the reaction to vitamins and medications, read all the signs in the baby’s language, try all the methods and rituals of calming - do as many logical actions as possible to know exactly what is happening with your baby and how to get results. Then confidence will come to you.**

You are the best mother for this baby. Do everything confidently and consistently. Google all the questions and advice from other people, look for solutions and options, try and repeat what is successful. And if you need SOS advice and reassurance here and now without unnecessary water, then return to this book as soon as you have a free minute.

4. Don’t be lazy: Without discipline you can’t be NEOMAMA

- Mom's discipline is a condition for successful motherhood

NeoMotherhood assumes the almost impossible - a baby surrounded by love and a happy, fulfilled mother at the same time. There is no magic pill. Pure knowledge + discipline.

And yes, ANY problem of managing a baby’s life can be solved. And any change can be your salvation.

Just know that you need to look for answers to everything - Google and ask experts, look for courses on this topic, take consultations, try and repeat - and introduce it into discipline if it works.



“Thousands of mothers make the mistake of living with some kind of complexity, torturing themselves and everyone around them. Any problem can be solved by taking the right action and repeating it.”

- **What to do: Solve problems. Thousands of mothers make the same mistake - they run into some difficulty in the baby’s life (like sleeping exclusively in a stroller or refusing a pacifier) and live with it for months, tormenting everyone around them. Any problem can be solved by knowing the right action and disciplined repetition of it.**

5. Don’t cancel crying: Crying should not be suppressed, as soon as possible, it needs to be listened to and understood.

Accept your baby's crying as the norm and as a prerequisite for his interaction with the world. It's bad when the baby doesn't cry. This means he has no trust in the world, it means he has not been heard many times - and he has lost hope of being heard.

Many people consider themselves to be good parents because for them it means that they should not let him sleep in their bed and not allow him to cry for even a couple of minutes. They immediately react to his every squeak, without thinking for a minute that this is a normal sound made by a baby, and not a distress signal. All they do is shut up the child in every possible way - not allowing him to “speak out” about how the baby feels, express his need, release the tension accumulated in the body (and a dozen other functions that crying evolutionarily performs in the life of a baby).

- **Fact: The baby spent his ENTIRE life in the dark. Heard a limited number of sounds. He didn’t breathe, didn’t eat, was in “weightlessness.” Did not feel the need to defecate. I received everything completely and immediately, through the umbilical cord. And suddenly he was born.**

They touch the skin! There's light all around! Sounds! Smells! I must eat! Gotta poop! The food ferments inside and causes pain! There wasn't much sleep last night! And all this is due to an immature psyche. He's crying - and that's normal.

By evening, an abundance of impressions accumulates. And this tension must be relieved. And children only relieve tension by crying.

- **What to do: Comfort but don't shut him up, listen, translate and let him cry without pulling away. Of course, calm the baby down, talk to him, rock him, hug him, don’t let him cry for a long time.**

6. Know the temperament: Know the baby's temperament before interacting

Temperament is a single whole of emotional and mental components that characterizes a child’s behavior and attitude to the world. It is important to understand and accept temperament so that you know what to expect in different situations and discover individual ways to calm yourself. There are four temperament types for babies under 12 months.

- **What to do: Read about each, take the test and choose yours. There are many options for designating temperaments, but we will resort to the simplest and most modern. There are 4 types: reactive, flexible, slow, sensitive.**

- **Reactive:** active rebels and saboteurs of regime and order (in 15% of children)

- **Easy-going:** open, friendly (40% of children)

- **Slow:** calm conservatives who are slow to adapt to new surroundings (25% of children)

- **Sensitive**: fearful, restless and sensitive to any changes (in 5% of children)

Test: How to determine the type of temperament of a child?

Rate its qualities on a scale of 1-10:

How actively does the child move within 1 minute?

How regular is everything that happens to the child (sleeping, bowel movements, eating)?

How pronounced is the child’s primary reaction to a new external stimulus?

How quickly does a child adapt to new conditions?

How strongly does the child express his emotions?

How stable is your baby's mood during the day? (1 - smooth, 10 - constantly capricious)

How persistent is the child when performing any activity?

How quickly does a child become distracted? (1 - quickly, 10 - difficult to get distracted)

How strong must the impact be for the child to respond to it?

And now the test result:

- 10-40 points - the child has an easy-going temperament
- 50-70 points - the child has a slow temperament;
- **80-90 points** - your child has a reactive or sensitive temperament (later y will see the differences between such kids)

Flexible temperament

The second name for this type of temperament is “easygoing”.

Flexible temperament Description:

- They eat and sleep like clockwork
- Friendly, open
- Quickly adapts to any environment and changes in its path
- They rarely cry, and if this happens, the reason for the tears is clear
- React positively to new experiences and changes

They do not resist, but openly accept regular feedings on a schedule and any routine moments imposed by the mother.

- They can live without any regime, sleep where they had to, go to bed late and wake up the same way
- They can skip daytime naps without consequences.

Flexible temperament Behaviour:

This does not mean that a newborn is never upset, but if this happens, he can easily be distracted and calmed down. They are not afraid of loud noises or bright lights and are very mobile. From the first days of life they sleep well. When the time comes, the flexible baby is simply put into bed, and he happily falls asleep, sucking on a pacifier and not needing anything else.

Kids easily move from one type of activity to another, even if this transition was provoked by someone from the outside, and calmly tolerate the change from one stimulus to another.

- Forecast:

Babies are distinguished by their talkativeness and craving for new people, so these children begin to speak early, easily communicate with strangers, without hiding or trembling like an aspen leaf behind their mother’s skirt.

- Dream:

Babies tend to have a constant daily routine, find a way to self-soothe more easily than others, learn to fall asleep more easily, and generally like to sleep for a long time.

Slow temperament

It is also called “slow to warm up”

Slow temperament Description:

Slow children are not as simple as the name of their temperament sounds, and as they seem at first glance. To some extent, they are also reactive, but they are more flexible and timid than sensitive children.

- These children exhibit shyness and self-consciousness
- These children are reluctant to make new contacts

With kids of this temperament, you can easily agree on a compromise if it concerns something that is not very significant for them. They don't persist like reactive kids for persistence's sake.

Slow kids have difficulty switching attention, adjusting to a new type of activity, and take a long time to get used to a new environment.

- Forecast:

Such children may start talking late and reluctantly. Children eat with gusto and indiscriminately. It’s a little easier for the mothers of these children than for others, since the kids can occupy themselves for quite a long time without requiring active mother’s participation.

- Sleep:

Babies are characterized by fairly restful sleep, but slowly adapt to changing conditions. It usually takes them 20 minutes to fall asleep, which is the usual time.

With such children, it is important not to rush when learning to fall asleep on their own, and to allow them to adapt as well as possible to each new step in the process.

Slow temperament relationships:

- Don’t rush the baby, don’t press him, give him time
- Use your baby's slowness to your advantage
- Give us more time to adapt to everything
- Gradually and smoothly introduce new people and new things into your baby’s life

Reactive temperament

A seminal study conducted in the 1970s used the term "difficult" to define children who were more irregular, emotionally intense, reactive, and fussy. For us, “difficult” does not mean an exhausted and inconsolable baby, but misunderstood and stubborn.

The second name for this type of temperament is irritable (feisty).

Reactive temperament Description:

- Little rebels, sabotaging any predictability and consistency
- They try to break the regime by creating chaos there
- Prone to causeless irritability

From the first days in the maternity hospital, such babies often cry, find it difficult to console themselves, and attach themselves to their mother’s breast or bottle of formula unpredictably.

- Intemperate and highly reactive to everything

If mom's milk comes in too slowly, the baby will drop the breast as if to say, "Hey, what are you giving me?" In this case, you should additionally bottle feed your baby.

Flexible temperament Behaviour:

Irritable babies are extremely sensitive to sensory input. They categorically do not accept and find it difficult to tolerate interference in their little familiar world: be it an intrusion in the form of a new face, brushing their teeth, or an unauthorized diaper change.

It seems that difficult = highly sensitive. But that's not true.

A difficult child is more likely to be a rebel, a provocateur, while a highly sensitive child is a fearful, sensitive melancholic.

- Sleep:

Children with difficult temperaments tend to bring chaos into the routine with their activity and energy. At the same time, their sleep deteriorates quickly and it takes a long and difficult time to restore it. They have difficulty falling asleep, sleep restlessly and often wake up due to the mobility of the nervous system, and in general sleep less than others by 2 hours at night and 1 hour during the day.

Teaching them to fall asleep on their own is difficult.

- How to build relationships:

Consistent, persistent and confident completion of all assigned tasks is required. And only then will sleep reign in the house.

Don't squeeze it. They become emotionally irritated if their movements are somehow restricted. Using the method of stroking and whispering in the ear or hissing helps the baby fall asleep faster.

Don't expect him to sit in one place for long. The baby needs a change in position and environment more often than others.

Don't let your baby get overly excited. Don't forget that when children of this type become very tired, their emotions become uncontrollable.

Watch for signs of fatigue and try to prevent attacks of irritation. If the baby is already experiencing a storm of emotions, change the environment until he calms down.

Make sure that relatives or other people who care for the child are aware of the intensity of his emotions and respect them.

Sensitive Temperament

Reactive temperament Description:

- They usually weigh a little less than normal
- Vulnerable and excitable
- They are frightened by noise, blink, squint and turn their head away in bright light
- Often cry for no apparent reason

Experiments and observations have shown that the internal system of these children is not the same as that of their peers. Their bodies produce more cortisol and norepinephrine, which activate the stress response mechanism
Shows impatience if food is not given on time, and the baby is already ready to eat, or if they offer something that is not what they would like
Able to be persistent. Such children teach their parents to be patient.

Reactive temperament Description:

The world is complex for their nervous system. The baby often becomes nervous after several people take turns holding him or after leaving the house. It can be difficult for him to calm down when it is time for daytime and nighttime sleep.

- get scared easily
- worry when internal seams and clothing tags touch
- notice even a barely perceptible unfamiliar smell
- use difficult words for their age
- have difficulty falling asleep after a stormy day (my mother then faces an equally stormy night)
- have a hard time accepting change
- ask to change clothes if they are dusty or wet
- worry more than others in noisy places
- they ask a lot of questions
- feel deeply
- prefer quiet games
- Sleep

Highly sensitive children are easily overstimulated because they receive a lot of information from the world - and they get very tired from it. Therefore, it is so important to clearly monitor the correct organization of the day with them, especially preparation for bed (bridge, ritual). Sleep is especially valuable for recovery for these babies.

With a highly sensitive child, it is important to observe everything: temperature, light, silence, proper organization of wakefulness - all components of healthy sleep must be taken into account. Any changes that are insignificant for carriers of other types of temperament can be significant for them and cause protest.

Teaching highly sensitive children to fall asleep on their own is more difficult and slower than teaching children with any other temperament. For these babies, only smooth and slow techniques of gradual changes are suitable. And even in this case, there is no absolute certainty that the training will take place without protest.

It is extremely important to swaddle such babies to relieve agitation. If you miss a nap, your baby will be so tired that it will take you twice as long to get him to sleep. They tend to stay awake for a long time during their morning nap, and during the day they only need a short rest.

So, there are about 15-20% of highly sensitive children. The rest of the parameters that are similar to these parameters are children with an incorrect routine/rhythm or accumulated lack of sleep. When working on sleep, they easily turn into flexible ones.

Do not be afraid of the difficulties in interacting with such a child. Just understanding the child's characteristics and accepting them will help you find an approach to him, treating his sensitivity with care and sensitivity.

- How to find an approach:

Swaddle and make sure the room is warm and dark enough for the baby to sleep.

Try to recreate the conditions in which he was in the uterus. Hold him tightly to you, lean him against your shoulder, rhythmically whisper "shh" and lightly pat him on the back, imitating a heartbeat.

These children love orderliness and predictability.

Respond to crying immediately; indecision can lead to increased fears. Explain everything you will do - from changing a diaper to preparing for a trip in the car.

Protect his space. Any sensory irritation - an itchy clothing tag, loud TV, blinding light - can be unbearable for a child.

When you start introducing him to other children, at first let it be just one or two kids (calm and easy to talk to).

7. Don't plan rigidly: Children always do things contrary to expectations.

All children do exactly the opposite of what we expect from them. Do you want your baby to fall asleep when guests arrive? And he will definitely scream. Do you want him to stay awake all the way home so you can feed him and let him sleep in his crib? He will fall asleep in advance and then it will be impossible to put him to sleep. Conclusion: prepare in advance to expect NOTHING from your child and always have a plan B.

- **What to do: Prepare three tasks for the day - they should take no more than 50% of your free time. Tasks should not have too obvious time frames. Time limits that are too strict can be counterproductive. Just three things to do: whether it's running an errand or visiting a clinic. Did you manage to complete all the tasks? Do a problem from tomorrow's schedule or rest. Don't blame yourself and your baby if you didn't complete your three points!**

8. Don't be stupid: Switch to plan B

Most moms are just stupid. This is a funny and unobvious fact. DON'T BE STUPID.

- **What to do: Baby didn't fall asleep at the "right" time? Switch! Just take it in your sling/cocoon/in your hand and vacuum/wipe off dust/watch a movie. Don't be angry or upset that things didn't go according to your schedule. Don't be stupid and don't waste time endlessly getting ready, losing your nerves and strength - spend this energy on something useful. As soon as you stop being stupid and switch gears, everything goes like clockwork.**



Life hack to avoid being anxious while sleepless night: If the baby is clearly sleep at night, he woke up, is cranky and you have been rocking him madly for 35 minutes in a row, and there is no sleep in his eyes - just forget that it is night outside. DON'T COUNT THE NIGHT AS NIGHT. Treat it like part of your day. You should have an audiobook or playlist with useful videos on YouTube, for example. Something useful that's easy to switch to—something that makes staying up in the middle of the night worth it. You'll see, trying in vain to lull the baby to sleep, you'll be exhausted, wasting several hours and a ton of nerves. And by switching to an interesting topic of the video, while simultaneously rocking the baby, doing him, for example, anti-gas exercises, you will spend time profitably both for yourself and for the baby, and most likely the baby will fall asleep faster if you do not hysterically expect this from him.

9. Customize your baby: the chicken teaches the egg!

When I tell this to mothers of older children, they agree. When I tell this to mothers whose experience of motherhood has been difficult and difficult, they blink in disbelief and deny. Whatever the reaction, this is a fact. Remember an important rule: you adjust the baby to your rhythm. If you know this before the baby is born, everything will go differently, believe me.

“Mothers with many children agree, but those who have had one difficult experience of motherhood deny it. But this is a fact: you set up the baby yourself.”

- **Fact: The first months with a newborn will be challenging. For 5-10 weeks you will have to completely adapt to his needs, you won’t be able to customize, and, most likely, it will be difficult for you! It will even seem like you are your baby’s slave. And also - that it will always be like this. This is wrong! By two months you will feel MUCH EASIER. It will be even easier if you keep in mind that your baby will accept your rhythm of life, and you gently and gradually introduce him into your schedule.**



A child included in the life of an active mother learns that movement is one of the main properties of this world, which is associated with a comfortable sense of self. A mother who moves little gives the baby an idea of a boring life, causing him to be fussy and restless, as compensation for the lack of stimulation on her part.

“He learns that movement is one of the basic properties of this world, which is associated with a comfortable sense of self.”

In a study by Jean Lendloff, you can find information about how babies are adjusted to the way of life of their mothers: from birth, Yequan children, hanging on the mother’s body, are constantly present during any activity of their parents and representatives of the clan. No one keeps them in sterile conditions and exceptional silence and order. While the baby is mostly asleep, he gets used to people's voices, sounds of the surrounding world, jolts, sudden and unexpected movements, and pressure on various parts of the body during the parent's current activity or rest. The baby also learns the rhythms of day and night, changes in body temperature and the sweet feeling of safety and warmth from touching living flesh. Such a child almost never cries; he latches onto his mother’s chest as he walks and empties his bowels when he wants to. The child feels that he is correct, his expectations are met, and the confidence that he needs just such an experience increases. The child’s senses receive a variety of material in the form of events and objects, observing which he trains and improves his activity in interaction with the brain. The constant movement of a working mother gives the child an idea of an active life.

- **What to do: Continue to live an active life, your baby will become a part of it not just with pleasure, but with a response in the form of better development. Start adjusting your baby to your rhythm from the third week. If you are used to driving, put him in a car seat for newborns and drive around the area for 15-20 minutes a day, increasing the time by 5 minutes every day. If you are used to spending a lot of time outdoors, take him in a sling and go for a walk immediately after birth. If you are used to going to a shopping center or visiting, as soon as the most important vaccinations are done (or when the doctor allows it) - go there. If you planned to sleep together, then follow all the safety rules from the first day, making them the norm for the child, and if sleeping separately, teach them immediately, every day, gently starting with shifting the sleepy one. If you wanted a nanny from the first months, don't be afraid, teach your baby to spend 30 minutes a day with her from the first month.**

- Important: You need to adjust everything gradually, step by step, gently - listening to your child and tracking his reaction to every detail of what is happening to him (light, warmth, materials, sounds, people). Only you set up your baby. Those who did not know this were led by the baby's moods and spent a lot of nerves in order to somehow manage to live their lives, despite the whims of the baby. But it was possible to synchronize and initially integrate the baby's interests into your own.

Don't be afraid to take your baby with you on trips, and as in Anya's example, you can travel with a child under one year old almost every month.

"I really wanted to travel, and it was easy for us, because the little girl knew that this was our rhythm and hers too. She did not feel danger or discomfort, she was in harmony with us and thanks to such inclusion from the start, I was not afraid, but was waiting for her participation in our family journey."

- Fact: The first months with a newborn will be very difficult. At this time, do not try to adjust the baby! During 5 weeks you will have to completely adapt to his needs and, most likely, it will be difficult for you! It will even seem like you are your baby's slave. And also - that it will always be like this. This is wrong! By two months you will feel MUCH EASIER. It will be even easier if you keep in mind that your baby will accept your rhythm of life, and you gently and gradually introduce him into your schedule.

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10. Give yourself the best vacation of your life: maternity leave is not only a hard labor, but a fairy tale too!

You have a difficult year ahead. Why do I say "year"? Because I sincerely believe that the first 12 months of adaptation to a baby are the most difficult morally. It's difficult with children even after 30 years, but it's never like it was in the first year with your firstborn.

But this year is also the most wonderful year of your life. Yes, this statement is akin to "you became more beautiful during pregnancy" (utter nonsense!), but it has more logical arguments.

This is the year of your immersion into a completely new world. This is a huge journey to an unknown country, and for some - to another planet.

"Please use as much knowledge as you can in this manual to make your maternity leave a little fairy tale."



Please use as much knowledge as you can from this manual to make your maternity leave a little fairy tale. Don't fall into the monotonous routine of caring for your baby, cleaning and cooking - believe me, you can get bogged down in it without a trace and no one will thank you! Prepare in advance to LIVE LIFE with the birth of your baby, and not become his slave. And only then will this decree become delightful. Believe me, you can do everything. You just need to plan everything, consciously interact with your baby and not be lazy.

- **What to do: Flexibly (!) plan the weeks, months or years of your maternity leave in advance. For example, right in the notes on your phone, make a list of "100 things to do for maternity leave." Or maybe 1000 cases or even 10,000 cases - at your discretion. Calculate so that you can do about 1-2 tasks once a week. Include in these things everything that you really wanted all your life, but always didn't have enough time or energy for it because of work. Of course, things must be doable taking into account the baby in your arms.**

  Let your list have many sections:

- Where to go (you can go for walks with your baby every week to a new place in the city or suburb)

- Who to meet (there are important and interesting people whom we rarely see due to work schedules)

- What to do for yourself like a pro (at home with your baby, you can listen a series of lectures that you didn't have enough time for or take an online course)

- What to do for yourself as a hobby (hurray, it's time to meditatively draw dance with your baby using online lessons)

- What to do for loved ones (with your baby you can spend more time with your family)

- Something magical for the soul (watch 50 sunsets, visit 10 animal shelters, etc.)

You can add a million sections and points, the main thing is that they make you truly happy.