Expectant Dad keys to success

3 tips FOR EVERY NEW MAMA

SOCIAL & COGNITIVE LEARNING

DEVELOPMENT gauge & boosters

We've just turned six!
Wow, fall is in full swing, we have just turned six and we have an information-packed issue for you! What could possibly be better? Maybe the sweet beauty treats we have for you on Page 14.

Six years ago this month we published our first issue of First Time Parent Magazine. The look has changed over the years but we have always striven to provide you with interesting and educational articles and content that is aimed at both giving you an enjoyable read, and arming you with the tools to be the most knowledgeable and effective parent you can be. If you ever have a topic idea, feel free to reach out to us and let us know. Also, we love feedback! Drop us a note and tell us about you sometime.

This month we cover a lot of information on baby development. There is a very cool tool that you can go online and do to figure out where your child measures up developmentally. It is on our links page and also is somewhat explained in and article on Page 33. Make sure you have some time set aside to use this valuable tool, and have your baby handy so you can have him do some fun interactive tests on the spot.

Also, October is Breast Cancer Awareness month. Read my recent scare at the back and see the link on how you can do your own breast self-exam in that article on Page 43.

With love,
-Gillie

editor@firsttimeparentmagazine.com
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cerebral zone
What is Mindfulness?

Mindfulness has been defined in many ways, but in essence it is a psychological process of bringing one’s attention or awareness to experiences occurring in the present moment, without passing judgment. It is to focus conscious attention on what is happening right here, right now. To be Mindful is to be aware of what’s taking place, both internally and externally, and to allow the experience to be what it is without becoming attached or consumed by thoughts, feelings, responses, and even perceptions. This includes body awareness, breathing, posture, and relaxation.

Most people have heard of Mindfulness and maybe even attempted to live by it because they heard it can help with anxiety and stress. However, people live in an extremely fast-paced world, and sometimes, they forget to check in with themselves. It is easy for people to dwell on the past and/or worry about the future. If they make Mindfulness a value, it is easier for them to return their attention to the present moment, which is the only real time that exists.
Mindfulness teaches people to show up to every moment of their life with a sense of curiosity, imagination, openness, and wonder. It is like living with a mind of a child. According to Jon Kabat-Zinn, there are seven attitudes of Mindfulness:

1) No judgment  
2) Non-striving  
3) Acceptance  
4) Letting go  
5) Beginner’s mind  
6) Patience  
7) Trust

This practice teaches people how to experience and enjoy life as it’s happening, rather than waiting for the “right moment” or watching life pass them by.

People like to be in control because it gives a sense of safety and security. It’s really interesting how most people try to control everything that is external of them such as the reactions and responses of others and even trying to plan exactly how the day is going to go. This typically leads to anxiety, stress, worry, and many other unpleasant feelings that interrupts the present moment. By practicing Mindfulness, it allows people to become aware of where they are placing their attention and re-focus when needed.

The Importance of Mindfulness and How It Can Help

Life isn’t meant to be experienced in the past or the future. It is meant to be experienced and enjoyed in the present moment. Mindfulness is important because it teaches people how to do just that – live in the present moment. Research shows that Mindfulness can help with the following:

• Stress reduction 
• Increases focus 
• Decreases anxiety 
• Increases immune functioning 
• Enhances mental health 
• Improves relationships 
• More cognitive flexibility 
• Allows for compassion towards self and others 
• Increases emotional regulation and self-control

When it comes to the way a person thinks and feels, being Mindful of their emotions can help them cultivate a more positive mindset and work towards being a ‘better’, or ‘happier’ person. The more a person practices Mindfulness, the more it will help them let go of living in the space of “what should have been” and live for what is happening in the here and now. This practice can be especially helpful for parents because it can help with listening to their children with full attention, accepting their children without judgment, and imagine their children(s) feelings and match their own response.

Mindfulness is also helpful for parenting because it reduces a parent’s stress and improves their social interaction and connection with their children. This practice can help parents manage their frustration or anger before reacting in stressful situations and help them show compassion for
themselves and their children. Mindfulness doesn’t mean a parent will never experience anger, disappointment, frustration, or stress. It does mean pausing before reacting in stressful situations. Children don’t know how to manage their feelings yet. If the parent can be calm when their child is not, he or she learns they can depend on them.

In the stressful chaos of modern life, how can Mindfulness help with staying focused on what’s the most important – staying present, grateful, and happy – and staying calm in the midst of a baby’s crying, a toddler’s tantrum, or a teen’s defiance?

Here are five ways you as a parent can be Mindful:

1. Cultivate Mindful moments when you are at a red light or in the shower by naming what went well today and what you are grateful for.
2. Pause when needed, take a few deep breaths, then choose a response to the situation rather than reacting without thinking.
3. Accept your children by acknowledging all of their feelings without becoming overwhelmed by it. The parent could respond with patience, rather than react out of frustration.
4. Evaluate a situation from a place of curiosity rather than making assumptions. What is making you so upset as opposed to you’re always upset over nothing.
5. Make an effort to imagine a situation from your child’s point of view. It can be easy to forget that it can feel scary to be a child; there is a lot of unknown.

Children depend on their parents for safety and security. If your child is upset, you could respond with compassion. For example, “You really don’t like when mommy drops you off at school. Don’t worry, mommy will be back soon, and she loves you.”

To learn more about Stephanie, visit www.themindfulliving.com and follow her on Emenator @mindfulliving, Instagram @mindfulliving.now, and Facebook @mindfulliving for daily inspiration, Mindful skills, tips, and more. Find Mindful Makeover Workbook and Guide on Amazon and check out The Mindful Makeover Podcast available on iTunes and Spotify.
health + wellbeing
3 practices to flip on the deserving switch -
and say no to self-defeating thoughts

An excerpt from You Deserve It: The Missing Answer to the Life You Want by Dr. Josh Wagner

Do you ever look around at friends, family, colleagues, or the people you grew up with and wonder why their lives appear to be more successful than yours? Do you find yourself feeling at times you don’t quite measure up, while others seem to be happy and in control? While others are thriving in their work, in their relationships, and in their leisure time, you continue to find yourself grinding through each day overwhelmed by stress and exhaustion.

Revealing an incredibly simple pathway to fulfillment that is completely in your control, I am sharing how unconscious undeserving beliefs are the primary obstacle standing in the way of your goals, happiness and peace of mind in any area of your life. Here are a few practices that take a total of 20 minutes to implement into your daily routine to flip your deserving switch on and finally achieve everything you want in life.

1. Initial Sensing (2 minutes)

In a comfortable, seated position with hands on your lap begin to sense your body. Sensing is NOT feeling. You are not feeling the temperature of the room nor the feeling of your skin on your clothing or chair. Sensing is being aware of your body’s internal sensation. You may feel a pulsing of the part of your body you are focusing on, like a heartbeat present. Give attention everywhere by mentally scanning your extremities and your core.

2. Clearing (5 to 10 minutes)

After connecting to your body through sensing, evoke your strongest visual and or auditory memory of the circumstances contributing to your strongest undeserving belief. The recollection of the person or circumstance should be strong enough to elicit the hurtful, negative emotion in your body easily and quickly. Add to this by intensifying the emotion, for instance, squeezing your stomach muscles as you focus on creating the negative feeling, or even vocalizing out loud what is happening in the scene.
As a beginner you’ll find that your mind is easily distracted and often drifts away during this exercise. Don’t let that discourage you. Every time you realize you are no longer feeling the negative emotion or visualizing the memory, come back to it and re-generate the negative feeling.

Sustain the vision and feeling for as long as possible. It’s not easy to do and the more you do this process, the longer you will be able to hold the vision and emotion during a session. Once you notice the emotional tension has decreased significantly, you can move to Step 3. That negative emotion does not have to be gone entirely to move onto Step 3, just diminished.

3. Emotionalizing (10 minutes)

After Clearing, you will find it far easier to visualize and feel the emotions of what you want to experience in life. You have just wiped clean your emotional state, which makes it far easier to generate new positive emotions. Start picturing what you most want (in the same area of life you just cleared) and generate the emotion this vision gives you. Is it gratitude, joy, excitement, peace? Whatever single emotion your vision most generates, focus on it while holding the vision.

To intensify your emotion, breathe deeply into your chest and focus on gratitude even more intently. Once you sense an internal shift of newfound confidence in your vision and it has been 20 minutes, gently come out of the process. Continue on with your day and if you wrote down any notes during the process, make sure to take them seriously and act on them.

There’s an astute saying: “If you don’t have 20 minutes a day to meditate, then you should be meditating for 40.” It’s not much to ask. You can surely find 20 minutes somewhere in your busy day. Even if you have three children who wake up earlier than you do, you can find time, like thousands of parents do, to nurture yourself with this practice somewhere in your daily schedule. Your children too will benefit from your new mindset and perspective.

Keeping the same time each day provides a predictable routine and habit that makes it easier to strengthen your commitment. So if possible, do The Deserving Process first thing in the morning. It is a phenomenal way to begin each day.

To support your effort, consider getting an accountability partner—a spouse, friend, or family member—who can do this process with you and share your journey. Their support and participation are an invaluable asset. Invite someone to read this book at the same time you do and begin the process together. It makes a tremendous difference not to be alone through it. Your commitment to not letting your partner down will strengthen your commitment to yourself. It’s a win-win. Help someone you care about to flip their switch and it will expedite you flipping your own.

DR. JOSH WAGNER

is a mindset coach, international speaker and consultant to renowned doctors and their staffs around the world. After building a successful private practice in New York City, Dr. Wagner began to shift his focus to help others achieve their goals to have richer and better lives through his revolutionary Deserving Process.

He has traveled the world helping people in over 18 countries transform personally and professionally. Dr. Wagner’s purpose is that the more people experience joy and peace of mind in their lives, the better they will influence their families, communities and the world.

To learn more about Dr. Josh Wagner, please visit www.drjoshwagner.com.

You Deserve It: The Missing Answer to the Life You Want released in August 2019 and is available on Amazon and at Barnes and Noble.
Are misaligned values causing more stress?
3 Ways To Find Alignment Without Adding To Your To-Do List

By Sue Hawkes

Do you ever feel like things aren’t right but you can’t put your finger on it? Often, we play it off as stress or a lack of work-life balance but without looking deeper, you really aren’t fixing the problem. According to a report by the Conference Board, a New York-based nonprofit research group, 53.7% of women are unsatisfied — that’s over half of all working women! Instead of adding or trying to create another productivity habit to fix your unsatisfied feelings, you need to slow down and look deep within ourselves to ask what is not working? When you allow yourself the space, you will finally be able to work through any issue you encounter.

Use these 3 ways to help you identify where you are misaligned rather than muscling through it with one more productivity hack.

Journal: Take the Time to Let Your Thoughts Flow

The health benefits of journaling are numerous but to name a few, journaling helps create clarity in your thoughts and feelings, facilitates more effective decision making and reduces stress. Beyond that, seeing what you are thinking on paper creates an objective perspective, allowing you the opportunity to address issues and work through them while bypassing your negative, self-doubting thoughts which cloud your judgment.

To begin journaling when assessing your values,
ask yourself some simple questions:

What am I pretending not to know?

What life are you waiting to live?

If you had nothing on your to-do list, what would emerge?

**Spend Time in Nature**

Mental space happens naturally when you spend time in nature. There are less distractions which affords you the opportunity to turn inward and focus on observing yourself. This is extremely beneficial when you are stuck on a new project or at a crossroads for a decision at work.

Studies say that even a few minutes in nature can improve your short-term memory and restore mental energy. You can find an outdoor activity you enjoy requiring little effort (remember: you want to give your brains a break), like hiking or walking your dog, and enjoy it often.

Most often, the best answers and solutions already reside within us but most of us don’t allow the quiet space because it doesn’t feel productive; it is!

**Take a Clarity Break™**

A “Clarity Break™” is a practice developed by Gino Wickman as part of EOS, the Entrepreneurial Operating System. The purpose is to reflect and create space for strategic thinking on a weekly, bi-weekly or monthly basis.

You do this by taking a break from your phone, technology, home or office. The point is to get away from distractions which tether you to work. Sit with a pad of paper and pen and let your thoughts flow. Don’t focus on producing anything specific, see what emerges.

Studies have shown that activity in many brain regions increases when our minds wander. So don’t put pressure on what your clarity breaks result in, rather create space in order to have the space to create. The trick is to practice this consistently, it is where you’ll see results by identifying patterns in your thinking and life that are causing misalignment.

With the day-to-day pressures at work and at home, it is easy to get misaligned. These simple practices won’t allow you to put a bandage on the problem, you will finally find your solution.

**ABOUT SUE HAWKES**

More than just a bestselling author, Sue Hawkes is a keynote speaker, Certified EOS Implementer, Certified Business Coach, WPO Chapter Chair, award-winning and globally recognized seminar leader, and an entrepreneur. She is CEO and Founder of YESS! – Your Extraordinary Success Strategies, and brings over 25 years of experience to her clients and has designed and delivered dynamic, transformational programs for thousands of people. She has been featured and is a regular contributor to INC, Entrepreneur, Forbes, Fast Company, New York Daily News and Thrive Global. Hawkes has received numerous awards including the Dream Keeper award recognized by the Governor’s Council for her leadership program, the Exemplary Woman of the Community award, Women Venture’s Unsung Hero award, Women Who Lead from Minnesota Business Magazine, and NAWBO Minnesota’s Achieve! Vision Award, in addition to being named a 2018 Enterprising Woman of the Year.

Connect with her on Twitter, LinkedIn, Instagram, YouTube, and Facebook.
Looking a little spooky?

Recover with a 100% naturally fermented coconut gel face mask with other added beneficial ingredients for treating dry, rough, depleted skin. These bad boys really worked for us!

leaderscosmeticsusa.com

Some like it sweet!

With these luxuriously rich shea butter soaps and creams from Finchberry, you will be feeling as sweet as candy! They look like candy too! And for the coffee lover, pick up a bar in coffee for that caffinated pick-me-up! Vegan, paraben and sulfide free.

finchberry.com

Unwrap a spa experience.

The sweet + single candy scrubs and body truffles are so practical, convenient, and eco-friendly that they’re hard to resist. Don’t eat them, but keep them in the gym bag or next to your bath!

bonblissity.com

Beauty tricks or treats?

Beautytricks or treats?
Boob Design offers affordable, quality-made and comfortable garments that support you through all stages of your pregnancy and postpartum experience.

Pieces are designed with nursing in mind as well as comfort, functionality and style.
KNITWEAR FOR MATERNITY AND NURSING

Knitted sweaters, made of sustainable materials like organic cotton and organic or recycled wool. All with room for growing bellies and easy nursing access.

POWER PIECES

These designs maintain a look of sophistication and comfort during both maternity and postpartum.
NURSING AND HANDS-FREE PUMPING
RELAXED BRA

Made with an ultra-soft, moisture wicking fabric, it provides relaxed support and a barely there feel that you’ll want to live in all day and all night. Our patent pending design is made without any irritating elastic, snaps or zippers so you can easily pump in comfort and get on with your day without ever undressing or changing bras.

https://www.shoplarken.com
diy + recipes
INGREDIENTS

• 1 1/2 cups flour
• 1 teaspoon baking powder
• 1/2 teaspoon baking soda
• 1/2 teaspoon salt
• 1 1/2 teaspoons cinnamon
• 2 eggs
• 5 tablespoons butter, melted
• 2/3 cup brown sugar
• 1 cup applesauce
• 1/2 cup grated carrot or zucchini

PREPARATION

1. Preheat the oven to 350°. Butter the cups of a mini (or regular) muffin pan or line with paper liners.

2. Measure the flour, baking powder, baking soda, salt, and cinnamon into a large mixing bowl and stir it all together.

3. Crack the egg into a separate bowl and whisk away. Mix in the brown sugar. Then add the melted butter and applesauce. You can also stir in the grated carrot or zucchini, if you’d like.

4. Pour the applesauce mixture over the flour mixture and stir until all the flour disappears.

5. Spoon the batter into the muffin cups, filling each about two-thirds full.

6. Bake the muffins for 15 minutes (bake regular size muffins for 20 minutes).

Kidstir is a unique subscription service for children that can be joined or given as a gift, or you can send one of the single kits, as well. Each month, Kidstir will send your child a cooking kit filled with three delicious, nutritious recipes, kid-size cooking tools, games and activities! With a focus on fresh, nutritious food and hands-on fun, Kidstir was created by moms who know that through cooking, children will gain important life skills in the kitchen — and cook up some fun family memories through the holidays! During the months of October, November and December, pint-sized foodies will love to receive the Spooky Celebration, Gobbling Good Fixings and Winter Wonderland kits - perfect for easy, hands-on holiday excitement in the kitchen! 3 month, 6 month, and 12 month subscriptions available. www.kidstir.com Follow us: @Kidstir on Twitter | Kidstirbusiness on Facebook

(Makes 24 to 36 mini muffins or 12 regular size muffins.)
newborn + infant
There’s no doubt that becoming a mom for the first time is something that will change you forever. It’s definitely one of the happiest moments in your life, but that doesn’t mean it’s going to be the easiest. That’s why influencer Emilia Taneva has put together three tips that every new mama should prepare for!

Start Breastfeeding As Early As Possible

Breast milk is ultimately the best source of nutrition for a newborn. It is packed with immune-boosting nutrients and can protect against infections and diseases such as diabetes, obesity, and asthma. For mothers, breastfeeding helps reduce the risk of breast and ovarian cancer and speeds up recovery after delivery. Most hospitals have lactation consultants on staff who are always happy to teach you and your baby to latch. Don’t get discouraged and look for assistance if breastfeeding gets difficult or painful. Remember that some moms can’t breastfeed and don’t have enough supply. Supplementing or feeding with formula won’t make you a bad mother!

Take Care of Yourself.
Research Breast Pumps and Products That Would Save You Time

Take care of yourself and sleep whenever you can. Nobody will judge you if your house doesn’t look perfect—household tasks can wait. Accept any help you can get for babysitting, cleaning, laundry, and cooking. Be kind to your body and don’t expect to get back in shape overnight. Drink at least eight glasses of water per day and eat healthy so you could feed your milk supply. Research some of the wireless breast pumps that fit in your nursing bra so you could pump hands and cord-free anywhere in any position while working on other tasks. If you have to go back to work immediately, make sure you create a pumping nest in your office with all the necessary things—hand sanitizer, breast pump sanitizer spray and wipes, breast milk cooler carrier bag, milk storage bottles and bags, breast pads.
About Emilia Taneva:

Emilia Taneva is a Board-Certified Orthodontist, creative photographer, travel blogger, and digital influencer. She is ranked as one of the top influencers in North America, with a focus on travel, fashion, and lifestyle. Taneva was born in the medieval city of Veliko Tarnovo (Bulgaria) where civilizations and cultures have collided throughout its history. At a young age, she was captivated by history and tour books and would daydream about seeing the world one day. Today, Taneva runs the popular travel blog, Bubbly Moments. The Bubbly Moments is focused on the world’s most luxurious destinations and exclusive places. She has traveled to over 40 countries on five continents and knocked some big adventures off her bucket list along the way. Her all-time favorite destinations include Hawaii, the Maldives, Hong Kong, the French Riviera, and Singapore. When Dr. Taneva is not jet-setting, she is grateful to have the opportunity to help patients achieve a beautiful smile and improve self-esteem through the art and science of Orthodontics. Emilia lives in Chicago, IL with her husband, her son Nikola, and beagle pup, Max. Follow on Instagram: https://www.instagram.com/bubbly.moments

Listen to Your Baby’s Cues

Babies will give different behaviors and tones of crying. Within the first few weeks, pay attention to those signals so you could easily decipher what it is your baby is trying to tell you. Cues for hunger such as fist sucking, lips smacking, restless acting, reaching with arms and legs start way before crying. When the baby wants to play, he will give engagement cues which might include eye contact and smile, babble or coo. If your baby is tired, he might turn his head away, squirm, yawn, wrinkle his forehead or frown. Responding to the baby’s signals will help regulate his emotions, develop a sense of trust, and prevent the full-throated wail.
My life began revolving around babies before my one-year-old daughter Della was even conceived, as my wife and I started the first nutrient-dense baby food company. During my foray into fatherhood, I realized there were hundreds, if not thousands, of resources for pregnant women, and parents in general, but I couldn’t find an instructional manual for the soon-to-be-dad.

The process of becoming a father taught me how to surrender, trust, and serve in so many ways, and I learned some valuable lessons of wisdom I’d like to pass on to those pregnant dads.

**CHOOSE TO SURRENDER**

Despite the title, I don’t believe a man can ever be pregnant, or come close to understanding or equaling the work women do. A pregnant woman doesn’t get to decide to let her life be severely disrupted, and as men we can choose to not let the pregnancy impact our lives much at all. But there’s so much fulfillment waiting for us if we do. Once I committed to playing an active role in the gestation and birth of my baby, my happiness increased ten-fold. The excitement of knowing that I was making a difference in my wife and my future child’s lives gave me my own special “glow.”

**BUILD A STRONG SUPPORT NETWORK**

I immediately began deepening my relationships with other men and close female friends. I re-joined my men’s group and started having “man-dates” with conscious men I was comfortable being vulnerable with. I called my parents more and upped my frequency of nourishing activities like connecting with nature and seeing movies, allowing me to show up more grounded and present for my wife.

**BEFRIEND OTHER NEW PARENTS**

I asked every father I met for advice, and still do, which is where a lot of these tips and tricks came from. I also started building our long-term family support network for future playdates, shared childcare, and an eventual homeschool co-op. Our midwife introduced us to other clients of hers that delivered their babies near our due date. We started having double dates and planning dinner parties to get everyone together, and to this day, still see each other regularly. We’ve seen many of our friends become isolated in parenthood and made it a priority to stay connected and social. We even moved to a different part of town to be closer to our friends with kids.

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**Keys to success for the expectant father**

With Joe Carr of Serenity Kids
DON’T TAKE IT PERSONALLY
My wife was already a sensitive person, so the physical, emotional, and mental challenges of pregnancy really rocked her world. This means she wasn’t as grounded, patient, and rational as she usually was, and sometimes took it out on me. Although this sometimes irritated me, I was able to smile to myself and let disagreements roll off, focusing instead on my gratitude for her doing the hard work of creating our child.

CALM HER VIGILANCE
Being physically limited while simultaneously responsible for the health of a fetus can cause women to become extra vigilant. Sometimes a little spotting would cause her to worry that she killed the baby, or, if her heart was beating extra fast, which is necessary for producing so much new blood, she would wonder if she had developed some fatal heart condition.

Thankfully, I already learned that it’s never a good idea to discount a woman’s feelings or imply she’s crazy for worrying, so instead I would comfort her, and tell her it’s all going to be alright. I would research and learn the facts about any symptom she was experiencing, give her various potential (less scary) scenarios, and tell her exactly how we would respond if her worries were to come true. Mostly I would just stay calm, not worry myself and do my best to calm her down.

BE THE MASCULINE
My wife usually books the plane tickets, handles the ground transportation, pays the bills, or other activities that are typically defined as “masculine.” I tend to embody many “feminine” qualities like emotions, spontaneity, and creativity. Pregnancy dropped my wife deeply into feminine, making all the logistics much harder, while simultaneously making her more intuitive, sweet, and nurturing. So, I got to practice strengthening my masculine, and handling all the details like I did just fine before we became a couple. When she made a logistical error, I did my best not to complain about it and instead, just handle it. I encouraged her feminine by bringing her flowers, surprise chocolates, and taking her on special dates like I did when we were first courting. Oxytocin is great for the developing baby, so I prioritized time for touching and long cuddles, which is even more fun with her heightened sensitivity and femininity.

TRUST HER MAGICAL INTUITION
My wife was right a lot before, but when she was pregnant, her intuition was on fire. Pregnancy enhanced her courage to vocalize her intuitive feelings more often. It was a lot of little things, like, “grab an extra shopping bag”, when we were only getting four things, and then suddenly we would find several large items we forgot we needed. Or it was big things like, “I don’t think this is the right sales manager to hire,” even though they appear to be the best candidate, and then we find someone ten times better. I had to learn to trust her and go with her gut, because apparently pregnant women can predict the future!

JOIN IN THE BIRTH
I really took to heart that we were pregnant. I devoured podcasts, audiobooks, films, blog posts, and birth stories to become as educated as possible. I attended all her midwife and doctor’s appointments and took detailed notes. I even enrolled us in Hypno-Birthing, BirthFit, and a yoga-for-birth classes. If you’re interested in meeting
other new parents-to-be, Centering classes are a great place to do so and are available in many areas. I also let her know that everything about her birth was her decision and promised to support her in whatever sort of birth experience she chose. I expressed my honest desires when asked, such as my preference for a home birth and hope to catch the baby myself. Ultimately, our plans for the home birth were thwarted as our baby was breech. This entailed an emergency hospital room visit in the middle of the night. While the experience was distressing, and intense, I made sure my wife and baby’s wellbeing were the top priority and that my wife’s preferences took precedence over any of my wishes. The quintessential delivery shot I’d planned to make my home screen photo wasn’t a possibility, but we had a healthy baby, and that’s all that mattered.

PREPARE FOR WHAT’S TO COME
The First 40 Days after a woman gives birth is a special and vulnerable time where the new family needs a lot of support. I created a spreadsheet and scheduled family and friends to bring food or run errands for us regularly throughout that time. Since we had started a nutrient-dense baby food company I also became an expert on infant nutrition, learning that healthy fats and quality animal products are essential first foods, and to stay away from sugars and sugary fruits. Which is (not coincidentally) also how a postpartum breastfeeding mom needs to eat, so I made up tons of homemade bone broth, liver pate, nut butter smoothies, etc. I surrendered to the fact that I didn’t have control. Mother Nature was in charge, and I did my best to follow her lead. I trusted that my wife knew what was right for her body and her baby and I served her to my greatest ability. What a gift it was to be needed and to have my effort make such a difference.

About Joe Carr
Joe Carr, co-founder and President of Serenity Kids Baby Food, is a certified life coach and educator devoted to social justice activism. An autism activist and proponent of the Paleo diet, Joe works with other autistic adults and youth to help them harness their gifts and genuinely believes that food is medicine. He is also active with the ManKind Project helping men develop power with compassion. As President of Serenity Kids, Joe oversees day-to-day operations and leads sales that will transform the baby food industry.
The brain development that happens in your baby’s social learning as well as basic problem-solving is phenomenal in the first year. Your baby goes from not knowing how to do anything to being able to speak a foreign language, following simple directions such as “pick up the book,” and using items correctly, such as using a book for reading time and using a cup to drink. While your baby still may not understand the nuances of physical activity, he is learning to explore by banging things together, throwing things, dropping things, and shaking them. This is your one-year-old’s way of learning how things work. He may be throwing a stuffed animal across the room over and over again, but know that this action is not to annoy you, nor is it done as an emotional response. Your baby is simply doing what all babies do: repeating a movement in order to understand it.

Meanwhile, your baby also begins to develop social and emotional connections during his first year. You may wonder why your normally calm baby suddenly seems scared of strangers at around seven or eight months old. This comes from a brain spurt in the frontal lobe that brings about attachment; your baby has already formed an attachment with you and with other familiar caregivers, thanks to the familiar sounds of your voices and your touch, but they may experience sudden fear when you leave and/or when someone unfamiliar approaches.

Until your baby is one year of age, she is still lacking behavioral control. She may start to understand that hitting a sibling is wrong, but his brain is still in the process of becoming able to override the impulse to do so. Therefore, it’s important for you to be aware and to react to her developmental stage appropriately.

PARENTING TIPS FOR NEWBORNS THROUGH AGE ONE

1. Talk to your infant, sing, and listen and react to your newborn’s gurgles and mumbles as much as possible. The more bonded you are to your baby, the more he hears your voice, feels your touch, and smells your scent, the more comforted and secure he will feel.

2. Encourage all caregivers and visitors to talk to your baby often. This will especially help during the seven-to-eight-month stage, when he will start to feel separation and stranger anxiety.
3. **Hold your baby as much as possible during this first year.** Babies respond strongly to attachment and begin to be socialized and culturalized when accompanying Mom and Dad on simple outings.

4. **Help your baby practice and rehearse motor, sensory, and cognitive advances by creating a safe learning environment in which she can explore.** Objects that can be manipulated, touched, and observed not only enhance learning, but will help your baby to test herself against her environment. Each experience will add to her insight and understanding and stimulate her brain’s associative mass. Since your baby doesn’t really begin to have controlling behavior until she turns approximately one, you can understand and empathize with her if she spontaneously hits her sibling or has a temper tantrum. Here, gently changing her environment while reminding her verbally that hitting is not okay will remediate her behavior. On the other hand, when your baby throws her toy or drops things from her high chair, she is really processing an experiment with gravity. If you participate with her instead of fighting against her by scolding and trying to control her behavior, your understanding approach will lower the decibels of her reaction, while helping her intellect expand through insight and cognition.

5. **Give your baby a safe, open space in which to learn while being supervised.** Clear out sharp and heavy objects from a living room, for example, and let your baby play on the floor with blocks, books, stuffed animals, wooden spoons, and age-appropriate toys. While this may look like mindless activity to you, this form of free play allows your child’s brain to make more connections with actions.
featured gear
Dr. Eddie's Happy Cappy™  
soothing, moisturizing, cleanser for baby  
https://happycappyshampoo.com/

A Pediatrician's Solution to baby's dry, itchy, irritated skin with oatmeal and licorice root extract.  
• Fragrance free to avoid irritation  
• Free of dyes, paraben and sulfates  
• Pediatrician approved  
• Safe for daily use  
• Also includes aloe vera and provitamin B5 for soothing relief  
• Help reduce cradle cap

Mamapod  
carry baby and take a break!  
https://www.mamapod.com/

No one has ever said that you can take a break while standing and baby-wearing, but now you can with this new, innovative design. Mamapod is a sturdy, customizable baby carrier for front or rear facing infants up to 44lbs/20kgs. In addition, it has a sturdy seat on the bottom that holds a snap-out support stick. You can no kidding do this with one hand. Set up is simple and while you stand in one spot at an event, let baby’s weight rest on the support pole rather than adding stress to your back!  
• Sturdy, customizable materials  
• Reduced back pain  
• Detachable privacy/sun screen
Retractaclip
no more lost pacifier!
https://littlebaebae.com/

Fear not the scary scene of your baby loosing their pacifier at the wrong moment! With the Retractaclip, baby’s pacifier will be close, easily accessible and off the floor. Clip it on and let baby use as needed.

• Sturdy base clip holds automatically retractable unit in place
• Light weight
• Made with non-toxic plastic and soft leather
• Short soft straps prevent pinched fingers
• Keep the pacifier nearby with no fuss

Rockit® Baby Rocker
keep a-rockin’ while you’re stoppin’
https://rockitrocker.com/

We know how easy it is to get baby to sleep when we are strolling them around in the stroller. They nod right off after a few minutes of the rhythmic bumpy motions caused by your meanderings. When you tire and pause to sit, baby wakes up! Not anymore! Attach this to your stroller and flip it on when you want to take a break from moving and let the Rockit® keep baby blissfully unaware that you are no longer acting as her driver.

lil mixins
safely introduce egg and peanut to your baby
http://www.lilmixins.com

Lil mixins has created a way to introduce baby to two of the most common allergens (egg and peanut) early on to help your baby avoid developing an allergy to them later in life."Research shows that the ability to have an allergic reaction is rare in babies four to six months, which is why parents need to introduce potential allergens as soon as their baby starts solids." Easily mix into food, milk or formula. Check the website for recipes too!
toddler + preschooler
**8 things to do this fall to boost your child's development**

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Fall is finally here! It’s a busy season for many families, but the last few months before winter sets in are packed with lots of chances to connect with your kids and have fun together. Whether you plan special family vacations or fill your autumn days with close-to-home activities, it’s often the simple things you do with your children that make the best memories (and teach them important new skills). Here are 8 things to do with your child this fall—to bond with them and boost their development at the same time.

### Get outdoors every day you can

As the summer heat gives way to cool autumn breezes, celebrate the gorgeous weather with outdoor activities that give your child’s motor skills a pick-me-up. Choose activities that involve both gross motor skills (running, hopping, climbing, catching) and fine motor skills (grasping tools, digging, stacking). Rake leaves together and leap over and into the piles. Make an outdoor adventure path or obstacle course for children to follow. Go on a neighborhood nature walk, collect little things in a pail, and help your child sort them into groups: separate big rocks from little rocks, rocks from leaves, red leaves from yellow leaves.

### Give them their own day jobs

When the excitement of summer is over and older siblings have gone off to school, younger kids will love to have their own daytime jobs that make them feel important and needed. To boost their confidence and help strengthen their social and motor skills, select age-appropriate jobs for them. Toddlers can take on table-wiping duty and help you sweep up the floor, while older children can prepare their own snack, fold laundry, and set the table for dinner. Children who especially enjoy having jobs might also like to have a pretend office in a corner of your home where they can make calls with a toy phone, write letters and “send” them in envelopes, and type important emails with an old keyboard.
For families who love celebrating the Thanksgiving holiday together, this skill-boosting activity can be a sweet way to help your child honor the family members and friends they’re thankful for. Help your child make their own book of all the special people in their life. Print out photos of family members and friends, let your child arrange and glue them onto sturdy sheets of paper, and help them staple the pages together or tie them with ribbon. Give them supplies they can use to decorate the book: glitter pens, sequins, stickers, bits of shiny paper, pictures cut from old greeting cards and magazines.

When your child is done, look at the book together and talk about the special people in the photos and why you’re thankful for them. (You may even want to bring the book to Thanksgiving dinner and share it!) Not only will this book be a cherished memento, it’ll also help your child strengthen fine motor, communication, social-emotional, and problem-solving skills.

This fall, plan at least one special trip to a place that’s brand-new for your child. Your outing doesn’t have to be fancy or expensive—there are lots of places you can explore for free or for a small fee. Attend a community harvest festival, go apple-picking together, spend a beautiful day enjoying a new hiking trail or park, or attend an event at a library you’ve never been to before.

To strengthen your child’s communication skills, plan the outing together ahead of time and talk about the things you’ll be seeing and doing together. On the way home, ask questions about what your child did and what their favorite parts were. Encourage them to tell other family members about your day and share photos from the trip.

With just a dash of creativity, your errands can be learning experiences that enrich your child’s communication and problem-solving skills. While waiting at a bus stop, read signs together or make up funny nonsense phrases and see if your child can repeat them back. At the store, have your child search for specific letters and numbers on signs and labels, or put pictures of things you’ll be shopping for in an envelope and have your child pull out the images to remind you of what you need. As you’re driving, ask your child to count all the blue cars, animals, or tall things that pass by. Errands will go faster when you’re both having fun, and your child will pick up new skills as a bonus!
Family dinners are a great way to help your kids develop social-emotional and communication skills. This fall, whenever you can, gather the whole family around the table for dinnertime and let each family member take turns talking about their day at work, at school, or in the community. Avoid asking questions with “yes” or “no” answers; instead, ask each person at the table open-ended questions: “What was the best thing that happened today?” “What made you laugh today?”

For more social-emotional skill-boosters for children ages 2 months through 5 years, print these free ASQ:SE-2 activity sheets.

On chilly fall evenings, snuggle up for some shared reading—one of the single most important activities you can do with a young child. Not only is it a wonderful way to bond and relax together, it also strengthens your child’s communication and language skills and sets the stage for early literacy development. Choose some autumn-themed books and engage your child while you read: ask them what happened at the beginning, middle, and end of the story, or have the child act out the story with you and pretend to be different characters.

To support social-emotional skills, read books about feelings and talk with your child about the story: “Lion got really mad in this story. Do you feel mad sometimes? What makes you feel better when you get mad?”

For more tips on making the most of shared reading with your child, check out this post on the Inclusion Lab blog!

With the tips in this article—and your own creative ideas—you can transform any day into a learning experience as rich and varied as the colors of the autumn leaves. The kids will be having so much fun, they’ll never guess you’re teaching them new skills they’ll use forever. Whatever activities you choose to do with your child this fall, enjoy exploring, discovering, and learning together!

The activities suggested in this post were adapted from the ASQ-3 Learning Activities and the ASQ:SE-2 Learning Activities.
Pediatric skin cancer

While skin cancer is the most common type of cancer in adults, it is rare in children. Some children are more likely to get skin cancer because of factors in their health or family history. This handout discusses what you need to know about recognizing, treating and preventing pediatric skin cancer.

1. WHO IS AT INCREASED RISK FOR SKIN CANCER?

Many factors increase the chances of getting skin cancer. Some of the most common are:

- Solid organ (kidney, heart, lung, etc.) or hematopoietic stem cell (bone marrow) transplantation
- Cancer and cancer treatments, like radiation and chemotherapy
- Genetic syndromes that make the skin sensitive to sun damage
- Hereditary cancer syndromes
- Family history of skin cancer (especially melanoma)
- Medications that suppress the immune system
- Medications that make the skin burn more easily (such as voriconazole, an antifungal medication)
- Past history of sunburns or extensive sun exposure
- Use of tanning beds/indoor tanning

2. WHAT ARE THE TYPES OF SKIN CANCER?

Melanoma is a dangerous form of skin cancer because it can rapidly spread to other areas inside of the body. It can occur anywhere on the skin, including areas that are usually protected from the sun.

Basal cell carcinoma (BCC) and squamous cell carcinoma (SCC) are referred to collectively as “non-melanoma skin cancer” (NMSC). They can occur at younger ages and be more problematic in children who are immunosuppressed.

3. HOW CAN I FIND A SKIN CANCER OR SUSPICIOUS SPOT ON THE SKIN?

Skin self-exams are a great way to check the skin between regular doctor visits. For children at risk for skin cancer, it is good to examine the skin periodically at home. (See right column for SELF-Detection TIPS and WHAT DOES A SUSPICIOUS SPOT LOOK LIKE?)

Evaluation and screening by dermatology: If you notice any of the warning signs mentioned at right, you should see your child’s doctor right away. Children with any of risk factors for skin cancer should talk with their doctor about having a skin exam and consider seeing a dermatologist. Your doctor will decide how often you should have skin exams.

SELF-Detection Tips

- How to do a skin self-exam:
  - Stand in front of a full-length mirror.
  - Look at the front of the body (including head, scalp and groin).
  - Turn around and look at the back of the body.
  - Use a hand mirror to help see areas that are difficult to see.

WHAT DOES A SUSPICIOUS SPOT LOOK LIKE?

The ABCDEs of moles or spots that are abnormal:

- Asymmetry or amelanotic:
  - Asymmetry means the two halves of the mole do not match.
  - Amelanotic means abnormal spots might be pink or red instead of brown or black (melanotic).

- Border or bleeding or bump:
  - The border of a melanoma can blend into the normal skin. Bleeding spots or bumps that appear quickly can also be signs of skin cancer.

- Color:
  - Different colors within a mole, or the development of dark black, blue, or red areas in a preexisting mole

- Diameter:
  - Size greater than 0.6 cm (the size of a pencil eraser), though many normal moles may be larger. Also, skin cancers can be smaller than 0.6 cm, especially in children.

- Evolving:
  - A change or new symptom, such as bleeding, itching or crustu­ing. New spots/bumps or rapid growth of a new or old mole can be concerning.

Also look for a spot that looks different from others:

In children, melanoma, BCC and SCC may also appear as pink, growing, and bleeding bumps that appear on previously normal skin. Itching, non-healing sores, chronic crusty bumps and burning can also be signs of skin cancer.

A spot like this that lasts longer than eight weeks could be a skin cancer.
HOW ARE SKIN CANCERS TREATED?

Treatment for skin cancer depends on many factors, including the type, size and location of a skin cancer. Creams that trigger the immune system to fight off the skin cancer may be used for some cancers. Other cancers are treated with surgery to scrape off or cut out the skin cancer. If you have a skin cancer, your doctor will help you decide which is the best treatment for you.

HOW CAN I PREVENT SUN DAMAGE AND SKIN CANCER?

We know that the sun can damage the skin causing early aging and skin cancer in high-risk children, and in children without risk factors. Prevention is key. These are some strategies for preventing sun damage:

COVER UP AND STAY IN THE SHADE

Wear long sleeves and pants, sun-protective clothing like rash guards (swim shirts), or clothes with a high UPF*. Wear sunglasses and hats. Find or create shade whenever possible. Avoid being in the sun during peak sun hours of 10am to 4pm.

WEAR SUNSCREEN – QUICK SUNSCREEN FACTS:

- Sunscreens are applied directly to the skin to block harmful ultraviolet (UV) rays from the sun. Both UVA and UVB rays can damage the skin. “Broad spectrum” sunscreens block both UVA and UVB rays.
- Sunscreens with SPF of 30 or higher are preferred.
- Sunscreens come as lotions, creams, gels, sprays, sticks and powders.
- Most sunscreens work for 90–120 minutes, so they must be reapplied every 1.5–2 hours. Reapply more often when sweating or in water.
- Children over six months old should wear sunscreen and reapply as needed. Children under six months old can use sunscreen on small areas if there is no other way to protect the skin.
- Different sunscreens have different ingredients to provide protection from the sun. There are two categories of sunscreens: “physical” and “chemical” blockers.

<table>
<thead>
<tr>
<th>TYPES OF SUNSCREEN</th>
<th>COMMON INGREDIENTS</th>
<th>WHEN THEY START WORKING</th>
<th>HOW THEY WORK</th>
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<tr>
<td>Physical block</td>
<td>Zinc oxide</td>
<td>Immediately after</td>
<td>Reflect sunlight</td>
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<td></td>
<td>Titanium dioxide</td>
<td>application</td>
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<tr>
<td>Chemical screen†</td>
<td>Avobenzone</td>
<td>Approximately 15 minutes after</td>
<td>Absorb sunlight</td>
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<td>Oxybenzone</td>
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See the Society for Pediatric Dermatology’s Sun Protection handout for additional information:
http://pedsderm.net/for-patients-families/patient-handouts/#SunProtection

Authors:
Skin Tumors and Reactions to Cancer Therapies group of the Pediatric Dermatology Research Alliance

Committee Reviewers:
Sheilagh Maguire, MD
Erin Mathis, MD

Expert Reviewer:
Ilana Frieden, MD

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Giracula is a picture book in verse about a giraffe whose life is changed twice—once by a colony of vampire bats, and later, by a brave little girl who wants to help. First in the Bump in the Night series, Giracula shares the story of a newly-turned vampire with a penchant for pies, but his habit of breaking into bakeries gets him into trouble with the town folk.

This laugh-out-loud lesson in empathy gently encourages young readers to see beyond what is different, or even a little scary, and look for opportunities to be kind. Giracula is a story that transcends Halloween—kindness is worth celebrating year-round. So, hide your pies, tarts, and cakes, because this Halloween just got a little bit sweeter!
Help picky eaters and children with sensory issues try new foods with this delightful book, *I Don’t Like To Eat Ants* from author, JTK Belle and illustrator, SAbine Mielke. Delightful story and beautiful images draw children in and make food time more fun.

With rhyming and charming text, kids are reminded of the age-old lesson of why it is important to try new things.

The tiny ants are witty too as they listen in to the characters go on and on about other tasty foods.

A fun and worthwhile read recommended for ages 3-6.
good reads

memoirs

Fertility problems are not reserved for the every day person. In fact, you might be surprised that even a fertility doctor can experience problems in this area. Dr. Dorette Noorhasan shares the story of her youth, and her difficult journey of successfully becoming a mother in her book, *Miracle Baby*.

Peer into the mind of a doctor who has experienced something that you yourself may have experienced. Her journey includes the stressors of IVF, donor contemplation and Surrogacy. Also, learn of stories of love, perseverance, loss and encouragement.

https://www.amazon.com/Miracle-Baby-Fertility-Doc-tors-Motherhood/dp/1612543138/ref=sr_1_1?keywords=Miracle+baby+a+fertility+doctors+fight+for+motherhood&qid=1566572381&s=books&sr=1-1

Parenting a special needs child can be extremely difficult. In *Butterflies and Second Chances: A Mom’s Memoir of Love and Loss*, author Annette Hines shares the fine details, trials and obstacles that she and her family have had to face and overcome. She shares the intimate details of the decline of her precious daughter and ultimate passing which greatly affected the family and everyone who knew her.

There are many resources and support groups available to parents of special needs. These resources are not always easy to find and Annette Hines has made it her job to support parents of special needs children with her law practice.

Tuck in to this memoir, grab a tissue and share with anyone you think could use the valuable information within.

PHYSICIANS FOR PATIENT PROTECTION: 
https://www.physiciansforpatientprotection.org/

MAP YOUR NEIGHBORHOOD ACTIVITY FOR KIDS: 
https://www.pbs.org/parents/crafts-and-experiments/map-your-neighborhood

5 TIPS TO HELP YOUR CHILD BE KIND AND COMPASSIONATE: 

FREE ONLINE AGES AND STAGES QUESTIONNAIRE: 
http://www.agesandstagesresearch.com

FORESKIN AND CIRCUMCISION CARE: 
https://www.yourwholebaby.org/

HELP FOR POSTPARTUM DEPRESSION: 
http://www.1800ppdmoms.org/

CANARY FOLLOWED SEVERAL FAMILIES ON THEIR JOURNEY OF BECOMING PARENTS. THE CHECKED IN A YEAR LATER TO SEE HOW THE FAMILIES WERE DOING. WATCH HERE: 
https://www.facebook.com/canary.is/videos/674224329681473/

SUPPORTIVE BRA FOR POST-PROCEDURE: 
https://ezbra.net/
Current product recalls from the Consumer Product Safety Commission

Healing Solutions Recalls Essential Oils
Due to Failure to Meet Child Resistant Packaging Requirements; Risk of Poisoning. The bottles are not child resistant as required by the Poison Prevention Packaging Act, posing a poisoning risk if the contents are swallowed by young children.

Air Rifles Recalled by DIANA
Due to risk of injury or death. The air rifle can unexpectedly discharge even if the safety is engaged. This can result in a serious injury or death.

Ragdoll & Rockets Recalls Children’s Loungewear
Due to Violation of Federal Flammability Standard
The children’s loungewear fails to meet the flammability standards for children’s sleepwear, posing a risk of burn injuries to children.

Recalls From 6 Participating Agencies
https://www.recalls.gov/recent.html

CHILD Related Product Recalls
Product recalls specifically indicated for children from safekids.org.
https://safekids.org/product-recalls

Product Recalls Finder Tool
Online tool from babycenter.com

Canadian Food Recalls
Canadian Food Recall News.

Food Safety Recalls
Recalls and alerts including frozen foods.
https://www.foodsafety.gov/recalls/recent/

Drug/Medication
Recalls by the FDA
https://www.fda.gov/drugs/drugsafety/DrugRecalls/default.html

Baby-proofing
https://www.consumernotice.org/products/child-safety/

https://www.consumernotice.org/products/child-safety/babyproofing/
October is Breast Cancer Awareness Month. Interestingly, this occasion is closer to my heart than usual this month. I do know survivors of breast cancer, and how the condition dramatically changed their lives. Yet, others have been less fortunate and have lost the battle with Breast Cancer.

**It is not just women who can get breast cancer. Men can get it too, especially if they have a certain inherited gene variation.** See more here: [https://www.breastcancer.org/risk/factors/genetics?gclid=EAIaIQobChMIwd6Cg9n65AljVi4bACh0DYgJAEEAYBCAAEgJZj_D_BwE](https://www.breastcancer.org/risk/factors/genetics?gclid=EAIaIQobChMIwd6Cg9n65AljVi4bACh0DYgJAEEAYBCAAEgJZj_D_BwE)

I had a little experience myself recently. During a routine physical I had a breast exam which revealed an abnormality. Abnormal enough to require a biopsy. In the moment when I learned this, it was a little shocking and, admittedly quite frightening. Thoughts of what if’s popped up and kept me occupied during much of my alone time for a while. I figured it was not something too serious as I could not even feel a lump. You don’t have to feel it for it to be there though.

After screenings, mammograms, a biopsy that wasn’t so pleasant of an experience and more mammograms, I was thankful to find out that the biopsy was negative for cancer. RELIEF. The whole experience though, gave me an entirely new perspective on a few things. What kind of things in my life do I not want to take for granted? What do I want to do to improve my health and my lifestyle? How can I do more of what I love and encourage more joy in each moment?

Check those breasts ladies. I know they can be extra lumpy after breastfeeding but check frequently enough and you will know if the bumps are unusual. See instructions for the Breast Self Exam here: [http://www.komennyc.org/site/PageServer?pagename=breasthealth_selfexam](http://www.komennyc.org/site/PageServer?pagename=breasthealth_selfexam)
Content in this magazine is for informational purposes only. We do not give medical advice. If you have medical questions about yourself or your child, please consult with your doctor or pediatrician. iTunes® is a registered trademark of Apple Inc. Google Play is a registered trademark of Google Inc. Other trademarked names not included here are the property of their respective owners.