
The Village Newsletter : Mothering, Selfcare, Events & Resources

1 message

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The Village

A newsletter from
Life With A Baby



Mother. Mommy. Mama. Mère. Ina. 母亲. Ahm. Maji. Madar. Mai. Mae. Ema. Madre. 어머니

Whatever way you say ‘mother,’ the definition is love.

Motherhood is an action, a thing you can see and feel. If a child is part of your life, in the glow of your love, on your mind, in your care or heart, you have mothered. She is a shoulder to cry on or the hug you didn’t know you needed. She is a trusted ear or a co-conspirator of laughter to whisk troubles away. To the grandmothers, aunts and women who step up regardless of bloodline, we thank you. You show us a mother’s love is broader than genes and wider than geography. Sometimes it is them who raise us, stepping into the role again, out of love. To those of you making the journey alone, shouldering dual roles, we surround and honour you. Even when our mothers are no longer here, the imprint on our hearts is forever because there’s no forgetting profound love.

Today, tomorrow, and forever, I hope that you’ll add yourself to that extensive list of people you care so deeply for and love to the moon and back. You know, the one where you’ve listed the needs of your family, friends, job or career, and community.

Add yourself to the top spot. The physical and emotional labour of motherhood is real, and just as muscles require rest and treatment to replenish, so your soul does too.

This Mother's Day, and every day, I wish you contentment, peace, wisdom, patience, strength, resolve and, most of all, love.

Sincerely,

Claire

P.S. You've STILL got this - even if you don't. Keep your head up.

Virtual Events

The fun continues online! Join us for webinars, classes, workshops and more so our village stays connected! Visit lifewithababy.com/online today to find events!

For events happening on Zoom - don't forget to check your registration confirmation email for the meeting link!

Virtual Events for Ages 0 to 6

Real Talk: Breaking the Myths about Speech, Language, and Literacy Development

Monday, May 17 @ 10:00 AM – 11:00 AM EST on Zoom

In Real Talk: Breaking the Myths about Speech, Language, and Literacy Development, we will address common myths and look at the developmental milestones and address these myths with the most up-to-date research!

Melissa Gagnon is a Speech-Language Pathologist with over 10 years of clinical experience with young children.

This is very kid friendly! If you need to tune in with your children you can! We will love seeing them!

[Register](#)

Zoom Mommy Coffee Meet-Up: Julia's Story

Wednesday, May 19 @ 1:00 PM EST on ZOOM

Join us for a virtual Coffee Meet up to connect with other moms and share our journey's!

This week Julia shares her story as a new mom in Canada. She will discuss navigating a new country (from the Ukraine) and leaving her career as a social worker behind and turned around her challenging first birth story to make a change for the birth of her second child.

There will be lots of opportunity to share and connect over challenges as a new parent.

Grab a coffee and your little one and get ready to connect!

[Register](#)

Journey to Kindergarten

Wednesday, May 19 through Wednesday, June 23 @ 2:00 PM – 3:00 PM on Zoom

Journey to Kindergarten (For children who are entering Kindergarten in September 2021)

Brought to you in partnership with Life With A Baby and EarlyON Child and Family Centre Thornhill.

Journey to Kindergarten is a six-week program that focuses on cultivating the four foundations that children naturally seek out for themselves as they grow: belonging, well-being, expression and engagement. EarlyON Educators will virtually support children and their families in this important next step in education by providing pre-recorded videos and practical tips on how to support your child's transition to school.

[Register](#)

Songs and Stories with Babies

Friday, May 21 AND May 28 @ 9:00 AM – 9:40 AM EST on Zoom

FOR CHILDREN BIRTH TO 12 MONTHS

Brought to you in partnership with Life With A Baby and EarlyON Child and Family Centre Thornhill.

Songs and Stories for Babies is a 2-day program of 40 minutes each day over

Songs and Stories for Babies is a 2 day program of 45 minutes each day over a period of 2 weeks, online via Zoom. **You are registering to attend both days May 21 and May 28.**

Songs and Stories for Babies offers a group experience to parents and their babies. Children benefit from enjoyable and healthy early experiences with language and communication...this program will introduce adults and children to the pleasure and power of using songs, stories and rhymes together.

Register

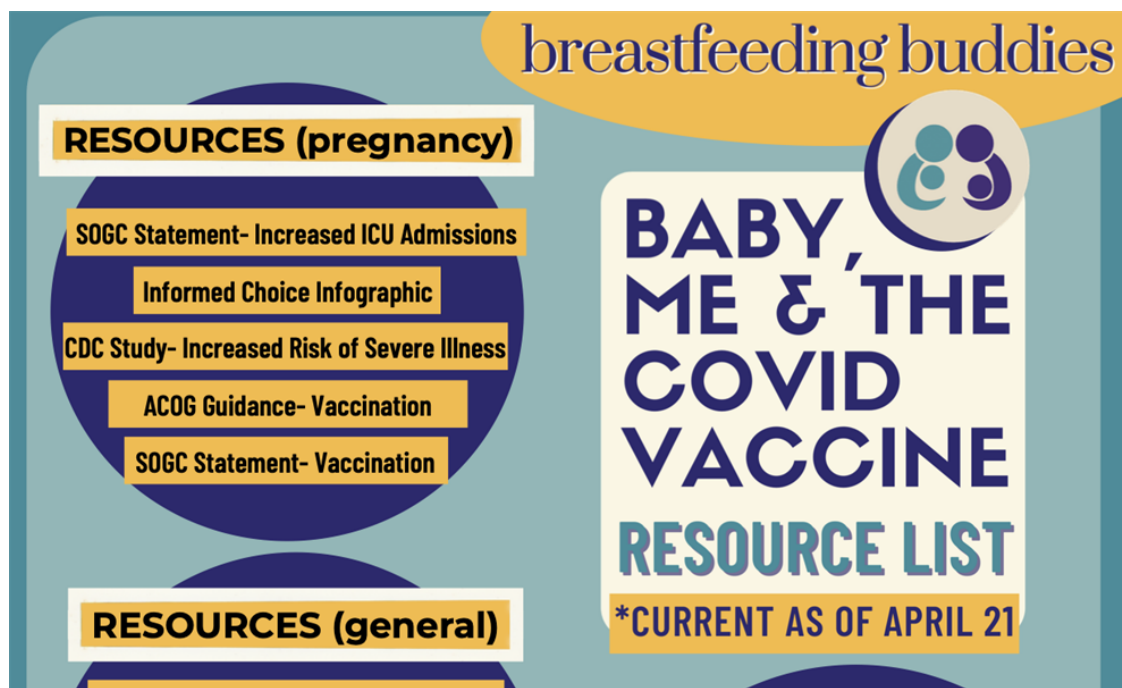
The Heart Brain Connection In The Earliest Years

Thursday, May 27 @ 1:00 PM – 2:30 PM EST on Zoom

Join Dr. Jean Clinton for a talk on this and some practical strategies on how to help support parents make these connection with their newborns from the start.

Register

The pandemic, COVID-19 and vaccines are at the core of most of our concern and worry these days. We have LOTS of questions—especially if you're pregnant or breastfeeding. Our friends at Breastfeeding Buddies have compiled resources that they update regularly. Click on the flyer below to access or visit them on social media.



The flyer is titled "breastfeeding buddies" in a blue serif font at the top right. It features a central graphic of a woman and a baby in a circle. The main text reads "BABY, ME & THE COVID VACCINE RESOURCE LIST" in large, bold, blue letters. Below this, it says "*CURRENT AS OF APRIL 21". On the left side, there are two sections: "RESOURCES (pregnancy)" and "RESOURCES (general)". The pregnancy resources listed are: "SOGC Statement- Increased ICU Admissions", "Informed Choice Infographic", "CDC Study- Increased Risk of Severe Illness", "ACOG Guidance- Vaccination", and "SOGC Statement- Vaccination".

Study- Vaccination & Ovarian Function
 UW School of Pharmacy

Anticoagulation Statement- Thrombosis Canada
 Centre for Effective Practice

Blood Clot Statement- Thrombosis Canada
 Allergies/Immunocompromised FAQ's

Vaccines & Allergies/Immunocompromised

RESOURCES (lactation)
 ACOG Guidance- Vaccination
 Antibodies in Breastmilk after Vaccination
 Local Lactation Support (current)
 Informed Choice Infographic

Comparing Vaccines (VIDEO)

RELIABLE SOCIAL MEDIA FOLLOWS!

YouTube: ROW Public Health

Facebook: ROW Public Health, SOGC, Breastfeeding Buddies

Instagram: Dr. Jen Gunter, Pandemic Pregnancy Guide, Breastfeeding Buddies

Twitter: ROW Public Health, Dr Jen Gunter, SOGC

www.breastfeedingbuddies.com

PARENT S.O.S

All day, every day, parenting is a lot! Every other week we'll deliver a basket of practical goodies straight to your inbox to help make life with kids a little more manageable.

Have hacks and gems you think should be shared? Send them to us at info@lifewithababy.com.





Photo by Dario Valenzuela on Unsplash

Moms Matter

And so does our mental health. In fact, it's a vital part of our overall health that's so often overlooked.

You're worth it. You're not alone. You deserve to be ok. You deserve help and support. (Repeat)

So let's do it for each other! Find practical learnings and tips you can use today to make a woman in your life feel like the Queen she is - or to shine your own crown! Here's to the sisterhood.

Mental Health, is Health

- Perinatal mental health often doesn't get the attention it needs and deserves. So, arming ourselves with knowledge, is indeed power. Women's College Hospital has put together an [overview to help demystify perinatal mental health](#).
- Women are often subject to a special kind of stress—lucky us. Learning how to better manage our stress has a massive positive ripple effect in all areas of life. [Learn more](#).
- Sometimes, it's another person who needs support, and that's where the village is everything. Find some great advice and tips [here](#) on how to best support someone navigating mental health challenges.
- [What every new parent should know](#)
- [What's the difference between “baby blues” and postpartum depression?](#)

Find Answers: A support guide for parents raising babies and toddlers through the coronavirus crisis

Be Well

We know we have to take care of ourselves before we can really take care of anyone else - right? Yeah, easier said than done! BUT, we promise it's true. Learning to incorporate small, but vital ways to care for your mental and physical health lays the foundation for joy—you know, the more steadfast sister of Happiness ;)

- **Self-esteem:** [Take steps to feel better about yourself](#)
- Here are [four things new moms can do to take care of themselves](#) in those early, rollercoaster days of parenthood.
- [78% of moms put their family's health before their own. I say that's bull.](#)
- So, we hear the term 'self-care' a lot, and we understand it's important. But, don't you think to yourself "Who's got time for all of that?!" You're not alone! We love, love, love [this article](#) that gives self-care tips based on the outsmarting the challenges of everyday life that get in the way! Check it out, try some stuff, and here's to becoming a self-care hero.

"Our children look to us and how we treat ourselves."

Online Resources

- [Postpartum Support International](#): This website offers support, information and resources to women suffering from perinatal mood and anxiety disorders. This site offers an online support group, an “ask the expert” section and plenty of resources for new moms.
- [Canadian Moms Online](#): This website offers resources across Canada. You can find information on parenting, relationships, mommy time, homemaking, hobbies, health, well-being and many other things that will help you find balance and joy in your life as a mom.
- Crisis Support Canada ♣ 1-833-456-4566 ♣
Www.Crisisservicescanada.Ca

- Postpartum Support International has compiled a comprehensive list of mental health support resources and contacts across Canada. [Find it here.](#)
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This One's For The Kids

Toddlers get into...everything! Here are some ways to channel that into something other than the pantry: [Indoor and Outdoor fun](#). You know what; a few [more indoor options](#) for those trickier days.

Not be outdone, here come the **preschoolers!** [Cabin fever, be gone!](#)

Nurture a budding writer of any age (but really fun for **4 to 6**) and encourage some non-digital entertainment with [Easy Handmade Books for Young Writers](#) or encourage a drama major with this [DIY Puppet Theatre!](#)

And for our **7 to 9** friends, some truly wonderful "[Just GO outside!](#)" approved [activities](#). For our esteemed **tweens**, some [very cool yes-inside-but-not-on-a-screen fun!](#)

We'd like to finish off with an ode to boredom. That's right, it can be a good thing for kids to be bored. [Here's how to deal.](#)
