

PARENTING GUIDE

SUMMER GEAR | MODERN PARENTING

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CHOICE
SUMMER
PICKS



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This might surprise you...

When we interviewed Chicago Moms, their greatest insecurity about leaving the house with a newborn was the fear or receiving ***disapproving glares, stares, or comments while nursing in public.***

What's a mom to do? A baby's gotta eat! Next time you see a mama nursing in public, offer her words of encouragement and support. You'll make her day!

#breastfeedingawareness

KIND IS COOL

WRITTEN BY:
MELISSA LAHANN

Hi, I'm Melissa LaHann, I'm the editor of this magazine and the creator of the LatchPal Breastfeeding Clip. I believe small things can make a BIG difference and each of us have the power to make the world a better place.

Many of us lead lives blessed beyond measure. Our days are bursting at the seams with beauty, success, belongings, and aliveness. Yet, we long for something that can't be quantified or purchased, KINDNESS.

I'm a firm believer that one simple act of kindness can change the course of someone's day and "If we all do random acts of kindness daily, we might just set the world in the right direction."

This guide has been crafted with care, filled with helpful tips, and brings you some of the best baby gear available. In addition, one lucky winner will receive all the items listed on page 15. It's our way of THANKING YOU for your trust and support!

Be Kind & Pay it Forward,
Melissa



LatchPal Breastfeeding Clip in use
Click Image for details.

Things we Love



Pajamas with a conveniently located zipper to simplify diaper changes from Zippy Jamz



Pocket sized notes cards that brighten the days of those you love!

DID YOU KNOW ?



Based on a study found in the *Journal of Social Psychology*, people who performed a single kind act a day for ten days experienced a significant increase in overall happiness?



Chewable fashion Jewelry + teether, the Chewbeads Brooklyn Collection.

**Click images
for product details**



Maternity & Surgical Recovery Robes from Brobe.



Messages of love and kindness, Everykind offers unique products with positive messaging.



Men with hips...the convertible HUGGS carrier transforms into a hip seat, new from Abiie.

Breastfeeding



BeliBea Nursing & Pumping Bra
Click image for details

Breastfeeding Facts

Shared by BeliBea

- Size doesn't matter. Several factors can affect your body's milk production, but breast size simply isn't one of them.
- 82 percent of moms pump
- Newborn babies, on average, eat 8 to 12 times in a 24-hour period.
- Fresh breast milk lasts up to eight hours at room temperature and can be stored in the refrigerator for up to five days.
- 73 percent of mothers seek support for breastfeeding issues.
- Despite being right or left-handed, nearly three-quarters of moms produce more milk in their right breast.



LatchPal Breastfeeding Clip
Click Image for details

Sleep Matters

Sweet Dreams Little One.

5 tips for a "Good" night

1. Follow a night time bath with infant massage techniques to promote relaxation.
2. Keep room temperature at 65 degrees F, which is optimal for sleep.
3. Purchase PJ's that provides easy access for unplanned diaper changes (Zippy Jamz)
4. White noise is shown to have therapeutic qualities that support deep sleep.
5. Cognitive development and childhood imagination can lead to a fear of the dark, so consider plugging in a dim night light.



Photo cred: Milli Fox

Zippy Jamz- Easy Change PJ's
Click Image for details



Nursery Decor



RockEase, Convert any chair into a rocking chair- click image for details

Camp Castle Playmats-
Click Image for details



Time Snap
Photo board

CREATING THE IDEAL NURSERY

1. Pair warm creamy neutrals with cool grays and blues to create a warm yet relaxed space.
2. Accessorize with items that boast function and style (ie: photo boards, play mats, a rocking chair, & modern wooden blocks)
3. Decorative blankets should be non-shedding & free from crocheted edges to prevent choking.
4. Create a fun, soft, & playful floor space for impromptu tummy time and diaper changes.
- 5 Humidify your baby's room to hydrate sensitive skin & prevent sore throats. The white noise & night light is a bonus!

Mom's Corner

ALL SHOP COUPON: FUNTIMES18

5 Breastfeeding Tips:

1. Touch your nipple to the midpoint of your baby's lower lip, to promote a wide open mouth for latching.
2. Change Nursing Pads frequently, to prevent sticking.
3. Always break suction with finger, before removing babe from breast.
4. Apply nipple balm before and after pumping!
5. Keep snacks on hand (like Oatmeal cookies, which include galactagogues)

Naked Nursing Tank Featured in Photo
Click Image for details

Mom's Corner

Preventing Plugged Ducts: Common Causes & Solutions

by LaVie

Infrequent feedings: One of the most important parts of breastfeeding is keeping your milk flowing. Whenever you miss a feeding or go a long stretch without emptying the breasts, the risk of engorgement, plugged ducts and mastitis increases.

SOLUTION: If you're away from your baby or if your baby sleeps longer than usual and you begin feeling engorged, hand express or pump until you feel some relief. Most of the time, feeding or pumping more often (every 2-3 hours during the early weeks) will help ensure your breasts are constantly being emptied so they can replenish themselves.

[Read more here....](#)



LaVie™



LatchPal®
BY HAPPY FIG

Sbrobe
by Abba Shuler



OPEN NECKLINE

The unique open breasted design means no clasps, hooks, loops or extra fabric to get in the way. Allows you to wear low cut, scooped or v-neck shirts

naked
nursing tank™



WORKS WITH ALL BRAS

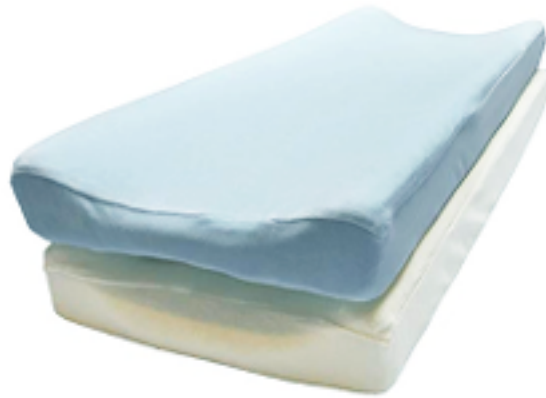
Wear with your favorite nursing bra, sports bra, or your every day go-to-bra. The Naked Nursing Tank fits ALL bras.

Best Baby Basket Items

GIFTS EVERY MOM WILL USE



BabyBum
products



poopoose



necki by
X&Y Kidz™



babyganics.



LatchPal®
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Lunchbox Love.



bamboobies®



chowboodo®
mommy chic, baby safe



RHODST™

Wearing Baby



4 REASONS TO BABY WEAR

1. You're getting a work out by you're carrying around your very own kettle ball.
2. Promotes closer bonds with your children, baby wearing reduces crying in infants by 43%
3. Allows you to multi-task better and engage older children because you're hands free.
4. You're able to navigate any environment- that would be difficult with a stroller including hiking Trails, festivals, craft fairs, airports, public transportation, etc...

[Click Image for details](#)

About Abiie Huggs (shown above): It's is an innovative baby carrier built for versatility. with a revolutionary carrier booster seat not only provides all-day comfort, the ergonomic design ensures a healthy sitting position for a growing baby.

Abiie.

Dad's Corner

6 Things I Wish I'd Known... When My Kids Were Young



WRITE EVERYTHING DOWN



You Won't Believe What You Won't Remember

By Claude Knobler ,

...One day I was stuck in the worst traffic jam that the world has ever seen, probably. As I sat there fuming, trying my best not to mutter four-letter words I'd

have to explain to my 3-year-old son Clay, who was sitting in the back, he suddenly said, ***"Daddy, are you thinking about what I'm thinking about?"*** I figured I wasn't but

asked anyway. "I don't know Clay. What are you thinking about?" He stared out the window for a moment at the car next to us, and then said, "butterfly wings." ...[Continue reading at Fatherly.com](#)

8 SIMPLE WAYS FOR DAD TO HELP WITH BREASTFEEDING

1. **Research lactation consultants in your area**, insurance coverage, and who's in network
2. Help create a comfortable **nursing station** for mom with nursing pillow, **breastfeeding clip**, dim lighting, burp cloths.
3. Become familiar with your child's **hunger cues**
4. **Wash** burp cloths and pump parts
5. Help burp and **swaddle baby**.
6. Keep mom hydrated **offering her water**
7. **Purchase healthy snacks** for mom, she'll need extra calories
8. Change Baby, **recording the number of wet and dry diapers** during first few weeks



Stress-Free Dining

5 MEAL TIME TIPS

Al Fresco dining is one of Summer's finest luxuries for young families.

Not only does the outdoor environment diffuse the sound of your little ones voices but also gives them the opportunity to observe and experiment with decision making and social skills!

Here are 5 stress-reducing tips for your next family dining experience:

- 1) Make reservations, whenever possible.
- 2) Confirm the restaurant is kid friendly
- 3) Align dining plans with your evening routine.
- 3) Pack toys promoting imaginative play, leave the ipad at home.

Pretend play fosters communication, giving children a method to express positive and negative feelings experienced during the day.

- 4) Bring children's utensils, encouraging them to feed themselves.
- 5) Leave a larger tip to offset any guilt associated with mealtime mess.

EATING OUT WITH KIDS



WINNER TAKES ALL

Please show your support by SHARING this guide and LIKING our pages!



LATCHPAL GIFT SET

ABIIE HUGS CARRIER

BABYGANICS DRYER BALLS

BAMBOOBIES NURSING PADS

BEDLAM BABY CHANGING COVER

BELIBEA NURSING BRA

BROBE AQUA ROBE

BABY BUM BRUSH SET

CAMP CASTLE GIFT CERTIFICATE

CHEW BEADS NECKLACE & TEETHER

LAVIE LACTATION MASSAGER

LUNCHBOX LOVE NOTES

NAKED NURSING TANK GIFT CERTIFICATE

RHOOST BABY EMORY BOARD & CLIPPER

RIVER BABE THREADS- DAD TEE

ROCKEASE GIFT CERTIFICATE

TIME SNAP PHOTO BOARD

X AND Y KIDZ NECKI BANDANA BIB

ZIPPYJAMZ

A Special Thanks to Fatherly and Claude Knobler

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