

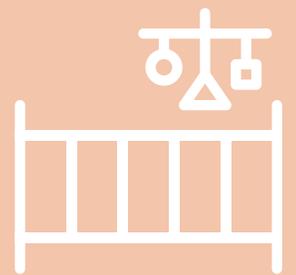
# HOW 2 MOM

Motherhood



Survival

Guide



Through all stages of motherhood, we've got you covered!

[www.how2mom.com](http://www.how2mom.com)

## Oils

Essential Oils can be used for many things, and they're starting to be used more in pregnancy and labor. High-quality natural oils are obtained by distillation and have a characteristic fragrance of a plant. Oils can be applied,, added to your bath or as aromatherpy for a calming/soothing effect, pain, nausea or alertness.



## Beverages



Hydration is so important during all stages of pregnancy. However, finding something that doesn't turn your stomach can be difficult at times. We highly recommend Earth Mama Organics Teas (found on our shop page at [how2mom.com](http://how2mom.com)). There are also key beverages that need to be cut/limited during pregnancy such as any alcoholic beverage or those containing caffine and/or aspartame. Be cautious if you are a soda/coffee drinker and be sure to limit your amount per day and check the ingredients. Be sure no mattter what, you increase your water intake.

## Snacks

Frequent and healthy snacking is important. Having a balanced pregnancy diet can help to alleviate some common pregnancy issues such as nausea or heartburn. We often recommend to clients that they increase proteins and healthy fats; think of things such as eggs, avocados, nuts, ect. But of course, if you have a craving, listen to what baby wants.



## Holistic Care



Finding a great holistic care provider can help to relieve MANY common pregnancy ailments. Check out our **RESOURCE DIRECTORY** at [how2mom.com](http://how2mom.com) for local recommendations on Chiropractic Care,, Acupuncture, Massage, and more!

## Sleep

One of the most important things to listen to in your body is the need for rest. It has been studied, and the first trimester of pregnancy alone causes more exertion in minutes than a full body workout does for the average adult. No wonder mom's are so tired! Make sure that you find time to get in some good, quality sleep as available. Naps over lunch, when older kiddos are napping/playing with your partner, ect. Take that necessary time to recharge!



## Tuck's Witch Hazel Pads

AMAZING!! After a vaginal delivery, these are a lifesaver! We cannot say enough positive things about how incredibly soothing these are. Not only do they feel good, but they also help your body heal and protect against irritation. If you are delivering at a hospital, stock up on as many as possible and take those babies home! If you are delivering elsewhere, these can be found at most retail stores such as Target, Walmart, ect. Some mom's prefer to make their own witch hazel soothers. Check out our Pinterest page for ideas under Birth!



## Nursing Bra/Tank/Nightie

Having lots of different nursing attire available is a must. As you adjust to breastfeeding, you may occasionally "spring a leak" and need another option available to change into. Plus, some days you just want to lounge around in something comfy, and you deserve it Mamma!

## Nipple Balm/Cream

Here at How2Mom, we recommend Earth Mamas Organic Nipple Butter. This will work wonders for your comfort as you adjust to breastfeeding. This will help you take care of yourself and make the experience of bonding with your little one much more pleasant. Plus, this product is safe for baby and certified organic...yay!



## Hands Free Pumping Bra

This makes pumping so much more comfortable and efficient! When your hands are free, you are able to accomplish other tasks as you pump and don't have to hold the cups the entire time. Sometimes sitting idle can be frustrating when there is so much to do as a new mom! Having one of these around can help that process. With a wide variety of sizes and brands available, you are sure to find one that will suit your needs. Pump away, Mama!

## Peri Bottle

These little bottles are pure magic. Warm water recommended (NOT hot). Fill with clean water and spritz some of this down below as you pee. Even if you didn't have any tearing, you'll still feel SO much more comfortable because that area will take some time to heal! These are often handed out at hospitals, so stock up there as much as possible.



## Nose Frida

You may be thinking, "You have to be joking!"...but boy does this work! And WAY better than the old school bulb syringes you can find in most baby safety kits. It takes some getting used to, but overall makes the process of clearing little one's nose much more efficient.

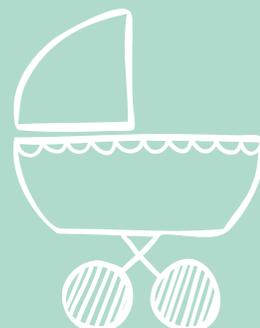


These chairs are phenomenal soothers for baby. The low vibration settings help soothe newborns quickly and ease them off into a peaceful sleep. Just what us Mamas need for a mid-day break! This product should not be used for night sleeping or while unattended.

## Bounce Chair:

## Humidifier & Diffuser

Nobody wants to think about it, but...little ones catch colds and bugs just like we do! Having a humidifier can make ALL the difference in helping keep them comfortable when they have a cough or stuffy nose (remember to keep that Nose Frida handy!). The plus side to this model is it's also a diffuser for those oils! We will talk about those in just a bit!

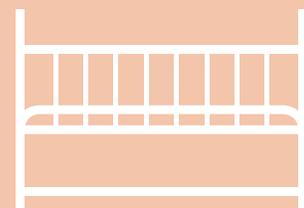


## White Noise/Sound Machine

The team at How 2 Mom cannot stress enough how amazing these are!! You can find tons of different models listed online or find one in store to suit your needs. Price ranges vary, but you can find some great ones that aren't too spendy! These allow for peaceful naps and night's sleep for your little one and you are still able to bustle around the home and get things done without disturbing them.

## Pack n' Play/Bassinet

The Pack n' Play is a HUGE favorite among mamas because you can fold it up and take it anywhere! Little one needs a nap? Pack n' Play. Mom and Dad need a few minutes to get ready for work but don't want baby crawling/running around? Pack n' Play. The multi-use models are great as they grow from baby to toddler.



## Potty Seat

Toddlerhood means bye-bye diapers, hello pull-ups and undies...kind of bittersweet! As your child learns to use the restroom on their own, they will need something size appropriately accessible and ready. Nobody wants to be falling into a toilet!

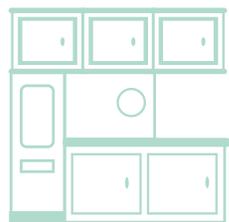


Whether you have a family pool or not, a small wading pool is essential for toddlers! They love to splash around and play which is such a blessing especially on crazy humid Summer days! Be sure to always watch carefully when your kiddos are playing in ANY body of water, whether it be a deep pool or just a small wading one...safety first!

## Pool

## Slide/Roller coaster

Simple pleasures! A slide or coaster can keep a toddler entertained for quite a long time! An added bonus is exercise! Climbing over and over helps your child build muscles and burn off some energy. And let's be honest, burning off some of that extra toddler juice isn't a bad thing for making nap time a better guarantee!



## Play Kitchen/Food

Another great gender neutral toy for toddlers. These are staples in the How 2 Mom Team's homes. Toddlers LOVE to feel included. Having a play kitchen to cook and learn in helps them feel like they are working alongside mom/dad when they food prep. It can make getting your own meals together so much smoother when they are able to practice on their own right there with you!

## Love

The most true essential of them all...your genuine attention and love. Try to engage with your Toddler and make them a PART of your daily tasks. Knowing that the people who they love and admire the most in this world want them to be a part of each thing helps them to grow with a feeling of importance. We encourage you to turn off your electronic devices, or just leave them in another space! Spend QUALITY time with your children...it truly means the world to them!



Be sure to visit us at [how2mom.com](http://how2mom.com) to view the entire list of Top Toddler Items on our Blog page!

## Baking

Baking is a wonderful activity to share with your children. Not only do you end up with a treat to share as the final product, but there are many things you can teach your child through the process. Using numbers, counting, colors, different sizes/shapes; the possibilities are endless!



This is a favorite past-time of many kiddos at How 2 Mom. Reading is a very special experience for children to grow, learn, and imagine. Whether they be reading with you, or by themselves. This is one of the most important activities children need for development!

## Reading

## Swimming

Getting their bodies moving is so important. What better way to do so than with a form of exercise that is a life-skill they need to learn!? Children love the weightless feeling of moving through the water. It can be a great way to cool down on a hot summer day, or a fun activity at an indoor play area where they can socialize with other children.



## Outdoor/Indoor Playground

Speaking of getting their bodies moving, another great way to burn off some energy while using muscles and problem solving is enjoying a play area! If you don't have a park near you, swingsets can often be found on Facebook Marketplace for great deals so that you can have a play area in your own back yard.



## Self Play

When kids are in their toddler years, they only need 20 minutes of STRUCTURED play a day! That means the entire rest of the day is open for whatever fun activities they come up with. An important childhood development skill is being able to play/entertain on their own without adult interaction or guidance. Watching what your children come up with and letting their creative juices flow can be so rewarding.



## Alone time

We know, we sound crazy right? What the heck is alone time? This simple suggestion can make the biggest difference in your day as a mom. As mothers we often forget to take any time for our own physical and mental well being. But, making sure you are able to process your own thoughts or do a task that you enjoy completely uninterrupted, can make you an overall happier person, thus, a better mom.



## Massage/Acupuncture/Chiropractor



We are HUGE fans of these alternative health therapies. These practices differ from modern medicine in that they use your OWN body to do the healing vs prescribing something to take. These holistic approaches can be extremely soothing to many and provide a break in the day of hectic mothering tasks. Check out our [RESOURCE DIRECTORY](#) at [how2mom.com](http://how2mom.com) to find some local MN faves we have personally worked with/experienced ourselves.

## Spa Day

Set aside some time to pamper yourself. Whether you book a day with you "gals" or enjoy the spa in solitude, it is a highly rejuvenating experience sure to reset your mind and body. Who wouldn't want to enjoy services like a massage, facial, manicure/pedicure, or salt cave session?



## Cleaning Services



As mom's, it often seems that the second we clean up one mess, another is right behind us. Let Cleaning services alleviate some of that stress! Check out our [RESOURCE DIRECTORY](#) at [how2mom.com](http://how2mom.com) to find some of our fave local services. We guarantee, you won't be disappointed!

## Time with other Moms

Time with someone who understand the phase in life you are in can be so essential for a mother's mental health. Find someone you can bounce ideas off of, ask questions, and vent to! We are all in this crazy walk of motherhood together and there is nobody who understands it more than another mom with who has been through, or is going through, it herself. Always know, at How 2 Mom, we are here to support you on your motherhood journey through all walks! Reach out!



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