

How To Survive The Holidays With A Newborn



The holiday season is a time of family and togetherness, but it can also be a time of stress – especially if a newborn baby is involved. The Peachymama team has put together a list of handy tips which will help you not only survive, but enjoy, this festive season, and it all starts with putting yourself first.

Call The Shots And Do Not Apologise

A lot of mums want to please everyone and make sure that everyone is happy and having a good time. This year, it is time for you to put yourself first (after all, you are the one caring for a newborn – not them!).

If you want family to celebrate the holidays at your home this year so you do not need to travel with your new bubs, say so. If you cannot make an event because you are too tired from staying up all night with your newest addition, decline the invite and do not feel as if you need to apologise too profusely. Your days should revolve around you. This is the only way you will be able to make sure that your baby – and yourself – are both well taken care of this season.



Don't Be Afraid To Make – And Enforce – Rules

For your own comfort and that of your baby, do not be afraid to make rules and to enforce them at each get together you attend this season. Do you want people to wash their hands or use hand sanitizer before holding your baby? Say so.

Most guests will be more than understanding. Don't want your baby passed around from person to person? Make that be known. Each guest should visit with your bubs on your terms. After all, you and your partner know what is best for your baby.

Feed The Way You Want To Feed

Whether you are breastfeeding or bottle feeding, there is a good chance that you will hear "expert advice" from individuals about either one. Feed the way you want to feed and do not feel the need to defend yourself or your choice.

Breastfeeding with a large crowd around can be daunting for mums and distracting for baby. When at an event, ask the host if there is a quiet room where you will be able to quietly feed your bubs away from the noise and potential stares. If you are breastfeeding, plan beforehand and wear clothing which will make you feel comfortable during the feed.

We at **Peachymama**, specialise in **breastfeeding attire** which not only allows for easy access and discreet feeds, but our cutting edge fashions are sure to impress everyone at the holiday events you attend this season.

Check out our latest styles at

<http://www.peachymama.com.au/collections/summer-nursing-tops-breastfeeding-dresses-tank-tops>.