

How To Become a *(im)* Perfect Mom

A manual for parenting 0-3 baby

For your precious baby

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INTRODUCTION

Mothers are important - you are powerful, influential, creative, innovative and dynamic. But when mothers spend so much time making sure their families are careful about who is caring for them. Mothers work tirelessly to keep the world turning, but the world often doesn't work for mothers. One would think we would be there to pick up the pieces, to serve everyone's lunch, to meet everyone's needs but our own. In the West, women's rights have grown enormously in the last 100 years and once you become a mother, you are expected to put yourself last. As difficult as this may sound, once you think about your sweet angelic baby, all worries and anxieties are swept away because they deserve the best of parenting and you are the only person your baby needs.

How to be the perfect mother is for every mother, whether your child is grown or not yet born, it will make you a good mother in the eyes of your child, even without the help of your partner, and will help you to conform perfectly to society's expectations. Most importantly, it will help you to create a life that will bring you happiness and fulfilment.

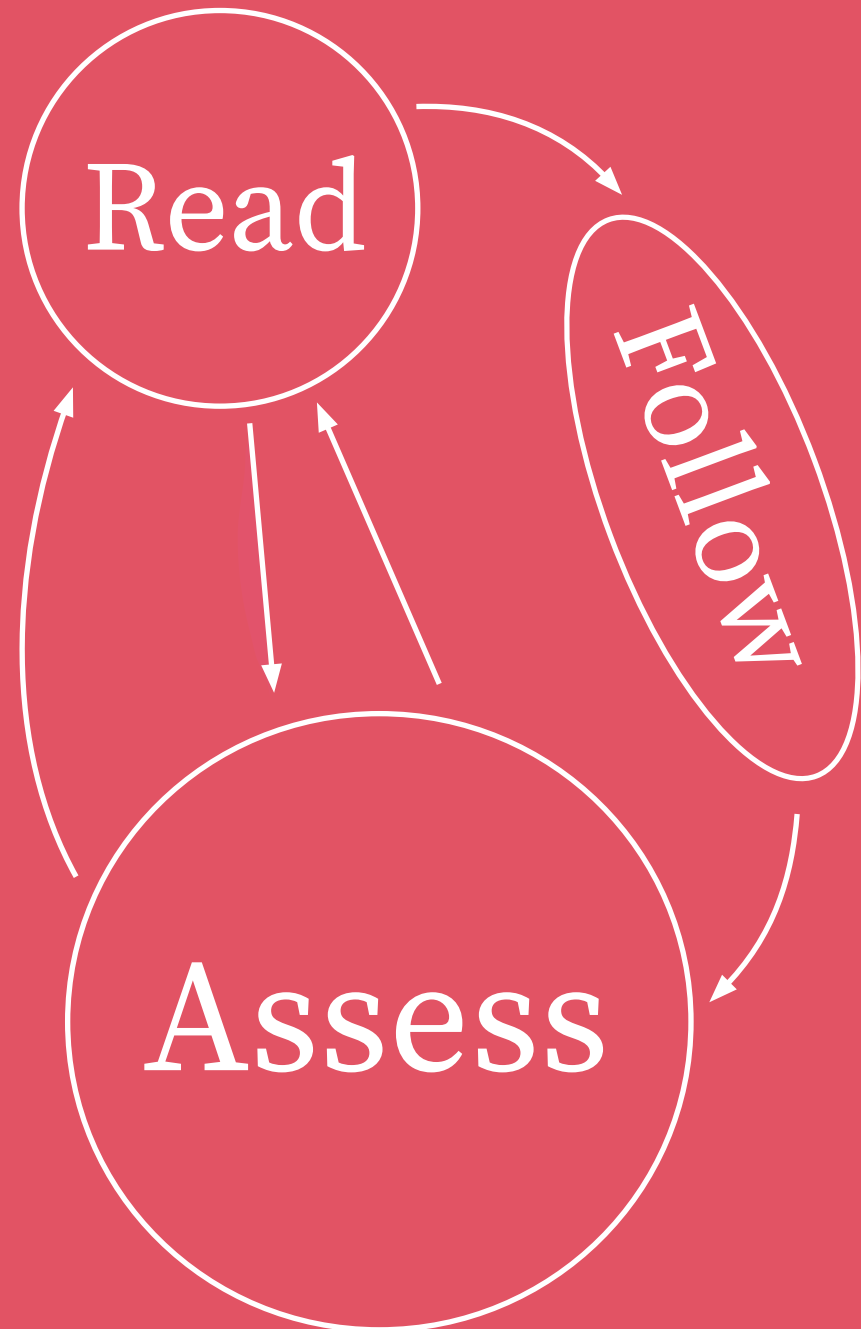


HOW TO USE THIS BOOK?

This book can be read, cover to cover or dipped into as you'll please. The chapters are divided into three different chapters all of which include a mix of ideal practical tips and advice on how to shift your thinking and implement a perfect mom into your life. We strongly recommend that you follow these three mother roles carefully and are comfortable switching and adapting to them. At the end of each chapter there's a summary to recap key points and ideas for further reading.

At the end of the book there are exercise sections which will help you to assess where you are in the perfect motherhood journey, as well as making you aware of which parts you still need to continue to work on. Now and then you'll be encouraged to jot down your thoughts in a journal, so keep one handy for these points, and for whenever you have any other thoughts you feel like writing down.

If there's someone in your life-like a partner, friend or family member you think might benefit from the idea in this book, why not show it to start a conversation. Listen to the advice of others who can help you become a better mum. Most of the ideas in this book will be useful to you and may also bring about an emotional response (which means you are on the right path) Take what feels helpful from the book as much as you can!



CHAPTER 1

BEAUTIFUL MOM



WHAT IS BEAUTIFUL MEAN FOR YOU NOW?

For many of us, love is a big word when comes to our bodies. The pressure to be smaller, sexier, soother begins insidiously and because we are exposed to it very early on, it's thoroughly ingrained it by the time we reach adulthood. Pregnancy, breastfeeding and the huge lifestyle changes that comes with raising children can change your body in so many ways, it's no wonder we can feel alienated within our own skin sometimes.

★ Stay as beautiful as possible

Don't worry, all you need to do is try to stay as beautiful as possible, which will give you less self-blame and more confidence when you become a mother. Retain your healthy and beautiful body, while allowing your partner to still love you too.

Here are some suggestions you need to keep in mind:

During pregnancy

◆ Remember to wear lipstick regularly

It will boost your tone and keep you looking and feeling like a 'hot mum'. If you're worried that the ingredients in your lipstick are unsafe and will harm your baby. Then this temperature-sensitive colour change lipstick is perfect for you. You'll have your own lip colour for a natural look.

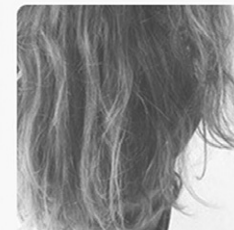


◆ Use a pregnancy-specific shampoo

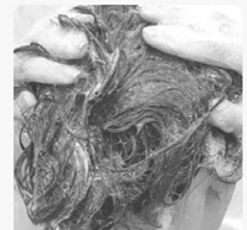
Due to the hormonal changes in your body, your hair is dull, dry and frizzy, and regular shampoos can be potentially harmful to your baby. Choose a shampoo for pregnant women with a fresh scent that is also more suitable for pregnant mothers with sensitive smells. It will put you in a good mood and make your baby happier too.



头发暗哑无光泽



发丝干枯毛躁



普通洗发水刺激头皮

◆ **Wear some stretchy maternity clothes as early as possible**

As a pregnant woman, the comfort of your clothes certainly comes first. Although you may feel worried as you gain weight, a woman's body is also very beautiful during pregnancy. Choose some stretchy trousers that show off the curves of your body while putting some proper pressure on your body, making you look tighter and more likely to return to your pre-pregnancy state.

After birth

After giving birth, you are immersed in the joy and busyness of motherhood, which is exciting. But the ensuing breastfeeding period must be a struggle for you, your body isn't as controlled as it used to be.

If you choose to breastfeed, your breasts are not only a beautiful and sexy presence, they also become food for your child. You need to protect them well for the sake of your child. Choose a breastfeeding bra that is breathable and soft to get you into breastfeeding quickly and to avoid your baby crying from hunger and keeping your hands busy. (More on formula feeding will be explained in the next to chapters)



◆ **Use anti-spill breast products**

Imagine you go for a walk, you don't want anyone to see you with a wet front, and how you can feed your baby and give yourself a moment's rest at the same time. These anti-spill breast pads will ease your embarrassment, serve your special time, understand your hard work and your needs, and meanwhile protect the health of your breast milk.



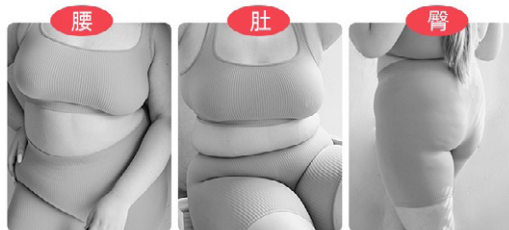
◆ Stretch mark can be beautiful

Stretch marks, the medallion of beauty on your tummy, are a happy annoyance that only mothers have. We understand it's sad to have to deal with such ugly scars on your body. We hope you stick to use the Stretch Mark Repair Cream, which will lighten and repair your stretch marks and make them lighter in colour, as well as tighten your belly. It can repair obesity mark, growth mark, stale mark.



◆ Shapewear! Shapewear! Shapewear!

We have to mention the postnatal shapewear, which helps to expel the air from your belly, tighten your belly and lift your hips to shape your beauty. The high elasticity of this garment will turn your pregnant belly back into a siren and give you back your charming s-curves.



肚腩凸显

腰部赘肉

臀部平塌



0°
区微压

360°

塑型
S曲

Pregnant belly back into a little siren

**WHAT OTHER
PEOPLE
THINK OF ME
IS
REALLY
IMPORTANT**

6 THINGS...

Beautiful Mom should DO



- 1 Wear lipstick regularly
- 2 Use a pregnancy-specific shampoo
- 3 Wear some stretchy maternity clothes
- 4 Use anti-spill breast products
- 5 Stretch mark can be beautiful
- 6 Shapewear! Shapewear! Shapewear!

15 CHECKLIST...

CHAPTER 2

HIGHLY- EFFICIENT MOM



FINDING YOUR SUITABLE TIMETABLE

Before kids meeting your own needs might not always have been easy but it was a hell of a lot simpler. Even finding the time and headspace to figure out what those needs are feels like a bit of luxury after having kids. With the birth of a baby, your life will change dramatically and your time is not as free as it used to be, which makes an organised schedule especially important. After all, you have another life in your world and by planning your time with parenting your baby as a priority, you are one step closer to being the perfect mom.

Time	Before pregnancy	After get birth
Morning	<ul style="list-style-type: none"> • Gym • Breakfast • Morning meeting • Work 	<ul style="list-style-type: none"> • Feed the baby • Prepare clothes/diapers • Breakfast • Breast sucking
Afternoon	<ul style="list-style-type: none"> • Lunch • Meet clients • Work 	<ul style="list-style-type: none"> • Lunch • Feed the baby • Wash baby's clothes • Take your baby for a walk
Evening	<ul style="list-style-type: none"> • Read books • Watch films • Enjoy music • Meet friends 	<ul style="list-style-type: none"> • Feed the baby • bath/massage baby • Stay with the baby • Putting to sleep

**YOUR
BABY
IS
YOUR
NUMBER
ONE
PRIORITY**

THE MORE THOROUGH YOU PREPARATION, THE MORE YOU CAN TAKE IT IN STRIDE

If you are used to being efficient at work, then congratulations, you have the potential to be efficient in your mother's work. Just like in the workplace, we need people to work together with good tools to get the job done quickly and well. Likewise, at home it would be great if your partner could help you. But we can't expect to necessarily get help either - after all, parenting is still mostly a female responsibility. We were born to do it well, weren't we?

Here is some good products that will hopefully help you in all stages of motherhood:

During pregnancy

As your baby's due date approaches, you will need to choose a baby outfit that includes the most basic clothes, trousers and some accessories.



Diapers*4



Coat*4



Socks*4



Baby*1
Sleeping bag*1



Hat*2



Romper*4



Blanket*4

◆ A baby crib that meets all the safety standard

All baby cribs that are now allowed onto the market for sale must meet these safety standards and if you want to buy a second hand cot you must also select it strictly on the basis of safety standards double check before buying to ensure that it meets all safety standards and is not a product that has been recalled against the manufacturer, unless you have spare money to put aside there is no need to buy a bassinet specifically as it will only take a few short weeks before your child has grown beyond its size.



This new baby crib is mobile, folds compactly and doesn't take up much space, and is thoughtfully designed to make it easy for mothers alone. The material is fabric and very safe without paint, while it can be put together with a full-size bed so that your child can hold your hand even while you sleep, making you and your child infinitely close.



◆ Baby bumper

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**YOU ARE
DOING
YOUR BEST
AND IT IS
NOT
ENOUGH**

After birth◆ **Nursing pillow**

All baby cribs that are now allowed onto the market for sale must meet these safety standards and if you want to buy a second hand cot you must also select it strictly on the basis of safety standards double check before buying to ensure that it meets all safety standards and is not a product that has been recalled against the manufacturer, unless you have spare money to put aside there is no need to buy a bassinet specifically as it will only take a few short weeks before your child has grown beyond its size.

◆ **Milk warming pot**

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◆ Baby bath basin

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◆ Baby nail clippers

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◆ **Baby waist stool**

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◆ Mummy Bag

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◆ Baby strolle

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