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hey mama!

Letter from the Editor

Welcome, moms! Thank you so much for joining us for our 4th annual Bloom event! Whether you've only recently seen the lines turn pink on your pregnancy test or you're a seasoned mama juggling all the things, we at ABQ Mom are absolutely privileged to be even just a small part of your parenting journey.

We are excited for all that is on the horizon for you. Parenting is an incredible experience to be sure, but we'll be honest enough with you to say that you'll need some help along the way. No mother should ever be alone in her parenting journey. Long gone are the days when we live in the same village, or even the same house, as our mothers and grandmothers and aunties. A century or two ago, no one embarked on motherhood alone. Her family was there for comfort, companionship, and instruction on the practical things. I certainly hope you have a support system to rely on, but because of our segmented society, we have to be intentional about ensuring we still have that proverbial village.

One of the reasons why ABQ Mom exists is to help provide moms in the Albuquerque area a virtual village that often overlaps into face-to-face life. (Well, when we're not in the midst of a pandemic, it does.) While we can't meet in person for Bloom this year, we want you to know that you are not alone. There are resources, help, and support available to you. And whatever beautiful, mundane, or incredibly difficult circumstances you might be facing, someone else has been there too.

We may not know you personally, but our team is full of mamas from varying experiences, both in life and in motherhood. You may find you relate to different writers on our team in different ways. However you feel when you come to our site, we hope you leave with one feeling overall: that of being known and seen in your motherhood. I would love to introduce you to the local moms who write for us. Take a peek and get to know them with the button just below.

Enjoy your Bloom experience! I am so happy for you and your family!

[Click here to
Meet our
Contributors](#)



Vanessa Bush

Owner, ABQ Mom



Welcome

Get ready for a day filled with information from knowledgeable professionals, giveaways, and connection with other moms and businesses!

Join us on [here](#) for the Bloom Virtual Event

SCHEDULE:: June 27, 2021 @ 3:00pm

- 3:00pm Welcome to Bloom by ABQ Mom
- 3:10pm CHI St. Joseph's Children Welcome
- 3:11pm Montessori One Welcome Video
- 3:15pm Giveaway Post:: Baby Shower Game
- 3:20pm New Life Birth Services (giveaway)
- 3:30pm American Home:: Nursery Tour (giveaway)
- 3:34pm True Health (giveaway)
- 3:40pm Giveaway Post:: Baby Shower Game
- 3:45pm Barre3 (giveaway)
- 3:49pm PBWS Law Firm:: Planning ahead (giveaway)
- 4:02pm What Goes Around:: Kids(giveaway)
- 4:08pm Lovelace (giveaway)
- 4:13pm Kate Buckles Photography (giveaway)
- 4:17pm Giveaway Post:: Baby Shower Game
- 4:22pm BusyBee Childcare (giveaway)
- 4:25pm Mindful Movement & Wellness (giveaway)
- 4:27pm Giveaway Post:: Baby Shower Game
- 4:32pm Face to Face Pediatrics (giveaway)
- 4:42pm St. Josephs Home Visiting (giveaway)
- 4:48pm Montessori One Academy (Giveaway)
- 5:02pm ABQ Mom: Join our community/ good night

Contests close at 11:59 pm Monday, June 28th

Winners of Swag and Giveaways will be announced Tuesday, June 29th

my one regret as a mom?

not asking for help when I needed it most
- Stephanie Rice

I have one regret in life. One. That's it. I know I've only been around 30 years, but still, just one.

My one regret is not asking for help.

This post is about to get really personal. It's something I have not really shared before, but something I feel is so important if it can help even just one person avoid having this regret. The other night I was sitting with my 3-year-old after putting my one-year-old to bed. It was a sweet moment of connecting with him, but I couldn't help but think how the connection that I have with him is so different from the one I have with my one-year-old. How delayed it is compared to the way I feel bonded with my one-year-old.

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read full article](#)

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Let's Pack!

Delivery Day Packing Essentials from the ABQ Mom Team

Alyssa

- ☐ 2 DAYS OF CLOTHES FOR MYSELF
- ☐ MY BATHROOM TOILETRIES TO TAKE A SHOWER

Nicole

- ☐ NIPPLE CREAM
- ☐ PHONE CHARGER
- ☐ CAMERA
- ☐ SNACKS
- ☐ SLIP ON SANDALS
- ☐ STRETCHY PANTS



Margo (Working Mama)

- ☐ MAKEUP
- ☐ LAPTOP

"I WORKED THROUGH LABOR LAST TIME. I LIKE TO KEEP MY MIND OCCUPIED, SO IT WAS HELPFUL. I KNOW THIS IS FROWNED UPON BY SOME, BUT IT WORKED FOR ME."

Sarah

- ☐ ALWAYS INFINITY FLEX FOAM PADS



Paige (C-Section)

- ☐ **FLOWY DRESS** TO WEAR HOME

"YOU WILL WANT NOTHING, NOT EVEN YOUR LOOSEST BIGGEST PANTS, TOUCHING YOUR INCISION."



Rosa

- ☐ SHOWER SHOES (BOTH MAMA AND PARTNER)
- ☐ TOWELS
- ☐ SWADDLES
- ☐ PACIFIER
- ☐ CAMERA
- ☐ CUTE PROPS YOU WANT TO INCLUDE IN YOUR BABY PICS

Martha

- ☐ SLIP ON SHOES
- ☐ NIPPLE CREAM
- ☐ VASALINE (to put on baby's bottom before the first "sticky" poop so it would wipe off easily)

Roxanne (NICU Mama)

- ☐ MATERNITY PAJAMAS & ROBE
- ☐ NURSING COVER
- ☐ SLIPPERS
- ☐ BLOW DRYER
- ☐ A CUTE GOING HOME OUTFIT FOR BABY
- ☐ BABY SCRAP-BOOK/JOURNAL

Charlie

- ☐ DRY SHAMPOO
- ☐ FRIDAMOM POSTPARTUM KIT

Jessica

- ☐ YOUR OWN PILLOW & BLANKET
- ☐ ROBE
- ☐ COMFY JAMMIES
- ☐ SLIPPERS
- ☐ CHARGER
- ☐ FLOWY GOING HOME OUTFIT
- ☐ BOPPY PILLOW FOR FEEDING

Sara

- ☐ **BLACK** PAJAMA PANTS
- ☐ NURSING TANKS
- ☐ YOUR PILLOW



Mandie

- ☐ PHONE CHARGER
- ☐ CHAPSTICK
- ☐ HAND CREAM
- ☐ CAMERA
- ☐ SNACKS



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Mama, Don't Settle With Surviving

-Karen Francis

Disclaimer: I cannot claim to be an expert on thriving as a mom. I know there are situations and circumstances that would make parenting littles significantly harder than it was (is) for me. I also know that with each season comes different challenges and that this post can't guarantee "thriving" in your context. However, I have found that with some intentionality as a mama, seasons of hardship and difficulty can be alleviated so that we don't have to settle with simply surviving. Heck, you might even find yourself happy.

My family grew from a family of two to a family of five within 22 months. When our oldest was about nine months old, we started the process for domestic infant adoption and got pregnant during the process. So in November 2017, we found ourselves with three tiny humans under the age of two: a 21-month-old, a four-month-old, and a newborn.



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That One Thing *i couldn't live without*

Sara

Sleep Sack Swaddles

Charlie

The Snoo Bassinet

Mandie

Baby Carrier

Sarah

Muslin Swaddle Blankets

Carrie

Jogging stroller "saved my sanity"

Erin

Moby Wrap

Rachel

Boppy, Swaddle Blankets, & Wrap Carrier

Jessica

Boppy Lounger- "Hands down best thing ever for newborns" & Zip Swaddles "only ones my kids couldn't bust out of"

Paige

Velcro Sleep Sack Swaddles so you aren't trying to do an actual swaddle in the middle of the night"

Nicole

Boppy Lounger, Velcro Swaddles, & Nose Frida for those baby boogers



Adoption Unfiltered ::

One Family's Story & Some Adoption Myths

The process actually started when I was about 8, believe it or not. I was watching a 20/20 episode with my mom about some orphans in Romania, and I said to her, "One day, I'm going to adopt." I can still picture the TV and the kids behind a gate with their hands out. My mom remembers me saying it too.

Then when I was in high school, I had a psychology teacher who would go every summer to work with Mother Teresa in India. He knew Mother Teresa on a personal level. And he'd come back with these slide shows of these children and people they worked with in India, and from then on I had a passion for India. This idea of adoption was part of what I wanted my future to look like.



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Maternity Must-Haves for Every Trimester

-Nicole Marquez

Oh, the joys of pregnancy. Being pregnant is an experience unlike any other. You're giving up your body to grow another human. It is no easy feat and comes with a lot of changes- some expected and some not. Fortunately, there are a lot of ways to navigate the changes pregnancy throws at you. So, if you're pregnant (congratulations!) or looking to get something for the mommy-to-be in your life, here is a list of maternity must-haves for every trimester.

FIRST TRIMESTER MUST-HAVES

The first trimester is arguably the roughest. Many women experience morning sickness, nausea, food aversions, fatigue . . . you get the picture. Here are some first trimester must-haves:

- A big water bottle - Hydration is key throughout pregnancy and this one comes in a variety of sizes and colors.
- Tums - great for heartburn
- Metamucil - constipation happens
- Ginger Ale/Sprite
- Saltine Crackers
- Sour candies - Many of the ABQ Mom Bloggers recommended sour candies like Sour Patch Kids as a great tool to combat nausea and morning sickness.

SECOND TRIMESTER MUST-HAVES

The second trimester is usually when things start to get better. Morning sickness and nausea seem to fade and your energy levels may return though there are still plenty of changes to expect. Here are some things that can help get you through the second trimester:

- Belly Band - These are helpful when maternity clothes are too big but your non-maternity clothes no longer fit.
- Compression Tank Top or Belt - One fellow ABQ Mom said this helped alleviate some pain in her belly and back.
- Leggings - Leggings are a pregnant momma's best friend.
- Layering Tank - Layering is super helpful for your growing belly. Plus, the extra compression helps to smooth your belly underneath your clothes while also hugging your belly.

THIRD TRIMESTER MUST-HAVES

You've hit the home stretch! Speaking of stretch, things are really growing in the third trimester. Here are some things to help you finish strong.

- Pregnancy Pillow - Sleep is hard enough, but this pillow helps with some of the challenges.
- Comfy Underwear - One thing I regret not buying more of during my first pregnancy was maternity underwear. It sounds silly, but your growing belly may cause your pre-pregnancy panties to roll down, bunch, or simply not fit correctly anymore.
- Cocoa Butter or Bio-Oil - These are great for an itchy, growing tummy.
- Compression Socks
- Humidifier - Congestion is a common symptom and can really impact your sleep.

[Click here to read full article](#)

Looking for mom friends?



connect with other ABQ moms on Facebook

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Join our FB
Community Group](#)



An Open Letter to My Non-Mom Friends: I'm Sorry

-Briana Richards

We all know motherhood changes us in a big way, and sometimes it can feel lonely. Unfortunately, that means we aren't always the greatest about maintaining our relationships with our non-mom friends.

So to all my non-mom friends: I'm sorry.

To my non-mom friend: I'm sorry for taking three-plus days to reply to a text.

[Click here to
read full article](#)

"it turns out, one of the most wonderful joys
of motherhood is the other mothers."

-Anna Jordan

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Breastfeeding:: The First Few Days

- New Life Birth Services

There are many unknowns when it comes to having a baby. It's very common for parents to have questions about breastfeeding in the first hours and days after birth. The first few weeks are understandably a time of learning and bonding for both parents and baby. It can be helpful to have some breastfeeding tips to keep in mind as you get started on this new journey together.

Here's what our Lactation Consultant, Meghann Dallin, IBCLC, has to say:

-Just after birth, it's helpful for the birthing parent and baby to be skin-to-skin, chest-to-chest. The baby should be naked or have only a diaper on while lying on the parent's bare chest). Skin-to-skin, done right away and as often as possible, helps promote breastfeeding. No matter the type of birth you and baby have, your birth team can support you and baby by helping you be skin-to-skin.

- Most babies are ready to have their first breastfeeding of colostrum within 1-2 hours after birth. Skin-to-skin contact will support both the parent and baby with this first feeding. It is okay in the first hour after birth to ask for the private time and space you and baby need to initiate breastfeeding.

-Colostrum is the earliest breast milk you produce and is already available for your baby at birth. Colostrum is thick, sticky, and can be clear, white or yellow in color. It is a dense, powerful first food for babies and contains proteins, fats, sugars, and important factors that provide your baby with immunity. Some people leak colostrum during pregnancy, but others do not. Neither is an indication for high or low milk supply.

-At birth, your baby's tummy is about the size of a cherry and will take about a teaspoon worth of colostrum at each feeding during the first day. Babies digest colostrum well and will feed often in the first days after birth. The amount of colostrum a baby drinks and the amount a mother makes will increase each day in the first few days after birth.

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Breastfeeding:: The First Few Days cont.

-It is normal for a baby to feed at least 8 times in the first 24 hours after birth and feed between 8-12 times per day during the first month after birth. It is normal that babies will also go through periods of cluster feeding, sometimes related to growth spurts, when the baby spaces feedings closer together in a day.

-Your baby will give you early signs that they are wanting to feed, including: putting hands to the mouth, smacking lips, and rooting the mouth toward your chest. You can respond quickly to your baby's early feeding cues and feed your baby on demand (feed baby when the baby is ready to be fed rather than on a schedule). Babies can't tell time!

-Sometimes babies are sleepy in the first days after birth and do not wake up by themselves to feed regularly. If your baby is going through a sleepy time, gently wake the baby up to breastfeed about every 2 hours during the day and every 4 hours during the night until your baby has gotten past this sleepy phase and you can continue with feeding on demand.

-During a feeding, you can let your baby nurse at the first breast you offer for as long as baby wants. Then, you may offer the second breast during the same feeding. At the next feeding, you can start with the opposite breast you began with at the previous feeding.

-Continuing to practice being skin-to-skin with your baby as much as possible in the first week will: 1) help to regulate your baby's temperature, 2) help your baby to wake to feed and

3) help you to establish a full milk supply.

Breastfeeding regularly and on-demand from soon after birth will help you to establish a good milk supply and reduce engorgement.

-As you approach days 3-5 after birth you will likely notice that your milk has "come-in" and milk production has kicked into full gear. You may observe some changes to your breasts and milk production. The amount of milk you produce will significantly increase around this time, as your body transitions from producing colostrum to full mature milk. You may notice your breasts feel fuller, heavier and warmer at this time. It is important to continue feeding frequently on demand in order to drain your breasts and prevent engorgement.

-In the first week after birth, it's normal to feel some breast and nipple tenderness related to breastfeeding. If the tenderness becomes painful or you begin to have nipple cracking, it is important to contact a professional who can assess how breastfeeding is going and give you support to address the pain.

-In the first week after birth, it's normal to feel some breast and nipple tenderness related to breastfeeding. If the tenderness becomes painful or you begin to have nipple cracking, it is important to contact a professional who can assess how breastfeeding is going and give you support to address the pain.



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