



## feeling blue?

Post natal depression affects about 10% of women after having a baby. Exercise and talking to other people about your feelings are important strategies for helping new mums cope in the early days. Nutritional deficiencies are also a factor with PND so keep taking multi-vits after birth and eat a diet rich in Omega-3 fats (oily fish inc. salmon). St John's Wort is a natural anti-depressant which can be used while breastfeeding to alleviate depression, anxiety, nervousness and restlessness.

## Montessori Seminars

Cairns Montessori is hosting a series of monthly seminars that are open to anyone. Each one will explore the Montessori philosophy and how it applies to various scenarios.

**21 SEPTEMBER**

*'Toilet Learning, the Montessori way'*

**19 OCTOBER**

*'Montessori in the Home Environment'*

**23 NOVEMBER**

*'Let me do it myself' Montessori for Under 3s*

**7 DECEMBER**

*'Montessori from Birth, Nurturing the Spirit'*

They all start at 6pm and cost \$5 pp (all monies donated to charity). To reserve your place email Amanda at [cairnsmontessori@gmail.com](mailto:cairnsmontessori@gmail.com) or call 4036 1055

## Eco peko



Eco Peko, creator of organic clothing for 'little greenies' has just launched a new product called a Bamboodie for babies. Made from bamboo they are UV reflective, hypoallergenic and antibacterial. They also have superior breathability so they can be used on the beach UV protection or as an extra layer on cool nights. They are very light, silky soft and come in either natural or turquoise. They can be bought in limited stores or online at <http://ecopeko.bigcartel.com/product/bamboodie-star-fish>. For info go to [www.ecopeko.com](http://www.ecopeko.com)

### WIN A BAMBOODIE!

For your chance to win a Bamboodie simply email us at [competitions@pakmag.com.au](mailto:competitions@pakmag.com.au) and tell us what peko means?



## Mumbalates

Exercising after having a new baby helps new mums cope with the demands of caring for a newborn. There are several mums & bubs exercise classes now available in Cairns including Mumbalates, a fun and functional fitness class created by local Personal Trainer & Pilates Coach, Simone Kay.

Simone created Mumbalates after the birth of her first baby. It combines pilates and exercise training to create a specific routine for new mums which lessens lower back pain and provides better stability and balance by focusing on restoring strength and tone to the lower abdominals, activating the deep core muscles and stretching the back and shoulders. All of which leaves you feeling stronger and more energised. For more info about Simone's classes call 0411 027 883

# mumbalates.

Empowering Mums with confidence through fitness & fun.

Every Thursday 9.30am @ PCYC

enquiries: 0411027883

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

