

first time parent

January 2026 Special Issue

KAY & TAY

Peek into the lives of viral parenting influencers, Kay & Tay!

Pelvic health and
prolapse before, during,
and after childbirth

Joyful, learning
moments through
guided play



Special Issue

cover story

03 Interview with viral parenting influencers, **Kay & Tay**

Cover and interview photos by [Cydnee Jex](#)

13 Creating joyful, meaningful learning moments through guided play

17 Designing a bedroom your toddler (and you) will enjoy

23 Understanding pelvic health and organ prolapse before, during, and after childbirth

27 Books, books and more books! Our latest reading recommendations



Kay & Tay

interview



Get personal
with one of the
most influential
social media
parenting
couples...

With over 20 million combined followers on social, we thought it would be fun to ask mom of three and viral parenting influencer, Kay Dudley, a few questions. Kay is one of the most followed mommas on social media due to her candid approach to sharing details of the life of her adorable family. Plus, she has something new on the horizon that she is pretty excited about!

do tell . . .



You have built a significant community on social media (26+ million followers)! What positive parenting advice have your followers shared with you that has stuck with you?

Kay & Tay: Cherish every moment and every milestone. Even on the stressful days, keep reminding yourself that these are the moments you will look back on someday. Every blowout and every tantrum is temporary, and it will pass before you know it. You never know when your baby will coo, babble, or do the “scrunch” for the last time, so be fully present, soak it in, and enjoy it while it is here.

How are you finding time to document and share these early memories with your community?

Kay & Tay: We are so grateful to have a job where simply living our life is the work. Because of that, we get to live normally and the content just happens naturally. We have never set an expectation with our audience for huge stunts or over-the-top moments, so they genuinely enjoy watching the simple stuff like cooking, playing outside, or whatever our day naturally includes.

At the end of the day, we choose our favorite part, turn it into that day's episode, and then do it all again the next day. Tay films most of the time, but I film too when I notice a moment that feels special. You might notice sometimes the camera is not perfectly centered or set up, and that is because even though we are filming, we are rarely staring at the phone. We just hold it, hit record, and stay present in the moment. Later we look back and see what we captured, because our experience will always matter more than the documentation, even though we love being able to document it too.



You recently had your daughter, Sutton! Take us back to that first moment. How did you feel the first time you held her?

Kay: I was completely overjoyed. It sounds strange, but pregnancy never fully feels real to me until I am actually holding my baby. I knew Sutton was in there, but it was not until she was out and in my arms that it truly hit me that I finally got to meet her. Those first moments are the most special. So Tay and I asked family, friends, and the kids to step out for a little while so we could soak it all in together. Then we brought the girls in to meet Sutton, and after that we welcomed in our family and friends.

What is the best advice you have received about navigating the first couple of months with a newborn?

Kay: I love combining those two ideas: bring your baby into your world, and lean into routines.

It might seem silly to overthink something as small as a chore, but once you bring a baby home, it is easy to underestimate how much time and energy they take. Everything shifts, and it usually takes some rebalancing as a team to get the house running smoothly again. And you want to make sure that both you and your spouse's feelings are being heard and valued! Lastly, for the initial postpartum recovery, it might be good to chat with your spouse ahead of time about the timeline that healing takes! There are some things that you may not be able to do again for months, and it's nice to know ahead of time so you can brace yourselves for that.

Your husband, Tay, seems very supportive! What tips can you share for new moms who might feel overwhelmed, and what are the best ways to communicate with your partner to help them be a meaningful part of postpartum recovery?

Kay: I think the healthiest way to handle issues is to explain what you need, not just tell someone what to do. Instead of saying, “Go do the dishes because I have the baby,” it can sound like, “I’m falling behind on something we usually keep up with because I’m spending more time feeding, changing, and settling the baby. Can we figure out a way to handle this together, so the dishes still get done? Maybe you take the baby for a bit so I can knock them out, or you take the dishes while my hands are full.”

It might seem silly to overthink something as small as a chore, but once you bring a baby home, it is easy to underestimate how much time and energy they take. Everything shifts, and it usually takes some rebalancing as a team to get the house running smoothly again. And you want to make sure that both you and your spouse’s feelings are being heard and valued! Lastly, for the initial postpartum recovery, it might be good to chat with your spouse ahead of time about the timeline that healing takes! There are some things that you may not be able to do again for months, and it’s nice to know ahead of time so you can brace yourselves for that.

Your daughter Ellie just turned 2! How did you come up with the theme for her birthday party?

Kay: Ellie absolutely loves Bluey. One of her first little “words” was “bopuday,” which is what she calls Bluey. Whenever she was looking for her Bluey stuffy, she would crawl or toddle around the house saying, “bopuday, wan bopuday!” So, Bluey felt like the perfect theme for her party.



You have three children now. How has your perspective of motherhood shifted between your first and third child?

Kay: Oh man, it has changed so much. I had my first when I was 19 (in 2011), so my perspective on life in general was completely different. I was still growing up myself, and it honestly feels like a lifetime ago.

Now that I'm older, I value time in a way I just could not have understood back then. I worry less about the little things, and I have a deeper appreciation for how fast each season goes.



How has having Lupus played a role in your pregnancy and postpartum experiences?

Kay: Having lupus has definitely shaped both pregnancy and postpartum for me. It adds an extra layer of planning and monitoring, because I have to be more intentional about my health and pay close attention to how my body is responding. Pregnancy is already demanding, and with lupus you learn quickly that rest is not a luxury, it is part of the job.

During pregnancy, I tried to stay really consistent with my routine and keep stress as low as possible. Postpartum has been similar. I did my best to slow down, accept help, and prioritize recovery, because pushing through can catch up to me fast.

The biggest thing it has taught me is to listen to my body, communicate clearly with Tay and my doctors, and focus on what actually keeps me well, so I can show up for my babies and enjoy this season.

Can you share any products you absolutely love as a third-time mom? Anything that makes life 10x easier in the newborn months?

Kay: For our lifestyle, a few things have been total game changers in the newborn months.

- * The [BabyBjorn](#) bouncer is amazing in the mornings while Tay and I are showering and getting ready. It gives Sutton a safe spot to hang out where she can still see us, and it makes the whole morning flow so much smoother.
- * [Noodle and Boo](#) is my favorite shampoo and body wash. It has that nostalgic baby smell that is so comforting, and I swear it makes bath time feel extra sweet.
- * My [Spectra](#) breast pump is hands down my favorite. I feel like I get the most out of a pumping session with it compared to any other pump I have tried.
- * [NinniCo](#) pacifiers have been great for both Ellie and Sutton. I love that they are designed to support a proper latch, especially when you are breastfeeding.
- * [The Owlet](#) has been really helpful for peace of mind at night when Sutton is sleeping. It just helps me relax a little more.

And we recently tried a new swaddle from Taking Cara Babies that we have been loving. Sutton is a much better sleeper than Ellie was, but I do think a good swaddle makes a big difference too.

Other than being a busy mama, what is on the horizon for you and Tay?

Kay: We are actually deep in the middle of launching a brand called [HEY! Nutrition](#). Our first product has been a total labor of love. We have been perfecting it for so long, and we are finally getting close. It is a vegan, allergen-free, gluten-free protein bar packed with nutrients from **21 fruits and vegetables**. I know that is a lot to say, but our goal was to create a protein bar that truly feels like a superfood.

Each bar has **14g of protein**, and after almost a year of taste testing, I can confidently say they taste amazing without loading them up with questionable ingredients, which was honestly the hardest part to get right.

HEY! stands for **Health, Energy, You**.

Health is pretty straightforward. I wanted these to be for anyone who cares about what they put in their body, even kids.

Energy is the fun part. The bars have an energy component with a boost of **B12**, plus our proprietary natural blend called **Energy Now**, designed to deliver more gradual energy over about three hours. It is made for those in-between moments when you need a little extra, whether you are a busy mom, a college student, or just someone juggling a lot.

And **You** simply means they are made for anyone. Made for you. We have been so intentional about making them both good for you and genuinely tasty, so you can enjoy a snack, feel good about it, and know you are putting something beneficial into your body.

We are so excited to launch soon, and we cannot wait for everyone to finally try them. We already have a million ideas for what we want to do next, but for now we are just soaking up this entrepreneur and startup season and enjoying the ride. If you want to stay in the loop, visit [heynu.com](#) and sign up for email updates.

Lastly, and we ask everyone this...What is currently in your diaper bag?

Kay: We keep a [Dagne Dover](#) bag packed with everything we need:

- * About 7 to 9 diapers
- * Wipes
- * Little doggy trash bags
- * A change of clothes, plus a waterproof zipper bag for any blowout clothes
- * Burp rags
- * A shusher
- * Desitin and a spatula
- * A clear Beis zipper bag with a spot for Sutton's medicine
- * A nursing cover
- * A Solly wrap
- * A small Ninni Co zip pouch with three pacifiers. ■

To enjoy more of Kay and Tay's adventures, follow on social media:

TikTok: [@kayandtayofficial](#)

Instagram: [@kayandtayofficial](#)

YouTube: [@KayAndTay](#)



Editor's Note

Editor-in-Chief
Jill Kelsey

Cover Photo:
* by Cydnee Jex

Contributing Authors:

- * Julian Cereghini, MD
- * Peg Oliveira, Ph.D.
- * Annie Guest

Hey! It has been a while since we've created a cover issue, but what better reason than to feature an interview with one of today's top viral parenting couples, Kay and Tay? We love working with exciting new parents. With a lack of paper magazines these days, it is good to know that there are some really great online personalities who are willing to share their highs and lows and everything in between.

Here at First Time Parent Magazine, we have been focusing on posting evergreen articles on our new [website](#). If you haven't seen it you are missing out! Go check it out and browse articles by focus, listen to a [podcast](#), view some great deals from our partners, and stay in touch with e-mail updates by joining our free mailing list. We are also now offering a members area that includes our complete back-issue archive, e-books, recommended videos, research links and more.

If you are seeking one-on-one interaction, book a [1:1 consultation](#) or couples consultation with me. I also offer postpartum nutrition coaching (inquire directly) and energetic bodywork services (donation-based) which are great for fertility issues and other medical diagnosis.

Since the last issue, I have updated training credentials in Postpartum Nutrition and am now a Certified Postpartum Nutrition Professional through Postpartum University. [The Postpartum University Professional Directory](#) is a really great resource for pregnant and postpartum families. I am also listed as a professional with the [Perinatal Resource Collaborative](#), who offer access to parenting professionals and events. Both offer world-wide resources and I encourage you to check them out.

As always, feel free to [contact](#) me with your questions, comments, or requests! We love feedback from our readers.

~ Jill



Have a beautiful
2026!

Disclaimer: This magazine is for educational and entertainment purposes. If you have a medical question, please contact a qualified medical practitioner. This issue contains affiliate links. As an Amazon partner we may make commissions on qualified purchases.

Photo by [Enrique](#)

fashion

a
t
e
l
i
e
r
s
o
l
a
n
a
•
c
o
m



Atelier Solana Heirloom pieces handmade in Canada

AKIRA

Style that
everyone's
crushing on...

From denim to
faux fur, show
off your unique
personality.

- * denim
- * shoes
- * dresses
- * tops
- * bottoms
- * jackets
- * accessories



s
h
o
p
a
k
i
r
a
.
c
o
m

Bayeas

Authentic Style

Feat. Slim Fit and High-Rise Cuff



Denim for every occasion... Whether you want to be uptown, downtown or anywhere in between. Explore your options!

bayeas.com



Creating Joyful, Meaningful Learning Moments Through Guided Play

by Peg Oliveira, Ph.D.

Play is the natural language of young children. It's how they explore, test ideas, and make sense of the world, providing a foundation for learning. Yet many parents and educators wonder how they can support child development without relying on expensive toys or elaborate setups. The truth is that meaningful, joyful learning doesn't depend on the things we buy for children; it depends on how we design experiences and engage with them.

One [research-backed approach](#) that strikes this balance is guided play. Guided play blends freedom and creativity with gentle adult facilitation, creating experiences that are active, engaging, and joyful – without breaking the bank.



Why Joyful Learning Matters

For learning to resonate with children, it must be more than memorization or passive listening. Decades of research show that children learn best when experiences are active, collaborative, iterative, and joyful. These qualities fuel curiosity, persistence, and creativity – the very skills children need to thrive in a rapidly evolving world.

When children feel delight and wonder, they are more likely to explore, ask questions, and take risks. Protecting that joy and sense of wonder is essential because it drives lifelong learning and problem-solving.

What is Guided Play?

Guided play occupies the sweet spot between two familiar approaches: free play and direct instruction. Free play, which is child-led and open-ended, is critical for developing social-emotional skills and executive functions. Children learn to negotiate, share, and imagine. But free play alone isn't optimal for meeting specific learning goals, like counting or letter recognition.

Direct instruction is more efficient for teaching explicit skills like spelling and grammar. Parents and educators can plan backward from a goal and deliver targeted practice. However, direct instruction often lacks the engagement and joy that make learning meaningful.

Guided play combines the best of both worlds. The adult sets up a “just right” environment with thoughtful materials and a flexible prompt aligned to the child’s developmental stage. Then, the adult steps back and lets the child lead. The adult’s role is active but non-directive. They observe, ask open-ended questions, and gently scaffold the experience so the child moves forward without losing ownership of the learning.

The adult serves as the “guide on the side,” watching for emerging skills, adjusting materials to simplify or deepen the challenge, and offering questions that invite investigation, without taking over.

How to Create Joyful, Meaningful Learning Moments at Home or School

The beauty of guided play is that it doesn't depend on expensive toys. The power is in the interactions we have with children. In fact, open-ended natural and found materials are often more compelling to children because they invite imagination and problem-solving rather than having a single purpose. In short, the way we engage children in exploration of the materials is more important, and the process children use to learn about their world is more impactful than the price tag of the materials.

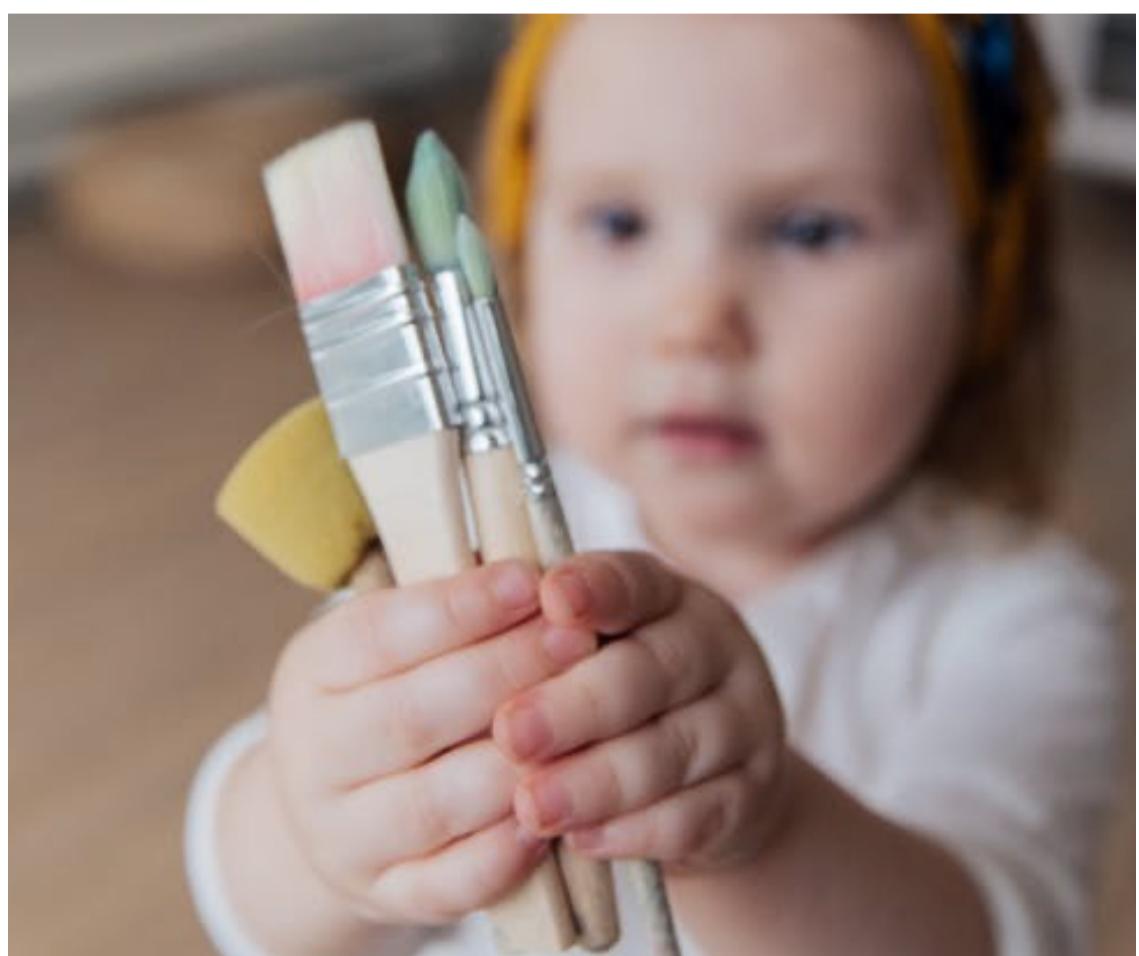


Photo by [Tatiana Syrikova](#)

Start by putting the child at the center. Design activities around developmental stages and interests, not rigid timelines. For toddlers, focus on sensory-rich experiences like pouring or stacking. Preschoolers thrive on pretend play, patterns and early math. Kindergarteners enjoy social, rules-based games and collaborative projects.

As the guide on the side, observe first. What draws your child in? Where do they get stuck? Ask open-ended questions like, “What do you notice?” or “What could we try next?” Gently offer hints or swap materials, then step back.

Make learning a shared experience by inviting siblings, peers or caregivers to join in the fun. Rotate roles so everyone gets a turn to lead. Celebrate creative ideas as they emerge and keep your prompts light and playful to maintain the joy in discovery.

Practical Examples You Can Try Today

Here are three simple, low-cost guided play activities that use everyday materials:

Pantry Patterns and Counting

Gather dry beans, pasta or cereal along with a muffin tin or ice cube tray. Invite your child to sort and create patterns: “How could we group these? What patterns can we make?” For toddlers, start with big vs. small sorting. Preschoolers can build patterns and count sets. Kindergarteners can record results on a chart and compare quantities. Ask questions: “Which has more? How do you know?”



Recycled-Build Challenge

Use cardboard, paper tubes, tape and string to build a tower or bridge. Set a playful challenge: “Can we make it stand without help?” Observe strategies and narrate what you see: “I notice you made the base wider.” Offer nudges like, “What could make it stronger?” Encourage testing and revising. Older children can create a plan before building or add constraints like height limits.



Photo by Jessica Lewis thepaintedsquare

Neighborhood Nature Hunt

Take a walk with a paper bag and a simple list of items to find, such as a smooth rock, something rough or something that smells nice. Invite your child to collect and classify. Ask, “How do you know this one is smooth?” Compare objects and sort by color or texture. Preschoolers can draw and label finds to create a “show and tell” museum; kindergarteners can create a simple field guide or tell a story using their treasures.



Photo by Jonathan Borba

Let go of the urge to correct every mistake – those mistakes are where the learning happens. Keep your prompts short and playful to maintain momentum and wrap up with a moment of reflection, asking questions like “What surprised you?” or “What would you try differently next time?” to help your child think about their own discoveries.

Guided Play: Your Child’s Launchpad for the Future

Play isn’t just fun; it’s the foundation of how young children learn and grow. Guided play puts the child at the center, sparks curiosity and turns everyday moments into powerful opportunities for discovery. When we create experiences with simple, open-ended materials and step into the role of “guide on the side,” we’re not just teaching skills, we’re nurturing thinkers, creators and problem-solvers ready to thrive in a world full of possibilities. Lean into play, protect that sense of wonder and watch learning come alive in joyful, meaningful ways. ■



[Photo by G. Masters](#)

Designing a Bedroom Your Toddler (& You) Will Love

By Annie Guest

When I was little, I craved a space I could call my own. I shared a bedroom with my younger sister, and questions of personal space consumed a fair amount of our attention.

Soon my sister and I discovered we could create spaces of our own. We covered a card table with our dad's Army blanket, borrowed his flashlight, and we had a fort. Later, we built a tree house. I persuaded our dad to tie a giant pulley to the big branch at the tree house door. We kids strung one end of a rope through the pulley and attached a wooden orange crate to the other end, and—ta-da!—we had our own elevator. We transported food, drink, blankets, walkie talkies, and—in one effort that elicited screams from our mother through the kitchen window--our baby brother into our arboreal refuge.

All these efforts showed us we had the power to create spaces where we could pretend and play, explore the world, and get to know ourselves. Our efforts were important. Healthy mental functioning requires space to think one's own thoughts and express them and build a relationship with oneself. The essential developmental tasks for a child or adolescent are to build autonomy (or the experience of oneself as separate from one's primary caregiver) and self-efficacy (or confidence in one's ability to exert control over one's own motivation, behavior, and social environment).

These are fundamental building blocks of a healthy personality. They're essential to resilience, focus, critical thinking, healthy relationships, emotional regulation, self-discipline, problem-solving, creativity, a sense of mastery —in short, everything that equips us to handle life's challenges and thrive.

Keeping Our Toddler Safe

But how do we support toddlers in their first steps toward autonomy and self-efficacy while keeping them safe from injury in their own bedrooms? Happily, there's an array of safety features and tools that can be installed in a toddler's bedroom. They can give parents peace of mind while allowing toddlers the space to explore and develop. Here are a few of them:

- A ceiling light fixture or a wall sconce with a covered bulb is a safer choice for a toddler's bedroom than a standing lamp or a table lamp.
- Safety covers on the wall outlets
- Pinch guards on doors to prevent doors from slamming on fingers
- Locks that can be installed on door levers and covers on door knobs
- Kids love to stand inside drawers to climb or reach something high. A clothes dresser with a low center of gravity is resistant to tipping. But if your child's clothes dresser stands tall, bolt it to the wall with an anti-tip adjustable strap or with furniture anchors.
- If your toddler still sleeps in a crib, you can help keep your toddler from climbing out of the crib with a breathable mesh crib tent.
- Then when your toddler moves to a bed, choose a bed that sits low to the ground or install guard rails or soft rail bumpers on a regular twin bed.
- Put childproof locks on the windows in your toddler's bedroom.
- During a game of hide and seek, toddlers love to climb into a toy box or a blanket chest and pull the lid over their head. A safer furniture choice is a wide low chest with drawers for storing toys and blankets.

Supporting Our Toddler's Steps Toward Independence

To help toddlers learn to entertain themselves and encourage their creativity and mental development, we can:

- **Surround them with books**, and make those books easy to identify and reach. The photos below show a book rack that allows a toddler to identify each book by its cover—useful for a child who hasn't yet learned to read. The bottom of the rack features cubbies and a soft fabric drawer, where a toddler can stash coloring books and crayons.



Photo Credit: © Jackie Fein



Photo Credit: © Emanuel Pedro from Pexels via Canva.com

- Give toddlers **a place to display their drawings and paintings**, so your child and you can appreciate them. Here are some ways to display your child's artwork:

- A hinged storage frame with a glass front, also known as a shadow box. Just add a new drawing on top of the drawing currently on display. You can make a storage frame yourself, or you can shop for one ready-made. For example, see L'il Davinci Dynamic Frames.
- A shadow box with an open top. Mount the shadow box on the wall and drop the new artwork into the box through the open top.
- Hang a curtain rod with hooks against a wall and display your toddler's artwork from clothes pins.
- Display the artwork on a giant bulletin board.
- Store the artwork digitally on an app such as [keepp.com](https://www.keepp.com).

- **A Puppet Theater.** Kids love to create their own characters and tell their own stories. A puppet show offers kids the chance to work together and cooperate, volunteer for different roles in the production, and perform for an audience (importantly, you). The puppet show stage might be as simple as the back of a sofa. Or it might be an ornate structure with curtains. Likewise, a puppet might be made from an old sock, or it might be a hand-carved masterpiece or store-bought. What's important is that kids can play together and use their imagination to create their own worlds.



Photo Credit: © Vlada Karpovich from Pexels via Canva.com

- **A tent is the quintessential private space.** It offers privacy, a place to read stories, to play, and a place to pretend. It doesn't need to be fancy or expensive. It could be the card table with the Army blanket my sister and I grew up with, or it could be a ready-made, store-bought tent. What matters is that it's a space that belongs to your child. An invitation to enter a child's tent is a special honor.



Photo Credit: © Vanitjan via Canva.com

- **Stuffed animals** create opportunities for make believe, bonding, visual and tactile stimulation, and emotional comfort.
- A chunky **blanket** offers tactile stimulation, comfort, and visual stimulation without creating clutter.
- A **table and chairs** in your toddler's bedroom offer a place for tea parties and a workspace to draw, create, and color.
- Surround them with **images** of things they're interested in. For example, bedsheets with images of firetrucks or ponies stimulate children's imagination and curiosity and feed their passions.



Photo Credit: © Yuganov Konstantin via Canva.com



Photo Credit: © Africa images via Canva.com

Managing Clutter

In a cluttered environment, every object is competing for our attention. It's difficult to focus on any one object, or even to attend to a task unrelated to the objects, such as reading or thinking. As adults, we're well aware of the impact of clutter on our ability to focus and its effect on our anxiety level. Clutter has at least as powerful an impact on a young child.

Designing an organized space for your toddler promotes your toddler's focus and avoids overstimulation. It communicates safety and order. And encouraging your toddler to maintain an organized space gives your toddler a tool to regulate his or her own emotions in times of anxiety or anger or other strong emotion.

Here are some practical ways to manage clutter and give toddlers a way to keep their own bedrooms tidy:

- Install drawers that kids can reach safely, so they can dress themselves and put their clothes away.
- Provide storage baskets that kids can reach.
- Provide furniture with cubbies, either empty or containing a basket or a drawer. The cubbies can be positioned where toddlers can reach them. Cubbies offer a way for young children to clean up their personal space. They also help prevent toddlers from losing important items or risk having them broken or swallowed by the family dog.

ABOUT THE AUTHOR

Annie Guest is the author of *DESIGN FOR YOUR MIND: How a Family Caregiver and Mental Health Therapist Renovated Her Home to Recharge Her Life—and Didn't Break the Bank*. Regular hardbound, paperbound, and ebook editions are available at Amazon, barnesandnoble.com, and bookshop.org. Special Limited Edition is available exclusively at <https://www.annieguestdesignforyourmind.com>

Follow Annie Guest at:

[Instagram](#)

[Pinterest](#)

Bringing it all together...

The toddler stage is famous for its challenges. But we have the tools to design a space of wonder and magic that supports our child's healthy development, while parents enjoy some peace of mind. ■

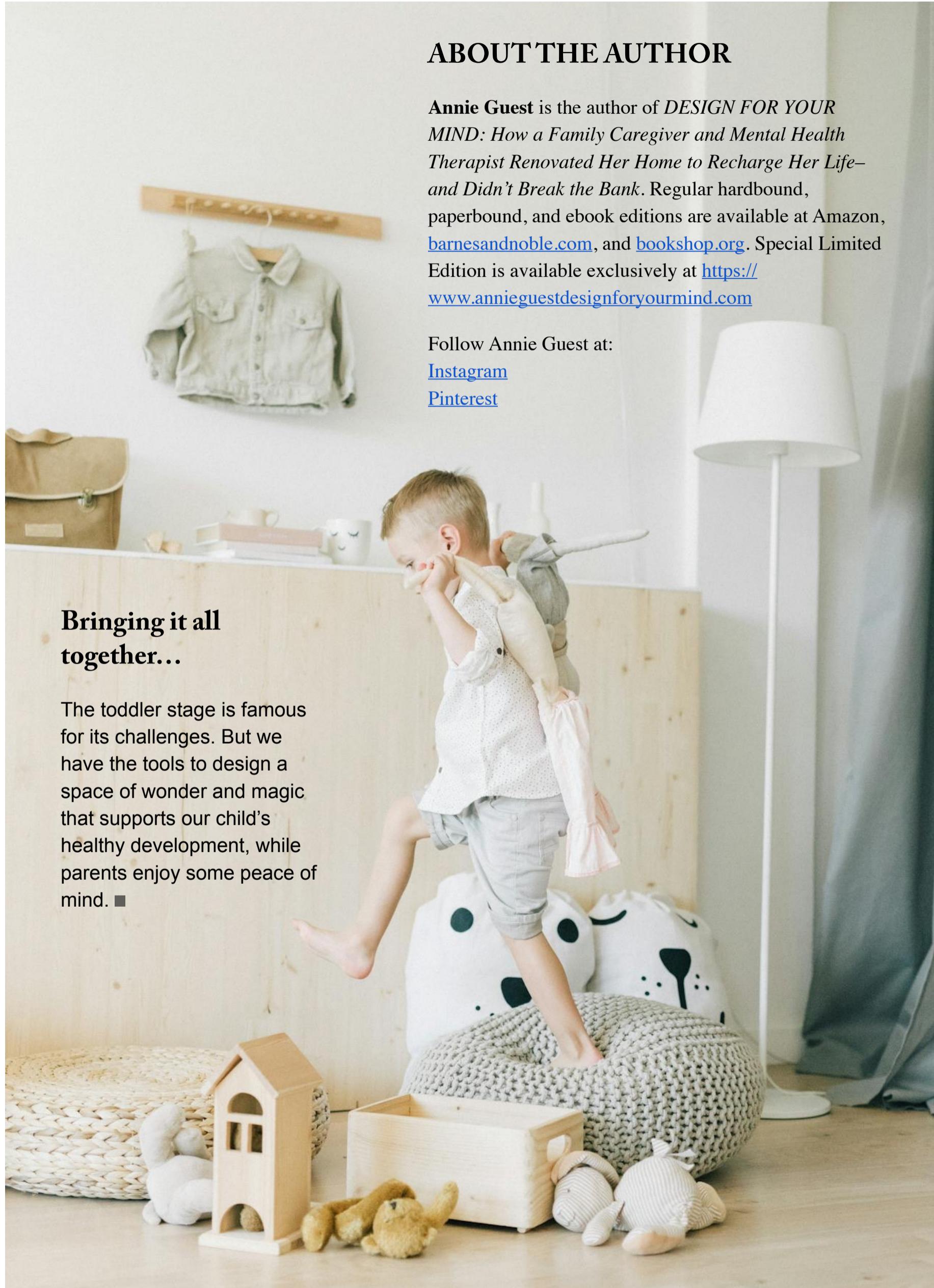




Photo by [cottoncandy studio](#)

Understanding Pelvic Health and Pelvic Organ Prolapse Before, During, and After Childbirth

by Julian Cereghini, MD
Clinical Development Associate, [FEMSelect](#)

Pelvic health is an important but often overlooked component of women's health, particularly before and after childbirth. Pelvic organ prolapse is a common and frequent condition in the population of the United States, roughly affecting half of all women to some degree.

While pelvic organ prolapse is often diagnosed later in life, pregnancy and childbirth can influence pelvic floor health at any age.

It is significantly more common in women with vaginal births, as the stretching and potential tearing of pelvic muscles and tissues during delivery weaken support structures, especially with larger babies or instrumental delivery, such as forceps or vacuum.

Pelvic organ prolapse happens when one or more pelvic organs drop down and push into the vagina. This can include the bladder, uterus (or the top of the vagina after a hysterectomy), or the bowel. Mild prolapse is common and often causes no symptoms, however, it often leads to discomfort and other symptoms, such as a sensation of vaginal pressure or a bulge, urinary urgency, difficulty fully emptying the bladder, leaking small amounts of urine, significant constipation, the need to push on the vagina or perineum with a finger to assist with bowel movements (a maneuver known as “splinting”), and sexual dysfunction such as dyspareunia.

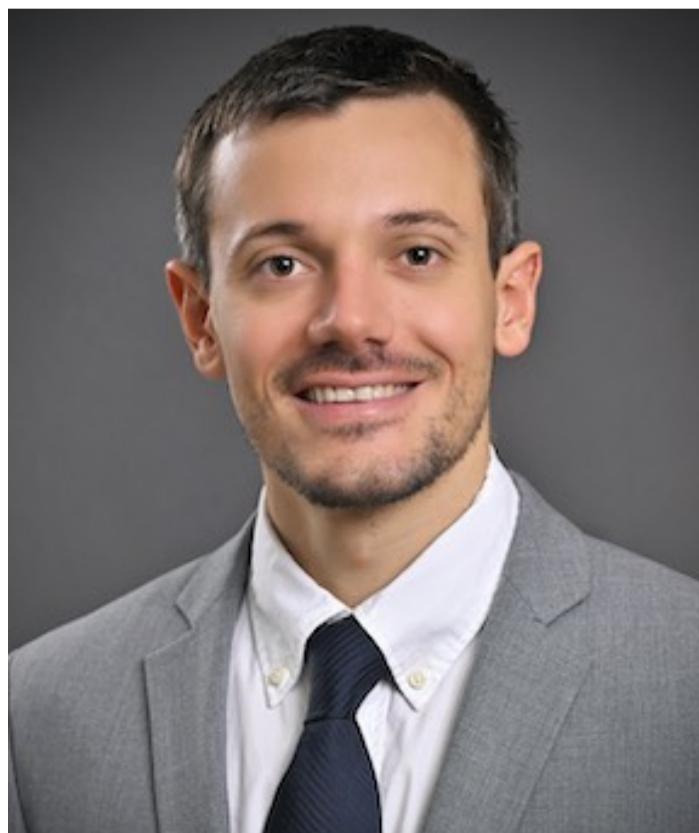
Symptoms can appear in younger women, particularly during pregnancy or after childbirth. Early intervention is centered around prevention and strengthening the pelvic floor, which can be approached independently or with the guidance of a healthcare professional. This type of preventive work is particularly relevant during the postpartum period, when many women first begin to notice changes in pelvic floor function. Pregnancy and childbirth place significant stress on the pelvic floor, and while many anatomical and functional changes are expected, persistent symptoms should not be dismissed.

In general, postpartum pelvic floor therapy can begin around six to twelve weeks after childbirth, which is the amount of time it usually takes for the pelvis to recover from pregnancy and delivery. There are several practical steps women can take during the postpartum period to support pelvic health. These include avoiding excessive straining during bowel movements, managing constipation with adequate hydration and dietary fiber, gradually returning to physical activity rather than rushing into high-impact exercise, and being mindful of heavy lifting during daily activities such as carrying a baby or stroller. Paying attention to posture and breathing during movement, especially when lifting or exercising, can also help reduce unnecessary pressure on the pelvic floor.

Seeking evaluation if symptoms develop—rather than waiting for them to resolve on their own—is an important part of postpartum care. Women with more advanced prolapse should talk to their healthcare providers about procedural or surgical treatment as there are many non-invasive treatments available. Pessaries are small, flexible plastic devices that you place in your vagina to treat pelvic organ prolapse or urinary incontinence. FEMSelect has launched EnPlace, a minimally-invasive, same-day approach to pelvic organ prolapse repair that allows patients to resume normal activities within several days and preserves the uterus.

Increasing awareness helps women recognize symptoms, understand their bodies, and seek appropriate care. With education, early evaluation, and individualized treatment, many pelvic floor conditions can be effectively managed, supporting comfort, function, and quality of life throughout motherhood and enhancing the quality of life for women worldwide.

The information in this article is aligned with current recommendations from the American College of Obstetricians and Gynecologists (ACOG) and the American Urogynecologic Society (AUGS). ■



ABOUT THE AUTHOR

Dr. Julian Cereghini is a urologist specializing in andrology and women's pelvic health. He completed fellowships at Northwell Health in New York and currently supports clinical development and physician education for FEMSelect's EnPlace system. His work focuses on advancing minimally invasive treatments and strengthening collaboration between clinicians and industry partners.

Health-minded goodies to get the year started on the right foot . . .



Marshmalloo

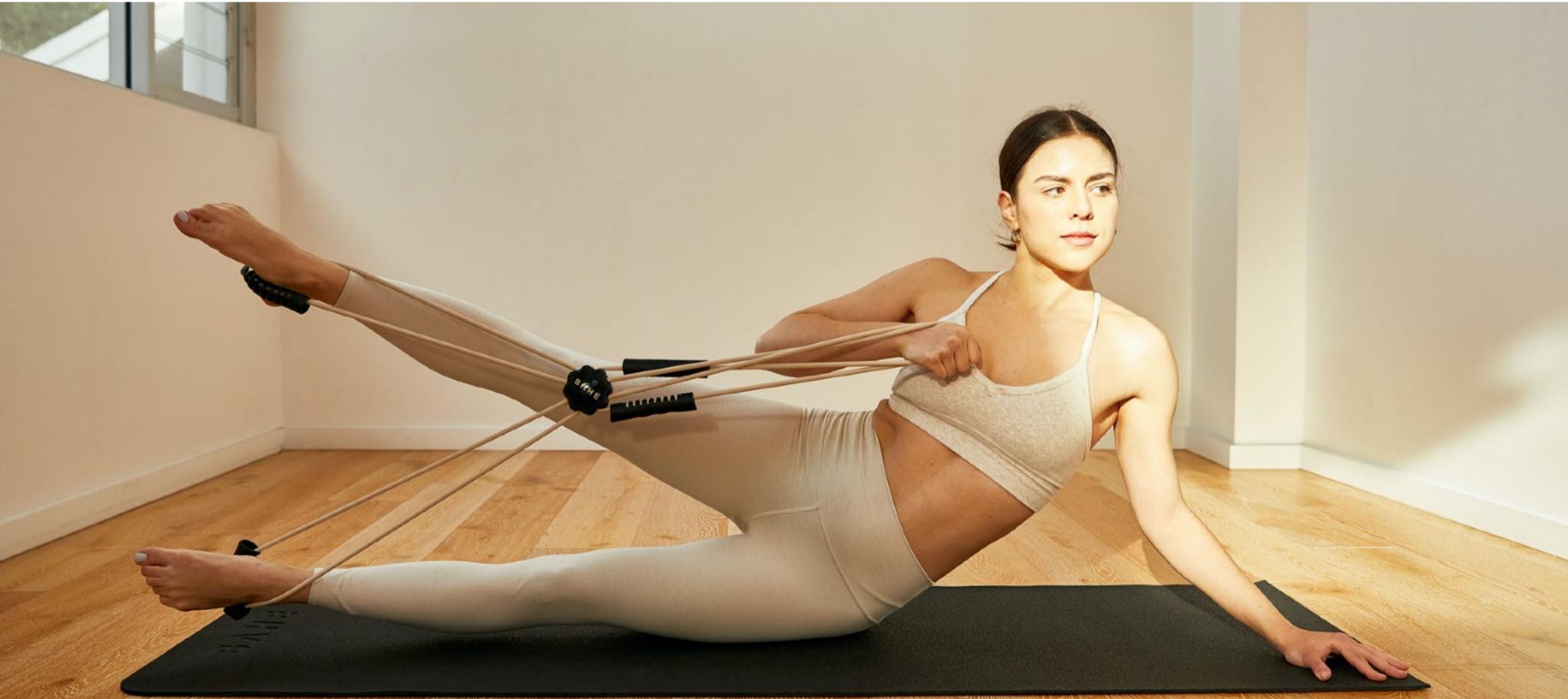
We found a pillow designed by a young mind, and it is the softest pillow we have ever tried! Ideal for children but also great for adults. Choose king-sized for an extra body pillow effect. But, that is just how we like it.

Key Features:

- Meets top safety standards with OEKO-TEX® Standard 100 and GREENGUARD Gold certifications, ensuring it's been thoroughly tested for harmful substances
- Squishy-soft pillow that won't sag or flatten
- Cooling, antimicrobial cover
- Pressure-relieving fill: Stretchy, cloud-like support that helps alleviate neck and shoulder pain
- Sizes: Standard, Queen, King | Firmness: Soft or Firm
- Risk-Free: 60-day money-back guarantee

Yoga & Pilates at home with BAHE

Get fit without the membership. BAHE is an Australian brand highlighting yoga and pilates gear and props for use in studio or at home. If you have not taken a class, fear not! You can check out the great videos on their website! Choose from several great pilates and yoga props designed to help you practice mindful movement and flow into the modern world.



gear

Air lux

The lightest and most compact standard stroller



Mamazing

Effortlessly
One-hand folding



6 Modes for Growth



Comprehensive design
for safety and comfort





Photo by [Maël BALLAND](#)

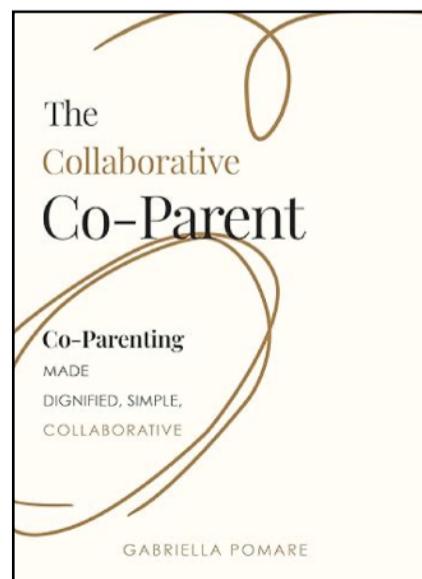
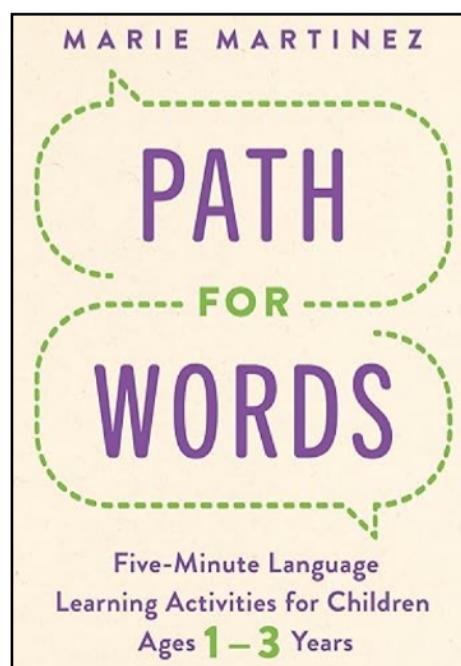
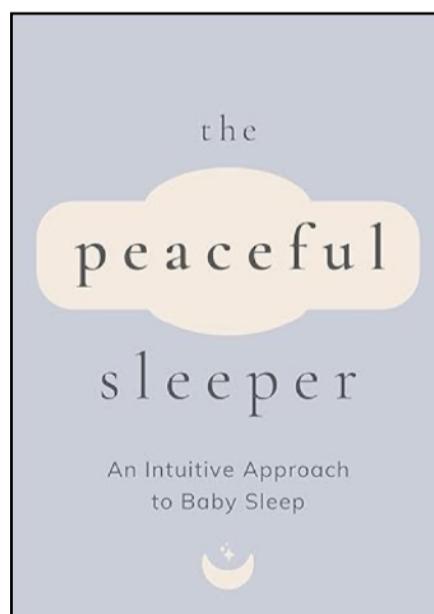
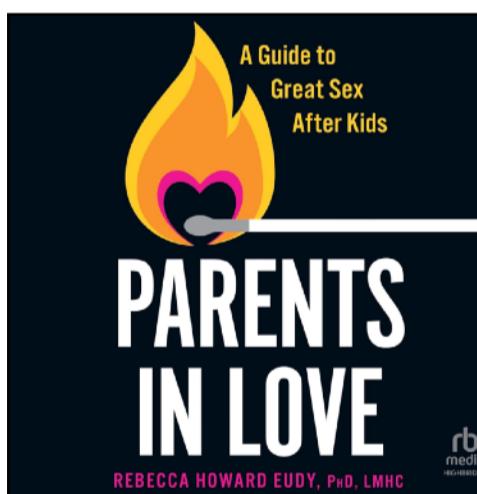
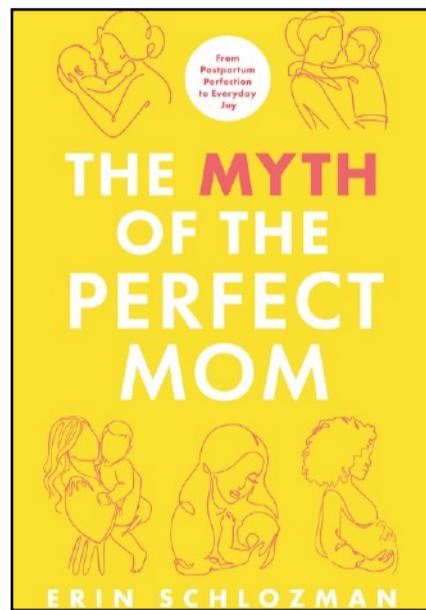
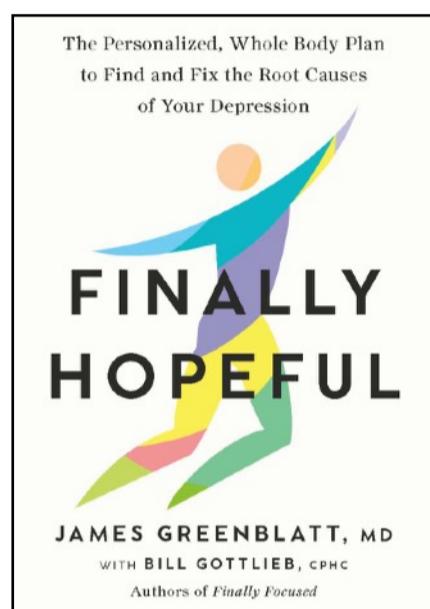
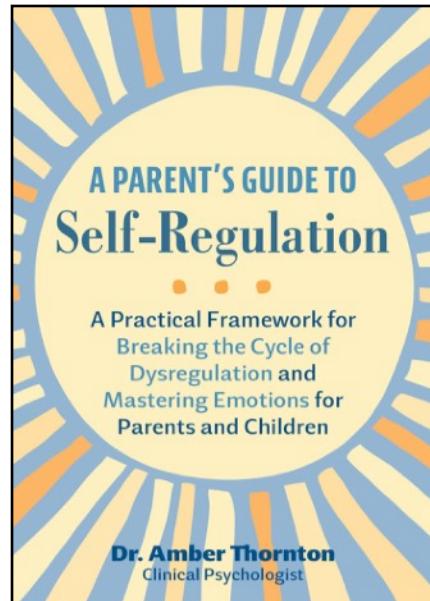
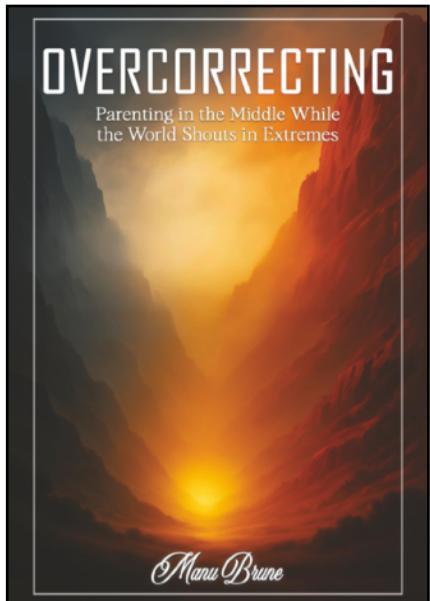
Books, books & more books!

Our Latest Reading Recommendations

We know these book recommendations are highly anticipated. We have had so many wonderful titles come through the office but it is impossible to share them all on here. We have chosen some of our favorites to share with you in this roundup for both young children, and adults.

Parenting is ever-changing, and we have just the books for you. Primarily, focusing on you being the best version of yourself, so that you can show up the way your child needs you to. It is never too late to take the first step.

Titles For Adults



OVERCORRECTING - In today's world of mixed parenting advice, stop swinging between parenting extremes. Instead, trust your judgement and stop overreacting. This book will show you how to reconnect with your child, over and over again by parenting from a grounded, intuitive mindset.

A PARENT'S GUIDE TO SELF-REGULATION - In this step-by-step guide learn the importance of how to self-regulate before applying these techniques to your parenting. Re-parent yourself so that you are prepared to show up for your child in the way they need you, grounded, emotionally regulated, and healed.

FINALLY HOPEFUL - This book is a personalized, whole-body plan designed to help you discover the root cause of depression in you or a loved one, whether nutritional, biochemical, genetic, or other.

THE MYTH OF THE PERFECT MOM - Mothering can be messy and guess what? That is okay! This book helps take the edge off of parenting needing to be picture perfect and gets down to the real reasons for your parenting focusing on emotional and psychological well-being and development as you ease into your new role as a mother.

THE PEACEFUL SLEEPER - Sleep is so important for everyone's wellbeing. Learn about the myths of infant sleep, and a more intuitive approach to sleep training that is easier, and healthier from a psychological standpoint.

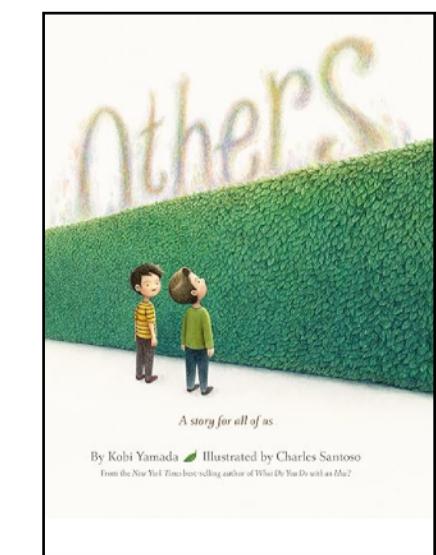
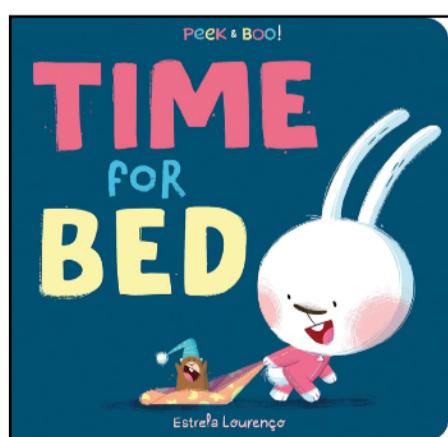
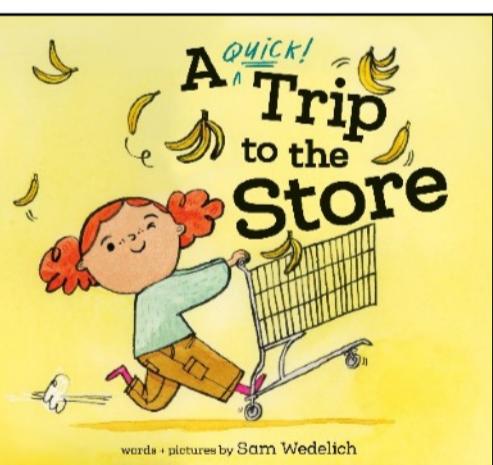
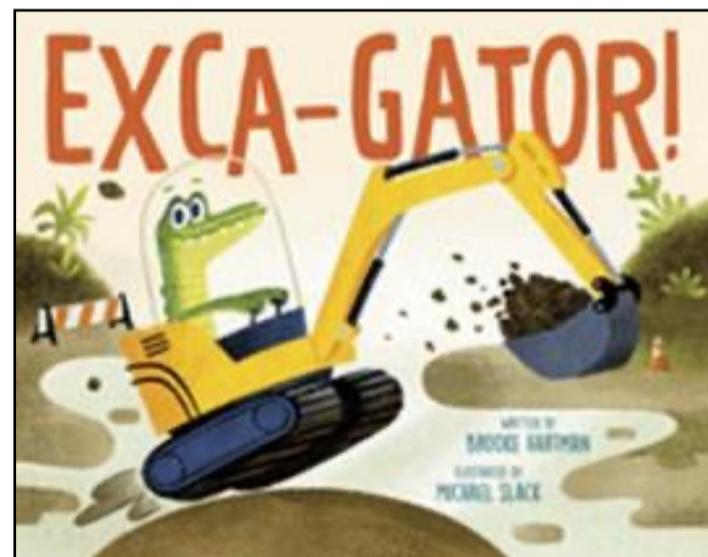
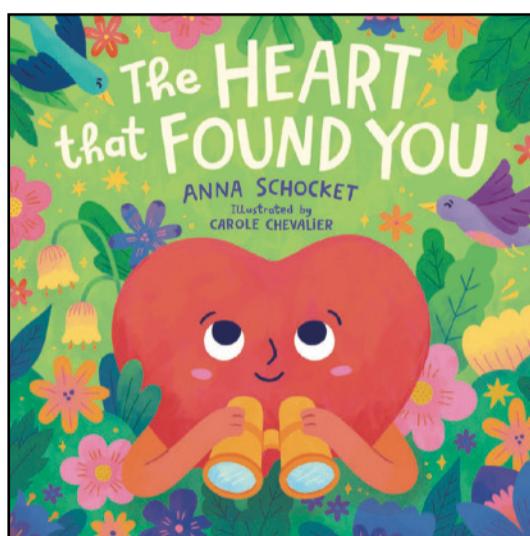
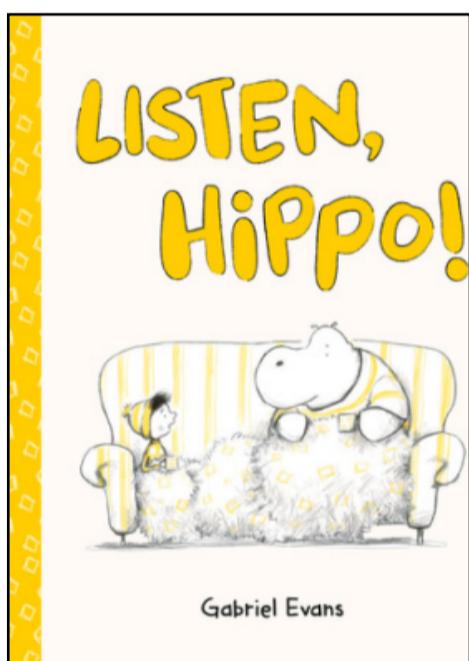
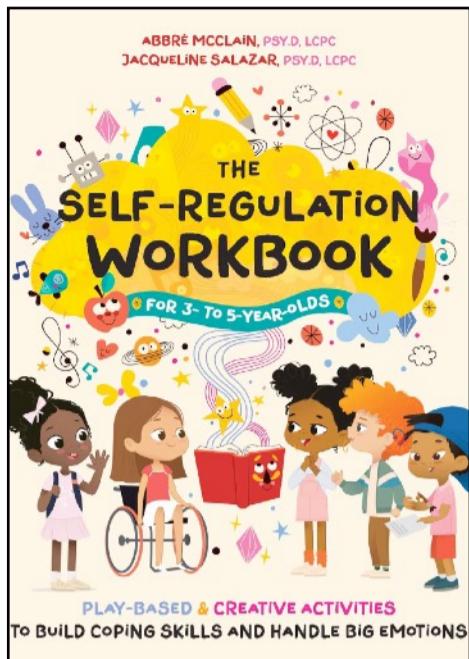
PARENTS IN LOVE: A GUIDE TO GREAT SEX AFTER KIDS - Without a doubt, intimacy changes after children arrive. There are various reasons for this, however, with understanding, and maybe a few changes, the fire can stay alive.

THE COLLABORATIVE CO-PARENT - Learn how to navigate your co-parenting experience simply and with dignity for the best outcome for your children.

PATH FOR WORDS: 5-MINUTE LANGUAGE LEARNING ACTIVITIES FOR CHILDREN AGES 1-3 YEARS - Evidence based strategies to turn everyday activities into language learning opportunities for your little one. Designed for busy households and includes additional resources.

Titles For Children

good reads



TIME FOR BED - (ages 0-4) It is time for Peek to go to bed, but where is her favorite stuffy, Boo?! Adventure ensues as she looks high and low. ■

THE SELF-REGULATION WORKBOOK

WORKBOOK - This book is designed for parents to work with children (ages 3-5) to build play-based skills, coping skills and to learn how to handle big emotions. Creative activities included!

THE HEART THAT FOUND YOU

(ages 3-5) A touching story about a heart searching for its missing piece, an adopted child. In the end, love is love, however it comes to be, or for how ever long it takes to find it.

BABBLEZOO - (ages 5-8) Get your tongue ready for this collection of tongue-twisting tales. Have fun supporting speech and language development in this beautifully illustrated, and very fun book that is sure to awaken the imagination.

EXCA-GATOR! - (ages 3-7) What happens when Alligator is gung-ho on the job site? He might have to set things right with all of his buddies.

LISTEN, HIPPO! - (ages 3-7) Help children learn about emotional intelligence, and how to help themselves and others feel better when they are down. Sometimes, being a good friend is just listening.

A QUICK TRIP TO THE STORE

(ages 3-7) This is no ordinary trip to the store! As it turns out, a quick trip to the store can be quite an adventure. What is on your list today?

OTHERS - A STORY FOR ALL OF US

(ages 4-8) Who are the others? As it turns out, sometimes we are the others. This is a great way to teach perspective to your little one.

Let's Connect!

Explore Consulting Options:

- * Parenting general 1:1 consult for singles or couples
- * Donation-based Bioqr™ Therapy for most conditions including infertility & autism (requires a medical diagnosis)
- * Business product review
- * Postpartum Specific Nutritional Requirements

Become a Member to Access

More Great Content:

- * Over 100 back-issues
- * Informative downloads
- * E-books
- * Video content
- * Research

Follow us Online:

- * [facebook](#)
- * [instagram](#)
- * [pinterest](#)
- * [X](#)

