

TINY FEET, BIG JOURNEYS

A Guide for pregnant women and families




Developed by
Ochre and Salt



Health
Northern Sydney
Local Health District





We recognise the Traditional Custodians of the land on which we live and work. We recognise the beauty and abundance of this Country; from the waterways, the lands and the sky. We pay respect to the Elders and Peoples who care for this Country. We welcome new life onto this Country, and ask our Ancestors to support the spiritual and physical journeys of the generations to come.

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Foreword

I am delighted to endorse and present to you Tiny Feet, Big Journeys. A Guide for Pregnant Women and Families. The Booklet aims to provide easily accessible information for new mums and their families, living and/or birthing in the Northern Sydney Region. The information has been gathered from existing resources, and from discussions with Aboriginal and Torres Strait Islander health workers, maternity staff and Aboriginal and Torres Strait Islander women who have recently given birth in the Region.

More than this the booklet contains important information for all women at various stages of pregnancy.

I would particularly like to thank Eliza Pross Director of Ochre and Salt Pty Ltd, an Aboriginal Consultancy located in the Northern Sydney Region. Michelle de Vroome A/Divisional Nurse Manager Division of Women's Children's and Family Health, Jamie Seal NSLHD Aboriginal & Torres Strait Islander Health Service RN, Jodie Adams A/manager Midwifery Practice Maternal Neonatal & Women's Network NSLHD and of course all expectant mothers both Aboriginal and Torres Strait Islander and Non-Aboriginal and Torres Strait Islander across Northern Sydney Local Health District for their participation. We know you will find this resource valuable.

I am confident that this booklet will deliver the very best quality holistic health care information that is not only culturally appropriate but clinically proven, and equitable for all mothers and expectant mothers.

Warm regards



Deb Willcox

Chief Executive Northern Sydney Local Health District

About this Booklet

The development of this booklet has taken place through a collaboration between the Nursing and Midwifery Directorate, Maternal, Neonatal and Women's Health Network of the Northern Sydney Local Health District, Aboriginal Health, and compiled by Ochre and Salt Pty Ltd, an Aboriginal Consultancy located in the Northern Sydney Region.

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Where to have your baby

Finding out you are having a baby can bring lots of different emotions. It can be a happy and exciting time, but can also be overwhelming. There can be lots of things to plan and decisions to make.

One of the first decisions to make, is where you are going to have your baby. In Northern Sydney, there are a few options. Both Royal North Shore, Hornsby Ku-ring-gai and Northern Beaches Hospitals offer maternity care. It's a good idea to have a yarn to your midwife or doctor early in your pregnancy to discuss your options.

MIDWIFERY CLINICS

If you are having a healthy, normal-risk pregnancy, having your baby under the care of the hospital midwives may be a good option for you. If you choose this option, you will probably receive care from a few different midwives during your pregnancy. If something unexpected happens, and you need additional care, you would be referred to a doctor at the hospital. When you have your baby, you will be cared for by the midwives and doctors on duty in the birth unit. After your birth, the midwives on the postnatal ward care for you. When you take your baby home, the midwives from the midwifery in the home team can visit you and your baby in your home. Your midwives can assist in coordinating any additional supports, if you need them.

SHARED CARE

This model of care takes place in partnership with your General Practitioner (GP) and our hospital obstetricians (doctors that specialise in childbirth) or midwives. Some of your care is with your GP, and you also come to the hospital for some appointments. When you have your baby, you will be cared for by the midwives and doctors on duty in the birth unit. Not all GPs offer shared care, so it's important you check with your doctor to see if this is a service they can provide. If they don't, you can ask our hospitals for a list of GPs in your area who do. One of the benefits of GP shared care is that you develop a long-term relationship with your doctor who can continue to look after you and your baby once your baby arrives, usually, close to home.

OBSTETRIC SPECIALIST CLINICS

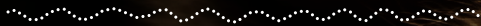
With this option, your pregnancy care is through the hospital doctor's clinic. This is the best option for women who have special circumstances relating to their pregnancy such as health or mental health concerns. It is likely you will see a few different midwives and doctors during your pregnancy. If this option is suggested for you, don't worry, it just means there may be some things we want to keep a closer eye on during your pregnancy. This type of care is commonly accessed by many women.

MIDWIFERY GROUP PRACTICE

In this care model, a small group of midwives care for you during your pregnancy, labour, birth and after birth through home visits. Most of your care is given by one midwife, called a primary midwife. Aboriginal and Torres Strait Islander women receive priority access to this service. Your pregnancy visits may be in the hospital or in the community depending on your specific needs. You will get to know your midwife and back-up midwives during your pregnancy, so this option can be a good one for women who value that personal relationship and care model.

PRIVATE OBSTETRICIAN

With this option, you receive pregnancy care from a private obstetrician. You will see them in their private clinics, they will provide your care throughout the pregnancy, and will normally be present at your birth. You will also receive care from the midwives at the hospital. Unlike the other models, there will probably be some costs associated unless you have private health insurance that covers this type of care.



Keep that Mind, Body and Spirit Strong and Deadly

Good Tucker

Getting good tucker is important all the time, but especially while we're pregnant and while we're breastfeeding. It's not only important for you and your bub's bodies, it is also important for your mind and spirit.

BODY		Eat the right types of food to fuel your body. Avoid foods that are high in saturated fats and sugars.
MIND		Eat regularly and keep your body hydrated with water. This is good for your body as well as helping you to think, plan and feel well.
SPIRIT		A healthy mind and body helps your spirit stay strong too. Eating foods that have cultural significance, gathering traditional foods and eating together with mob, can help your spirit stay strong.




Eating good tucker throughout and after pregnancy is good for us and our babies. Sometimes it's hard to know what's good and what's not. But don't worry, we got you. There is a lot of good information to help us make good choices for ourselves and our bubs.

Bodies made for Birthin'

Our bodies can do amazing things when it comes to growing and birthing babies. Our body goes through many changes from the point of conception, through pregnancy, giving birth, then after birth.

Sometimes we feel or experience things that we may never have expected and sometimes it's important for us to get checked so we can make sure both mum and bub are strong and well.

Have a look at the *Normal or Na* section of this booklet, and remember, there is no shame asking for advice or information. Our bodies can do some random things that stress us out, and it's better to ask than to stress about it. Most of the time it turns out that what's going on is a perfectly normal part of pregnancy and birthing.




BODY		This incredible body of yours will grow and change. Knowing what's right for you, and how you can keep yourself well physically, is good for you and bub.
MIND		That brain of yours is a powerful thing! Sometimes we can start to feel sad or anxious, even when we have never been bothered by these feelings before. Hormones can affect our moods and how we think. Remember, your brain is just another organ. If you feel it's not working right, speak up. The sooner we get on top of mental health changes, the better!
SPIRIT		Being pregnant and preparing for birth can bring changes in how we see ourselves, our role in family and kin, and our relationship with spirit. These changes, along with the physical changes we are experiencing, can make us feel a little shaky. Stay connected to Country and to mob that build you up and keep you strong.

Taking care of our bodies and being aware of changes is important when we are pregnant and right through to after birth. Have a yarn with your doctor or midwife to make sure you are informed about what is right for you.

Get Movin' Sista

Get out on Country girl! You don't have to run a marathon or pull big weights at the gym, you just need to move. Feel the saltwater on your body, or the red dirt under your feet, walk along the river, or smell the Eucalyptus in the bush. Just keep moving. Stop when you're tired and enjoy your surroundings.

Exercise is good for us as well as our bubs.

BODY		Getting regular exercise helps to maintain a healthy weight, get blood moving around our bodies, and keeps our joints and muscles working well. All these things are good for our babies' bodies and growth too. It can help us sleep better, experience less pain, poop better and increases your chances of having your baby naturally.
MIND		Exercise helps our minds too. Doing simple exercises around the house, or getting outside for some fresh air and a walk, helps clear our minds. It can help us feel less stressed or anxious.
SPIRIT		If you can get out on Country, get your feet on the ground, and experience the smells, sights, sounds and sensations of our beautiful Mother, our spirits grow stronger. Find a place in nature to connect.

Move that body sis! You don't need to be the next Cathy or Nova, you just need to move! Getting exercise helps keep our minds, bodies and spirits strong.

Reduce the Fog and the Grog

There are some things we should avoid during pregnancy and breastfeeding. Smoking and consuming alcohol isn't good for us any time, but is definitely not good when we are pregnant or breastfeeding.

Research tells us that drinking alcohol during pregnancy and breastfeeding can harm our babies. It can make it harder for the baby to get the nutrients they need or to settle and sleep well. It can also make our minds, bodies and spirits foggy.

Smoking cigarettes can also harm us and our babies. It can lead to problems during pregnancy, birth and after birth in relation to our babies' health.

It can be hard to give up smoking or drinking when we find out we're pregnant. But there's no shame asking for support. Taking that first step for you and your bub!

TELL ME MORE

The Strong Women Strong Babies Pregnancy Diary has been developed with and for Aboriginal and Torres Strait Islander Women, and has more information on these topics and more. Ask your midwife or doctor about this resource (or you can download it online).

There is a lot of information out there and it can be overwhelming. A great place to start is the Get Healthy website. There is an Aboriginal-specific program and set of resources you can find at www.gethealthynsw.com.au/program/aboriginal-program/



Get Prepped

Birthing Off Country

For many of us, being connected to our Country and our mob when we give birth is really important. For various reasons, this may not always be possible.

If there are some things that you would like to do, to make you feel more connected to Country during your birth, don't be shame asking for it. We are all so different, but here are some ideas:

- If you know you will be birthing off Country, can you record some sounds of Country to play during birth?
- Is there music or messages from home you can play during birth?
- Can you bring some things from Country to have with you during the birth? For example, some earth, water or a plant that you may even be able to take back home and plant to assist that connection.
- Are there pictures or messages from family and friends to stick on the wall?
- Do you want to connect with mob back home during your labour or birth?
- Are there smells – oils or sprays that can connect you back home?

If your birthing off Country is unplanned, this can be upsetting if birthing on Country is important to you. Let our staff know if there is anything we can do to assist you.



“

We had everything ready to go; bags packed, birthing affirmations ready to be stuck on the wall, music ready to be played. Nothing went to plan; we didn't have a chance to do any of that. It's good to be prepared, but also important to accept things don't always go how you plan

New mum, Royal North Shore Hospital

Parent Education Classes

Each of the hospitals in Northern Sydney run their own parent education classes. There may be a choice of different types of classes and it's good to speak with your midwife or doctor about what courses could be good for you and your partner or support person.

Birth

It's always good to have a think about anything that might be important for you for your baby's birth. People sometimes talk about 'birth plans', and they can include preferences you might have for the birthing environment, things you want around you, people you want with you, or whether you want to try pain relief etc. Sometimes things can happen that we don't expect, and it's good if someone close to you knows what your preferences are.

While it's good to think about these things in advance, it is not at all unusual when 'the plan doesn't go to plan!'. Try not to stress if this happens, and most importantly, if things don't go to plan, it is NEVER YOUR FAULT! These little bubs can sometimes have a plan of their own, and they just forgot to tell you. Let your team know your preferences, but the more you can be ok with 'the plan not going to plan' the less stress you will have.

Placenta Care

For some of our People, keeping the placenta for cultural ceremony or other reasons, is important.

Our staff are trained to offer this and/or make it possible for families to retain the placenta. Sometimes, you may not be asked about it though, so it's important you speak up and let staff know that this is something you would like taken care of.

We supply a container for you to take your placenta home in, and can care for it until you leave us (or earlier, if someone can take it home for you).

Sometimes, staff may ask to do some tests on your placenta, for example, if something unexpected happens during the birth. This can assist us to find out information that may be important for you, your baby or for future pregnancies. If this is the case, you can ask whether you can get the placenta back after the testing. Whether you agree to this or not, is always your choice. Speak up for what you want, you have the right to keep your placenta if you wish.

“

I ended up having an emergency caesarean, and [they] misplaced (threw away) my placenta. We kept baby's umbilical cord though, and did our own ceremony, planting it in a special place where she will be connected spiritually to my nanna. My baby will always know her connection to the country of our ancestors and the country she was birthed on.

New mum, Royal North Shore Hospital

“

It was really important for me to keep the placenta. When my baby was born there, were issues with the placenta releasing, and the staff told me they wanted to keep the placenta for tests. I said no – I didn't want that to happen, they respected my choice and I took my placenta home. Don't be shame to stand up for what you need”.

New mum, Northern Beaches



After the Birth

The few days after your baby is born is a special time. You'll be getting to know your baby, and learning lots about taking care of them. The midwives in the hospital are there to help you with anything you need. They'll teach you about breastfeeding, bathing and settling your baby. The midwives are also there to care for you, so if you need anything or have questions, speak up and let them know what you need, they are there to help.

Let's explore some topics that come up for all new mums:

Vaginal bleeding: (also called lochia) is completely normal after giving birth. It occurs if you have a vaginal birth or a caesarean section birth. In the first 1–2 days after your baby is born, bleeding is usually bright red. On the first day you may soak up to one sanitary pad each hour. Over the next few days, the bleeding will slowly get less each day and change colour from bright red to a pink or brown colour and then to a creamy colour. Most women will stop bleeding between four and six weeks after giving birth.

“ I was bleeding so much after the birth. More than I ever expected. I was told that was normal, and got through it. There were just so many things I wasn't prepared for, even though I read up on all of this before the birth! ”

Settling your bub: All babies are different and so is their ability to get themselves to sleep. Your baby will not have the ability to calm down when crying and they'll need your help to do this. Holding and cuddling your baby when they are upset will help them to settle, you won't 'spoil' your baby by doing this.

Breastfeeding: It is normal for babies to feed frequently in the early days, especially throughout the night. Like any new relationship, it takes time and practice to feel comfortable with each other and for you to feel confident feeding your baby. Some things that help you with this are;

- Have as much skin to skin contact as possible with your baby in the first 48 hours until they are attaching and feeding well. This provides your baby with easy access to your breast and lots of opportunity to learn to breastfeed.
- Learn to recognise your baby's feeding cues. These are signs that your baby is ready to feed, and it is good to offer the breast as soon as your baby shows you these signs.
- Ask for help, the midwives are there to support you with feeding your baby.

“ **Breastfeeding was so hard. I just never thought it would be that hard. It was painful when I started, I didn't seem to have enough milk, bub didn't 'latch' properly... I nearly gave up so many times and wanted to scream at the midwife who just kept pushing me to feed. So many other new mums I spoke to found it hard too. But in the end, it was one of the most special parts of being a mum, and helped me bond** ”





There can be some reasons why women can't breastfeed or they decide it is not right for them. For example, this could be for physical reasons, or for reasons to do with your own past experiences. Don't be ashamed to let your doctor or midwife know what any barriers are for you (there may be solutions you didn't know about), but it is your body beautiful mumma, the decision is always yours. Your job as a mum is to make sure your baby gets the nutrients they need, and there are ways you can do this beyond breast feeding, for example by expressing milk or formula feeding with a bottle. There is more information on this in the Raising Children resource on the next page. Sometimes mums feel so much pressure and we want you to know there are choices and options, and you trying your best is what being a deadly mum is all about.



Some facts about breast feeding



Breast milk contains antibodies and live white blood cells that help your bub fight infection



Your breast milk changes to meet the needs of your growing baby.



Breast feeding burns between 500-600 calories a day!



Breast feeding can make you more hungry and thirsty than usual.



Breast milk isn't always white! It can be blue, green, yellow, pink or orange depending what you eat.



How much milk you make has nothing to do with breast size – little boobs can make lots of milk!

TELL ME MORE

There are some great online resources and coaching or support services to assist you with breast feeding. Have a look at www.breastfeeding.asn.au or call the Breastfeeding Helpline if you would prefer to have a yarn rather than look at resources online – **1800 686 268**.

There is also a deadly resource called The First 1000 Days. It has heaps of practical information about before, during and after birth as well as some resources made specifically for our Mob. There's stuff you can read, or videos and other resources you can watch or listen to. Check it out at www.raisingchildren.net.au/guides/first-1000-days

Breastfeeding isn't always as easy as it looks. Some people find it easier than others, we're all different! There's so much good stuff in your breast milk for your baby. Breastfeeding has a number of important benefits for you and your baby. It's important to keep trying if you can, and ask for help if you need it.

‘Baby Blues’ When you think for a second about everything your body has gone through pre, during and post birth, it is no wonder you can feel a bit ‘shaky’. There are many hormonal changes that happen too, and these changes can make us feel all kinda way! Some people talk about ‘the baby blues’ – it’s a thing! You may feel real down and teary and you don’t even know why. If you feel like this a few days after giving birth, it is probably perfectly normal. Still no shame in having a yarn to the midwife or doctor though. Remember, you’re probably tired too, and it can take a while to feel yourself again.

If you feel down or sad a lot, and for a while after you have your bub, reach out to your health care provider. There are a number of things that may be causing these feelings, and it can be good to get on top of it early. Remember, it is highly likely many women have experienced the same or similar feelings before and health care providers can help!

“ I developed post natal depression. Not that I knew what that was at the time. I had intrusive thoughts, paranoia; things I had never experienced. I didn’t really connect with my baby for 6 months because of this. Speak up, don’t stop until you get the help you need. You are not the only new mum feeling like you are, and there is help available. Once I got support, everything changed for the better. The Gidget Foundation saved my life I just wish I asked for help sooner. ”

New mum, Royal North Shore Hospital

After reading all of this, you may have come to the same conclusion we did writing it: childbirth is one leaky business! Bleeding, milking, crying – leaks everywhere. Our mums and nans went through it before us, our daughters and grannies will go through it after us. Speak up, there is support available.

You are more than likely, if not once or twice, but many times to feel like you have no idea what you are doing. This is normal. Even if you have had a baby before, each bub is different, our bodies change, and so does our environment or support network. Keep trying different things, talk to other women you trust, or talk to your health care provider. No two journeys are the same – **Don't compare**. You got this!



Big Mob

Sometimes our health systems don't understand the importance of our broader family and kin in decision making and care. We often have much broader definitions of family, that carries with it different roles and responsibilities. On the other hand, having a big mob who all have their opinions can also be overwhelming!

It is important that you let your midwife or doctor know your preferences for involving others. This can include letting them know who is important to include and involve. It can also include working on strategies with your health care team to make sure you have a break if you need it.

Have a think about:

- How you want your partner or other important people involved in the birth;
- How you can work with your health team to allow for family to visit and be together with you or your baby (for example, where space at a doctor's visit or in the hospital after birth doesn't easily accommodate this);
- Some boundaries you want to put in place for visitors or the involvement of others, to make sure you can be well and rested. This is important for your health and for your ability to bond with your baby.

Your health care team may not know exactly how us big mob people work; however, they do want to support you in the best way they can. So have a yarn with them to let them know your preferences.

When you leave hospital and go home with your baby, there can be so much going on, you find it hard to communicate what you need.

Consider filling out the *Help a Sista Out* template in this resource, and give it to friends and family, or stick it on the fridge to help people with ideas about how to support you best.

“ Always remember, you don't have to do things the way your mum, aunty or cuz did things with their bub. ”

Cultural Safety

Sometimes our mob feel like the Western Health System is just not made for us. This can make us feel a bit shame to speak up.

Staff within Northern Sydney Health all receive Cultural Safety training as part of their employment. However, our mobs are diverse, and we are all diverse, as Aboriginal or Torres Strait Islander women.

Staff want to do the right thing, but it's the reality that they won't always get it right. If you feel confident to do so, don't be shy to let our staff know what you need to feel culturally safe in your care with us.

You can always ask to see a member of the Aboriginal and Torres Strait Islander Health Team. They can come and have a yarn and work with you, and other Local Health District staff to assist you to feel culturally safe and supported.

“ I definitely felt like the only blackfulla in the place! Staff said and did things that was so different to how our mob does things. Everyone is doing their best, but I did feel alone. Speak up and ask for one of the Aboriginal team to come for a yarn. It made all the difference to me. ”

New mum, Royal North Shore Hospital



Know Your Rights

If growing another human inside of you, and bringing life into the world wasn't big enough, sometimes we find ourselves in health settings that in themselves, can be overwhelming.

We can feel intimidated, or that we have no choice or voice.

Here are some things you should know. You have the right to¹:

- Determine what treatment you accept or choose not to accept;
- Ask for, and be provided with, plain information in your first language, about any health concerns, proposed treatments or procedures, or the results of tests performed;
- Be given access to all health information about you, or your baby;
- Have your privacy respected, be treated with respect and dignity and know that all your health information is confidential.

You have the right to decline care or advice if you choose, or to withdraw consent at any time, and have these choices respected. You have the right to consistent care that should not change as a result of any decisions you make.

If you feel like any of these rights are not being supported, you should raise your concerns with your health care providers. If this doesn't resolve your concerns, you can:

- Ask for a member of the Aboriginal and Torres Strait Islander Health Team to come and see you, and assist you to address your concerns; or,
- Make a formal complaint. Feedback is always welcomed and encouraged from consumers. There are various ways to provide feedback including via the NSLHD Your Feedback email nslhd@yourfeedback.nsw.gov.au and by phone on the Have Your Say Complaints and Compliments number **(02) 9462 9955**.

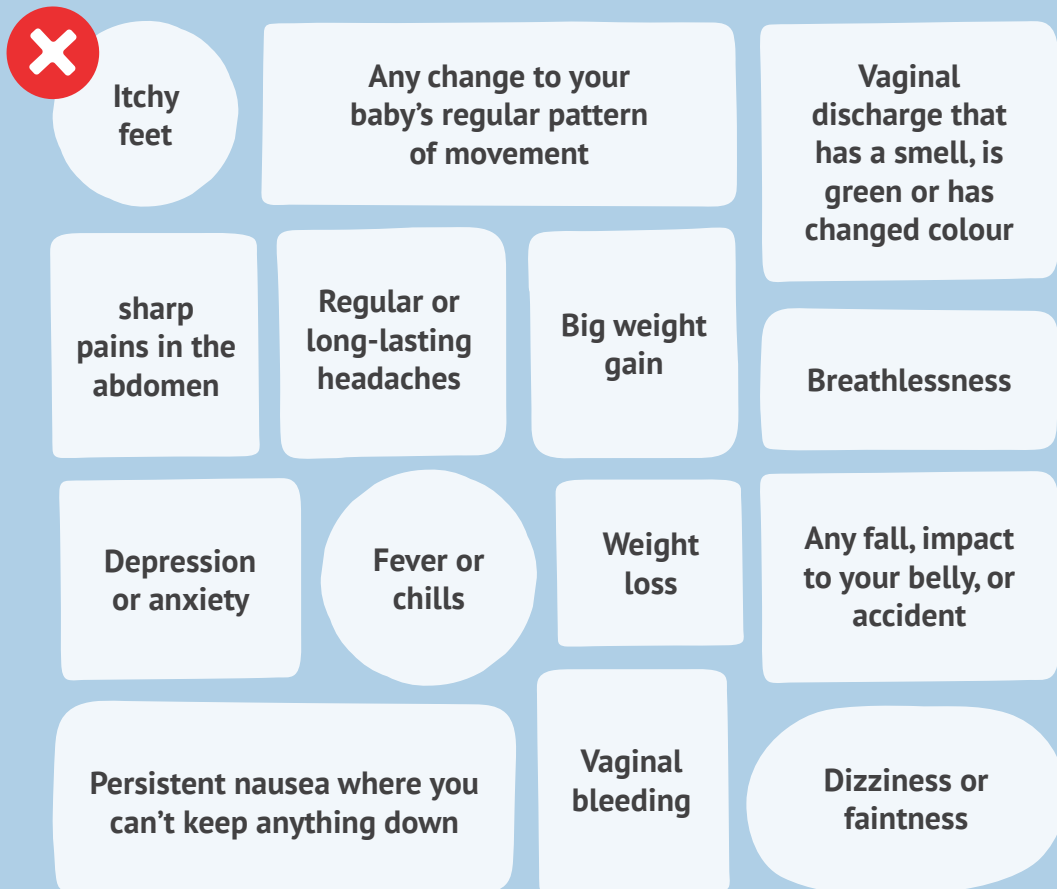
¹Adapted from the Charter of Health Consumer Rights [CHF 2004], as cited in the Pregnancy Care Guidelines 2019



✓ NORMAL OR ✗ NA?

There are many changes that happen in our bodies during and after pregnancy. Many are normal. Some, are things it's good to check out with a health professional straight away. Even if something here on the normal list is bothering you, ask your health provider about it.

Check these ones out with your health care professional:



These changes are common, but you should still talk to your midwife or doctor if they are bothering you too much. If in doubt, discuss!



Breast changes
(e.g breast getting bigger, being a bit tender and the nipple getting darker)

Piles (haemorrhoids)

Varicose veins



Bleeding gums and tooth problems

Morning sickness

Food cravings

Body aches and pains

Frequent urination

Constipation

Some weight gain

Heartburn

Swollen ankles

Feeling tired

Sinus congestion

Nose bleeds

Skin changes

Clear or white Vaginal discharge

Baby's Movements

A baby's movement can be described as anything from a kick or a flutter, to a swish or a roll. You will start to feel your baby move between weeks 16 and 24 of pregnancy. Regular and healthy movements are a good sign your baby is healthy and well. It is a myth that babies' movements slow down or become weaker towards the end of pregnancy.

From about 28 weeks you will notice your baby has a pattern or regular of movement. There is no set number of normal movements. You should get to know your baby's movements and what is normal for them. In any instance, if you are concerned about a change in your baby's movements, contact your midwife or doctor immediately.

If in doubt, check it out! You are not wasting anyone's time by having a yarn about changes in your body or your baby's movements. This is what your health care team is there for. Even if you think 'it's probably nothing' or 'it's a bit gross to talk about' but you're worried because it's not normal for you, have a yarn. Midwives and doctors see and talk about this stuff all day every day – you won't be feeling or experiencing something they haven't seen before!





LET'S HAVE A YARN

After you have had a read through this document, this checklist is a good reminder about things to have a yarn with your health care provider about. Come back to this checklist through your pregnancy and after birth, to remind yourself of things you can get more support with.

You can tick relevant boxes and show this to your health care provider to start the yarn. They may even ask you about it to check if there's more they can do to support you. **(tick) for a Yarn**

PHYSICAL CHANGES

Have there been any changes in your body that have been concerning you or getting in the way of your day-to-day life?

Health Provider Check or Information Provision

MENTAL HEALTH CHANGES

Has your mental health changed? Are you thinking differently? Are you worried about anything?

Health Provider Check or Information Provision

RELATIONSHIPS

Are there things concerning you about relationships you have with others?

Health Provider Check or Information Provision

RESOURCES

Are you having any problems getting the things you need for yourself, your family or your baby?

Health Provider Check or Information Provision

HEALTH PROBLEMS

Do you have any existing health or mental health problems you haven't told us about yet?

Health Provider Check or Information Provision

CULTURAL SAFETY

Do you have any concerns about feeling culturally safe in your pregnancy journey?

Health Provider Check or Information Provision

MEDICATIONS

Have there been any changes in your body that have been concerning you or getting in the way of your day-to-day life?

Health Provider Check or Information Provision

SUBSTANCE USE

Do you have any concerns about your own, or someone else's substance use?

Health Provider Check or Information Provision

HEALTH CHECKS

Do you understand the required health checks throughout your pregnancy? e.g. scans, health, and vaccinations checks once your baby is born?

Health Provider Check or Information Provision

CARING FOR BUB

Do you have any questions or concerns about the best way to care for bub? For example, feeding them, sleep routine or physical care?

Health Provider Check or Information Provision

PLANNING

Are you worrying about the future and want some support in planning or organising things?

Health Provider Check or Information Provision

SUPPORT

I just feel overwhelmed – I need support to help work out what's bothering me.

Health Provider Check or Information Provision

NOTES/REMINDERS FOR MYSELF TO YARN ABOUT:

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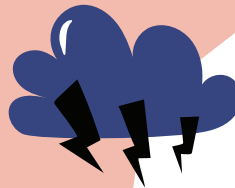
Help a Sista Out!

Before things got a bit hectic I took some time to think about what would help me most if things got, well, a bit hectic! They're just some ideas that I may not think to tell you if I am occupied looking after...

**My favourite
feed is:**



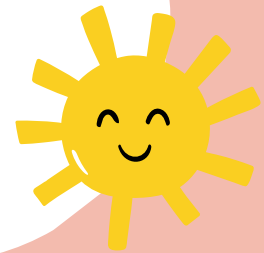
**If I am
overwhelmed,
I am likely to:**



**If this happens,
it would be deadly
if you could:**



**Some things
that always cheer
me up are:**



If you're worried about me for any reason, the best way to tell me is to:



Some things that could help me around the house include:



Some things I would prefer you don't do around the house include:



If you want to come over and see me and _____ I would appreciate it if you could:



Some other things I would like you to know:



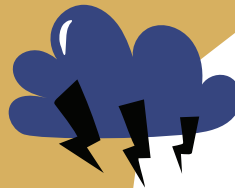
Help a Sista Out!

Before things got a bit hectic I took some time to think about what would help me most if things got, well, a bit hectic! They're just some ideas that I may not think to tell you if I am occupied looking after...

**My favourite
feed is:**



**If I am
overwhelmed,
I am likely to:**



**If this happens,
it would be deadly
if you could:**



**Some things
that always cheer
me up are:**



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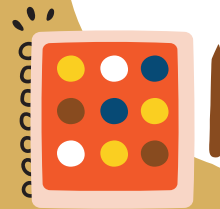
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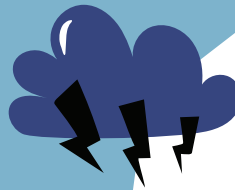
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