



## **Fertile Mind Pty Ltd: Coping as a New Mum**

*As the mother of 4, Christine from Fertile Mind is having her good days and her bad days.*

For Immediate Release

SEAFORTH, NSW/EWORLDWIRE/Aug. 29, 2007 --- Christine encourages her customers who are struggling with something, to consider the online services of MumsCoach - an online service providing Life Coaching and Professional Organizing help for mums around Australia. I got a comment from MumsCoach about how she would help mums like Christine.

“The daily mealtime can be a chore. But the littlest thing can make all the difference. Menu planning is a great one. Rather than looking in the fridge for inspiration, spend some time planning what you and the family are going to eat for the coming week. Prepare a list and do one big shop so that you have everything on hand. It's a huge relief knowing what you are having for dinner and just getting on with it. One night a week I like to add something new or special to the menu. You may be thinking "but that would take so much time" and "I don't have time to do that" - but consider how often you feel frustrated that you can't make something because you are missing one thing, not to mention the food thrown away because you haven't thought ahead. Overall you save time, money and your sanity.

As a MumsCoach, I work with my clients to implement such a change into their lives. We determine what works best and I support them until new habits are established. Many aspects of your life can be transformed in this way.”

Thanks Kylie, for your words of wisdom. I sure readers visitors of your website at 'www.mumscoach.com.au' are grateful of these and other suggestions you make.

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### **CONTACT:**

Peter Hooker

Fertile Mind Pty Ltd

PO Box 215

Seaforth, NSW 2092

PHONE. 02-99050199

EMAIL: [peter@fertilemind.com.au](mailto:peter@fertilemind.com.au)

<http://www.mumscoach.com.au>

**KEYWORDS:** Maternity wear, maternity clothes, maternity clothing, maternity support, maternity bra, pregnancy clothing, pregnancy clothes, nursing wear

**SOURCE:** Fertile Mind Pty Ltd