

# 3 tips every new mama should prepare for

With Emilia Taneva



*There's no doubt that becoming a mom for the first time is something that will change you forever. It's definitely one of the happiest moments in your life, but that doesn't mean it's going to be the easiest. That's why influencer Emilia Taneva has put together three tips that every new mama should prepare for!*

## Start Breastfeeding As Early As Possible

Breast milk is ultimately the best source of nutrition for a newborn. It is packed with immune-boosting nutrients and can protect against infections and diseases such as diabetes, obesity, and asthma. For mothers, breastfeeding helps reduce the risk of breast and ovarian cancer and speeds up recovery after delivery. Most hospitals have lactation consultants on staff who are always happy to teach you and your baby to latch. Don't get discouraged and look for assistance if breastfeeding gets difficult or painful. Remember that some moms can't breastfeed and don't have enough supply. Supplementing or feeding with formula won't make you a bad mother!

## Take Care of Yourself. Research Breast Pumps and Products That Would Save You Time

Take care of yourself and sleep whenever you can. Nobody will judge you if your house doesn't look perfect—household tasks can wait. Accept any help you can get for babysitting, cleaning, laundry, and cooking. Be kind to your body and don't expect to get back in shape overnight. Drink at least eight glasses of water per day and eat healthy so you could feed your milk supply. Research some of the wireless breast pumps that fit in your nursing bra so you could pump hands and cord-free anywhere in any position while working on other tasks. If you have to go back to work immediately, make sure you create a pumping nest in your office with all the necessary things- hand sanitizer, breast pump sanitizer spray and wipes, breast milk cooler carrier bag, milk storage bottles and bags, breast pads.



## Listen to Your Baby's Cues

Babies will give different behaviors and tones of crying. Within the first few weeks, pay attention to those signals so you could easily decipher what it is your baby is trying to tell you. Cues for hunger such as fist sucking, lips smacking, restless acting, reaching with arms and legs start way before crying. When the baby wants to play, he will give engagement cues which might include eye contact and smile, babble or coo. If your baby is tired, he might turn his head away, squirm, yawn, wrinkle his forehead or frown. Responding to the baby's signals will help regulate his emotions, develop a sense of trust, and prevent the full-throated wail.



### About Emilia Taneva:

Emilia Taneva is a Board-Certified Orthodontist, creative photographer, travel blogger, and digital influencer. She is ranked as one of the top influencers in North America, with a focus on travel, fashion, and lifestyle. Taneva was born in the medieval city of Veliko Tarnovo (Bulgaria) where civilizations and cultures have collided throughout its history. At a young age, she was captivated by history and tour books and would daydream about seeing the world one day. Today, Taneva runs the popular travel blog, Bubbly Moments. The Bubbly Moments is focused on the world's most luxurious destinations and exclusive places. She has traveled to over 40 countries on five continents and knocked some big adventures off her bucket list along the way. Her all-time favorite destinations include Hawaii, the Maldives, Hong Kong, the French Riviera, and Singapore. When Dr. Taneva is not jet-setting, she is grateful to have the opportunity to help patients achieve a beautiful smile and improve self-esteem through the art and science of Orthodontics. Emilia lives in Chicago, IL with her husband, her son Nikola, and beagle pup, Max. Follow on instagram: <https://www.instagram.com/bubbly.moments>