



mini CHILD

THE REAL GUIDE FOR PARENTS

Motherhood

WHAT'S INSIDE:

- DOING IT FOR THE KIDS
- MIDWIFE TO MOTHER
- BODY POSITIVE
- + MUCH MORE!

FREE

JULY 2017

Contents

Click on the **stories** below for navigation

Anne Stroud *Midwife To Mother* | 1

Em Rusciano *Doing It For The Kids* | 8

Tess Guinery *Losing My Perfection* | 14

Hayley Sheehan *Taking Colourful Family Photos
With Hails + Shine* | 23

Patience Hodgson *Parenting With Patience* | 29

Paulina Eaborn *Body Positive* | 38

Barbara O'Reilly *Montessori Parenting* | 43

Briar Stanley *The Creativity Gene* | 51

Lauren Sams *The Write Stuff* | 58

Three Generations Of Loves *Growing A Family Business* | 66





Ed's Letter

Welcome to the Motherhood mini mag.

We are all about celebrating motherhood + creativity here at CHILD. In this issue we chat to an Aussie Author, Radio + TV Presenter, Midwife, Blogger, Editor, Musician, and more amazing women, about motherhood + creativity.

We feel so lucky that we are able to connect with inspiring Aussie mothers and share their stories on a daily basis with you.

Our hope is that the following stories in this mini mag inspire you, help you find your mum-tribe and gives you the courage to share your motherhood story with the world (don't forget us!).

Thank you to all you amazing mothers,

Jenna xo

CHILD Mini Mag Editor

COVER PHOTOGRAPHY **GUI JORGE** GUIJORGE.COM.AU

MINI MAG DESIGN **JESS CHEN**



ANNA STROUD:

Midwife to Mother

WORDS **ANNA STROUD**

PHOTOGRAPHY **POBKE PHOTOGRAPHY**



BEFORE I HAD MY SON, ODIN, I WAS A FULL TIME BIRTH CENTRE MIDWIFE. I LIVED AND BREATHED MIDWIFERY AND WAS ON CALL 24 HOURS A DAY SEVEN DAYS A WEEK, UNLESS IT WAS MY DAY OFF.

My days consisted of antenatal home visits, postnatal care, and once a week I taught a childbirth education class.

If I had time for myself, I would go for a walk around Lake Burley Griffin, practice yoga, cook, clean the house and socialise with family and friends. However, I always had to be very conscious that if any of the women I was attending to were due to give birth, I'd need to be at the labour that evening. No day was ever the same.

Becoming a mother myself really changed my outlook on life. I feel an overwhelming sense of love for my child that's beyond words. I also feel a longing to nurture and protect him in every way possible, but at the same time I want to foster independence and allow him to explore his surroundings.

There's no manual, book or workshop you can attend that can truly prepare you for becoming a mother. In the early days, the sleep deprivation and the newness of the whole concept washed over me like a tidal wave, and there was no other choice but to sink or swim.

Each day has gotten better and better, and now I can fully appreciate what I've gone through and who I've become. I'm very fortunate to share my journey with my close-knit mothers' group, who I bounce ideas off and release frustrations with. As they say, it takes a village to raise a child, and I consider them my village.

“AS WOMEN. WE
TEND TO QUESTION
OURSELVES BASED ON
WHAT OTHER PEOPLE
ARE DOING. BUT I
THINK IF IT FEELS
RIGHT, THEN IT
IS RIGHT.”

— Anne Stroud



I'm always learning and being challenged, and just when I think I have it covered, something new and complex turns up. I don't think I'll ever get the balance right, but I can only do the best I can. Sometimes motherhood is about doing the best you can and being happy with that. As women, we tend to question ourselves based on what other people are doing. But I think if it feels right, then it is right.

I became a midwife after searching for a career that I could invest in for life – one that involved helping women and children. With a biology and nursing degree under my belt, I decided to do midwifery.

Volunteering in the Philippines cemented my passion to help women through such an important part of their life.

Being exposed to public health in a developing country changed my perspective dramatically. It made me so thankful for all of the resources and education available in Australia.

I'm thankful that I can use my skills to help others locally in Australia, or while volunteering overseas. As a caseload midwife at the Canberra Birth Centre, I'm fortunate to develop a relationship with my clients and their families – so much so that some have become my friends long after their birth.

I never tire of witnessing a baby being born in water, or a partner catching their own child and handing their baby over to the mother. It brings me such fulfilment and happiness, and often times tears of joy shared with the new family.

I feel proud as a woman to see another woman demonstrate their strength, courage and fortitude as they grow a child within them. Many mothers come back looking for me after their first child, and request for me to be their midwife again. My heart skips a beat every time that happens.

Believe it or not, everybody has different concerns throughout their pregnancy. No two pregnancies will ever be the same, neither will a mother and daughter's pregnancies be alike. However the most common concern is, 'How do I know if my baby is okay?' I always tell pregnant women that you are the closest person to your baby. You breathe the same air and you feel each other, you are ultimately one before you become two. I always encourage healthy eating, regular gentle exercise, and being able to sit down and listen and feel for your baby's movements. If in any doubt, I always encourage them to call me or approach their GP, midwife or obstetrician.



Being a midwife did help with my own experience of pregnancy and birth – absolutely. I believe having been a witness to so many births gave me the confidence to relax and not overthink my pregnancy.

Apart from morning sickness in the early days, I really enjoyed being pregnant. I was working until I was 34 weeks, as I was on call, however I relished the feeling of actually knowing what it finally felt like to be on the other side of the looking glass. I felt strong and healthy, and didn't worry so much during the pregnancy.

In terms of my birth, I practiced hypnobirthing and yoga to get me through labour. Having a supportive husband and wonderful, experienced midwives who listened to me, cared for me, and empowered me, made all the difference. Because of my knowledge and experience I trusted the birth process and my body. My husband caught our son during the birth – that was very special moment.

Anne Stroud is a midwife and mother to son Odin, 13 months. *Anne enjoys cooking and hosting dinner parties in her Scandinavian and mid-century styled home in Canberra, where she lives with her husband. She has a passion for photography and loves capturing special family moments. You can find some of her beautiful photos via her **Instagram**.*

Anne and her family love to travel – so check out Anne's previous **Child Mags blog feature: Travelling with a baby under one.**

Photography by **Pobke Photography**



EM RUSCIANO:
Doing it For
The Kids

INTERVIEW **BARBARA O'REILLY**
PHOTOGRAPHY **KELLY JORDAN**

IF YOU HAVE WATCHED TV, LISTENED TO THE RADIO OR PICKED UP A MAGAZINE IN AUSTRALIA IN THE PAST 12 YEARS, CHANCES ARE YOU HAVE STUMBLER OVER EM RUSCIANO.

We chat to her about motherhood, her new book *Try Hard* and what got her to the beautiful place she's at now.

Describe what you do?

I am a stand up comic, a writer, a singer, a radio broadcaster and a tv presenter...But really I just like to call myself a creative. I do always try to make stuff that I think makes the world a better place for my girls. I was asked the other day who I write for and I realised, subconsciously, it's for my two daughters.

My work is important to me because it puts a roof over my children's head, it also kind of defines me and who I am. I'm lucky enough that I'm the product of my creativity, the downside is there's no off switch.

Looking back I realise I lived quite a bohemian lifestyle growing up but it seemed normal to me.

I'm from an Italian background so it's infused in my juices to be a little bit over the top. I'm really influenced by people like Judy Garland, Carol Burnett, Joan Rivers, Tina Fey, Madonna; anyone big and passionate and unashamedly themselves! All the really kick ass strong women that I guess changed my idea of things growing up.

I was called a try hard in high school, the worst thing you could ever be called in Australia and I'm trying to reclaim that, there's

nothing wrong with making an effort. My book *Try Hard* is just stories from my childhood up until now. I have had a pretty ridiculous time.

I'm like a jack russell in a leotard, nothing stops me.

I grew up in a place called Diamond Creek in the north east of Melbourne and we had a dead cow as my school emblem. It's a special place. There was only three Italian families and we were one of them.

What does a typical day look like for you?

I would love a typical day, I always say that I would love a routine. When I'm on holidays, like if I'm having a week off, I get up, I do breakfast, I get the girls ready for school. I'm usually either writing or rehearsing, dedicating a lot of time to finishing my book. I recorded a single or just stoking the fire of whatever project I have up in the air. A good day depends on keeping all those things alight and the family rolling as well – of course.

I make sure to tell my girls every day to back themselves, it's the last thing I say as they get out of the car. Back yourselves!

What's been your biggest career obstacle?

Myself, by far. That and the general misogynistic undertones of the Australian music industry...obviously. Up until really recently I would often get in my own way, being stubborn, reacting emotionally to situations, being way too hard on myself and never stopping to enjoy success. I just brushed it aside and powered through so in the end I felt exhausted with nothing to show for it.

"I MAKE SURE
TO TELL MY GIRLS
EVERY DAY TO BACK
THEMSELVES.
IT'S THE LAST THING
I SAY AS THEY GET
OUT OF THE CAR.
BACK YOURSELVES!"

- Em Pusciano

I'm much better now, finally at 37 I have figured it out. Writing the book weirdly enough made that happen. I was a world junior athlete, I got to go to the Olympics qualifiers (100m hurdles FYI) I have done all these cool things and I had to sit down and collate them. Then I realised it was fairly good.

After I finished writing I had to step away from my computer for a month and go into counselling. I talked to Judith Lucy and Jimmy Barnes and they both said the same thing. To write you have to go back and relive experiences and not all of them were pleasant.

I saw all of these missed opportunities that I could have been happy with myself rather than comparing myself with other people.

The book seems to be really resonating – I wasn't sure how it would go but I have made something that being perceived exactly how I wanted it to be and that's a real privilege as a creative. I'm launching it like I would an album – taking it on the road and singing the songs I wish I could have inserted in the pages.

What aspirations do you have for the future and what would be your dream project?

A really camp variety show; a band, me on the couch and there's a bar. Adjacent to that I would really like to start my own charity to benefit women's health. I just want to empower women. What's the point of it all if we can't leave the place better than we found it?



TESS GUINERY:
Losing my
Perfection

WORDS **TESS GUINERY** PHOTOGRAPHY **TAMMIE JOSKE**
STYLING **THE GYPSY + THE OFFICER**



EACH MORNING TESS GUINERY, WOULD RISE FROM AN EIGHT HOUR SLUMBER AND JUMP INTO THE SHOWER. MAKEUP ON, HAIR WASHED, BED EXPERTLY MADE.

Leaping out the door with coffee money jingling in her pocket, chit-chatting with the barista fashioning a flat white. Work still a good two hours in the future – life was good!

Fast forward three years, and what's changed? Well, nothing really. Unless you count the miniature shadow that demands attention at every single moment, the tiny tornado of emotion who can shift gears from pure devastation to unfounded ecstasy in milliseconds, the creature observing each and every movement, word and reaction of its mother...

This tiny human that has completely and utterly undone me with a love so fierce that it has changed everything in me. I admit it – everything has changed.

I'm mostly preaching to the choir when I state the obvious here: motherhood is a hurricane of shock, love, joy, denial, thankfulness, hysteria, doubt, intuition...and spiky legs.

A wave of euphoria swept over my husband and me as we pondered the perfect name for the babe brewing in my growing belly. It was the loveliest moment when we landed on 'Peaches' for our baby girl, and to level out the sweet with some spunk, prophetically coined her middle name 'Wilde'. But, just as she was Wilde by name, my life quickly became wild by nature.

The cyclone didn't hit until six weeks after our little one was born. In the immediate days following childbirth, I was in a state of euphoric bliss, endorphins pulsing, friends arrived with boxes

‘YOU NEVER REALLY
KNOW THE MEASURE
OF YOUR FLAWS AND
INSECURITIES. OR HOW
DEEP THEIR LITTLE
ROOTS ARE PLANTED.
UNTIL THEY ARE
CHALLENGED.’

– Tess Guinery





upon boxes of peaches to our tiny one-bedroom. I was feeling the love...and then suddenly, I wasn't. That is, I was on cloud nine until I ran headfirst into an old frenemy and accomplice, 'perfectionism'.

Since I was really little, I've always been a perfectionist. I just like to put things in place and make pretty surroundings and a calm environment. To be in the middle of doing something and be interrupted and dictated by a crying baby – I couldn't really cope with that straight up.

I found myself really needing everything to be perfect, it was like a survival mechanism I guess. My whole life, whenever I've been in very stressful situations, I needed my environment to be really calm. First my house would need to be very tidy, then I could handle all the chaos.

You never really know the measure of your flaws and insecurities, or how deep their little roots are planted, until they are challenged. For me, motherhood and all of its out-of-body epiphanies drove my perfectionist self into chaos and confusion. The character trait that had once spurred me to create and excel in my younger years was all of a sudden condemning me, guiltig me, overwhelming me and controlling me.

I was like, yep, I can do this, I can achieve everything and have a baby and run a business and be a wife and all these things. Then I got to a point when I realised, um actually no, I can't.

I was telling myself that this is just what motherhood is...it's hard. I thought I was just being weak, I was like, 'Pull yourself together, women do this'.

It got to the point where I could feel the adrenalin of what I was putting on myself affecting my body and the anxiety peaked and I was like, this is not normal, I don't want to raise a child like this, I want to be in a healthy state.

So I opened up to myself and the people around me and said, 'I'm not dealing, this is hard'. I decided to surrender.

Not just to my unwavering desire that all the cushions be straight and in a row. I decided to surrender my mindset, let the chips fall, learn to embrace my imperfections, allow room for chaos and learn that the spontaneity of this little human was good for my soul. Her beautiful, messy, sporadic character was necessary for the undoing of me needing to have everything in its place to feel that sense of safety. It was bloody hard. But I made the decision.

I've learned that motherhood is a curious paradox. It feels at once as though you're wearing your very soul, your insecurities and your deepest fears in miniature human form and at the same time, you feel empowered, strong, invincible, bold and courageous.

The deepest level of love is realised in us the moment we conceive and nurture our children; yet the same can be said of the second birth of our insecurities – often the very ones we've worked so hard in our past to overcome.

Perfection is a noble goal, but an unattainable one. I'm learning that if I should reach for anything, it should be excellence, because that word compels me to create without so desperately requiring it to form my identity.



Now I try to do things intentionally, if the house is a cat fight, I can just walk out the door and do my day. I'm learning to let clients down sometimes and say, 'sorry it's actually not going to be delivered today'. I'm just being ok with not being perfect.

I still like an ordered home, but I'm not going to freak out if it doesn't happen. Right now, I'm looking at dishes in the sink and Peaches' room has clothes all over the floor and I can let it slide.

That said, I still often catch myself straightening cushions and repositioning furniture, and I laugh at my aesthetic and ordered nature. The fact is, I'm faced with choices everyday, to discover the freedom of not needing every single thing to be perfect, and to choose to let many things slide! It's liberating, and it's something truly precious that motherhood has taught me. I've learnt to give myself a bloody break, and smell the roses. You really should too, you perfectly imperfect goddess!

Tess Guinery is a Visual Communicator + Graphic Designer living in Palm Beach on the Gold Coast, with her husband Caleb and daughter Peaches. Tess believes the way we begin our day determines the kind of day we will have, and that our creativity is explored through our daily processes – starting with the small things, evolving into greater things. Follow Tess via her **Instagram** and **blog**.

Words by **Tess Guinery**, photography by **Tammie Joske**, style by **The Gypsy + The Officer**

A family of six is posed for a photograph against a plain white wall. In the upper left corner, several colorful balloons (yellow, light blue, green, red, purple, and orange) are clustered together. The father, a man with a beard in a white t-shirt, stands in the back left, holding a baby in a blue shirt and patterned shorts. The mother, a blonde woman in a white t-shirt, stands in the back right. In the front row, from left to right, there is a girl in a blue shirt and dark shorts covering her eyes with her hands, a boy in a light blue t-shirt with a graphic, a boy in a red t-shirt and dark pants, and a boy in a black t-shirt and light blue jeans. A large silver foil balloon is partially visible on the right side of the frame.

HAYLEY SHEEHAN: Taking Colourful Family Photos With Hails & Shine

INTERVIEW **JENNA TEMPLETON**
PHOTOGRAPHY **HAILS & SHINE**

GEELONG MOTHER OF FIVE AND ONE HALF OF PHOTOGRAPHY BIZ HAILS & SHINE, HAYLEY SHEEHAN CHATS WITH US ABOUT WHAT INSPIRES HER AND WHAT ENCOURAGED HER TO LAUNCH A FAMILY, WEDDING AND EVENT PHOTOGRAPHY BUSINESS.

After a quick squiz at the **Hails & Shine's Instagram account**, I knew this is a family I'd love to be part of, #familygoals. You know by their colourful and lively snaps that their children are loving life. So I just had to learn more about the lady behind Hails & Shine.

HERE IS THE LOVELY HAILS ON...

Being inspired by her children to start a photography business...

Hails & Shine kind of happened by accident. Matt and I were sharing photographs of our kids and family on social media and soon after we had people contacting us to see if we could capture their families in a similar ways.

On allowing space for creative work and family life...

I've gradually added my love of styling to the business, so I recently hired somebody to help me with the house cleaning to allow extra time and space for work projects. Considering I do a lot of product styling and use our home as our 'work space', it has to be clean for me to be creative, otherwise I'm always worrying that I'm not getting everything done. #mumlife am I right?



On child-rearing with her partner Matt...

We pretty much do it all together. In the morning before school, Matt will be doing the breakfast and I'll be making lunches and in the afternoon when school has finished, one of us will be making the dinner – usually Matt. I'm an awful cook! And the other will be bathing the children. The kids are usually running around like crazy. So it's all hands on deck.

Artists Hayley admires and key people who inspire her work...

I admire my partner Matt most of all. He's a completely self-taught photographer and I really admire his passion and drive to learn and be good at something he loves doing. Otherwise I LOVE instagram for inspo. There's no shortage of other mums doing their thing.

“APART FROM BEING HEALTHY
AND SAFE - THINGS ALL PARENTS
WISH FOR THEIR CHILDREN
- WE HOPE THEY GROW INTO
ENTHUSIASTIC AND GENUINE
PEOPLE WHO ARE CONFIDENT
ENOUGH TO BE THEMSELVES AND
CHASE AFTER EVERYTHING THEY
WANT IN LIFE.”

- Hayley Sheehan



On her hopes and dreams for her kids...

Apart from being healthy and safe – things all parents wish for their children – we hope they grow into enthusiastic and genuine people who are confident enough to be themselves and chase after everything they want in life. We hope they're kind and always considerate and compassionate with anyone they encounter.

On how and if parenthood has changed her...

I've been a mother for practically my entire adult life, having given birth to Ryshi, my eldest, when I was just 19, so I feel like being a parent has helped to create the person I am today.

Hayley Sheehan, 32, lives in Geelong, Vic, with her partner Matt and five children Ryshi, 12, Alaskah, 10, Nash, 7, Occy, 5, Lucky, 2, and their lovable dog Valentine. Hails is one half of photography biz **Hails & Shine** along with her partner Matt. You can also follow and find more of Hayley's **photography** work via their **website**, **blog** and keep up to date via her **Facebook** and **Instagram**.

Interview by **Jenna Templeton**, photography by **Hails & Shine**

PATIENCE HODGSON:

Parenting with Patience

INTERVIEW **JENNA TEMPLETON**

PHOTOGRAPHY **KRISTINA CHILDS PHOTOGRAPHY**



PATIENCE HODGSON, AUSTRALIAN MUSICIAN AND SINGER OF THE GRATES, HAS JUST TAKEN ON HER MOST IMPORTANT GIG TO DATE: BECOMING A MUM TO HER DAUGHTER, SODA.

She chats to us about what surprised her most about becoming a mother, de-cluttering, her go-to reads and the experiences and life-knowledge she hopes to pass on to her daughter, Soda.

Parenthood has absolutely changed me. You leave the hospital with a baby that lives or dies depending on how you care for it. It's a 24 hour job. No other job in your life has ever been for 24 hours a day, 7 days a week, for years on end. If those two realities don't change you...well that's an even scarier route I think.

I hardly remember what a normal day for me was before I had Soda. I would wake up, go on my phone, and then potter around doing errands etc. on my days off and do work on my work days. Looking back, they just seem so strange to me now, remembering how 'solo' I was, and how empty our home was.

Being a mum is harder, easier and quite different to what I imagined. It's easy because you can't comprehend how much you will love your child, how sacrifices come easily and how that love gets you through sleepless nights and wakeful days, or how the routine of feeding and settling is a really good antidote to the hectic nature of our modern living.

Once you surrender, give over the control, work with your baby and understand you're a team – there's times where you're stoked at how incredible your new lifestyle is.

"ONCE YOU SURRENDER,
GIVE OVER THE CONTROL,
WORK WITH YOUR BABY
AND UNDERSTAND YOU'RE A
TEAM - THERE ARE TIMES
WHERE YOU'RE STOKED AT
HOW INCREDIBLE YOUR
NEW LIFESTYLE IS."

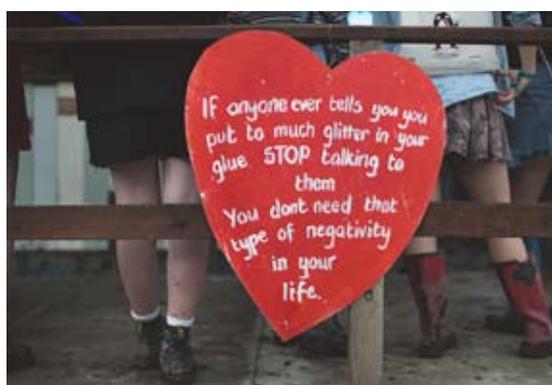
- Patience Hodgson

But then, it's harder than you could ever imagine. The time before you surrender, before you give in and stop trying to live like you did before you were a parent, that's a really tough spot. You feel out of control, because you are, and you feel isolated, because you might be; there are no tribal sisters with babes in arms to sing with us in our suburban castles! I had a whole shelf of books to read once my baby was born and a Game Of Thrones season up my sleeve, because I was going to have so much time once Soda was out of me...ha ha!

What has surprised me most about becoming a mum is how much I miss Soda when she's finally sleeping soundly in her own bed. I thought I might enjoy being able to stretch out, unencumbered, in my own bed, next to John...but I don't! I'm surprised at how often I'll lie awake, wanting her to cry out so I can bring her in with us, knowing it'll mean sore shoulders in the morning.

What I wish I'd known before I was pregnant is do everything and anything that needs doing right now! Namely, getting rid of things. Purge like you have never purged before! Fact: Kids accumulate crap. Reading Marie Kondo's *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organising* will help. Reading *Your Money: The Missing Manual* by J.D. Roth is also excellent, *The Passion Trap* by Dean C Delis and my number one pre-baby read; *Baby on Board* by Dr Howard Chilton. Oh, and do not get a pet as a 'trial kid', they drive you insane once you have your 'real kid'.

The best parenting advice I've been given is it's temporary. He or she will have to go to sleep eventually. Just surrender to the moment. Breastfed babies with a good latch don't need to be burped. I never burped Soda and she never had 'wind' or any other type of problems.



Experiences and life knowledge I hope to pass on to Soda are to take calculated risks. Usually, the harder you work, the more rewarding it is. Nothing worth having comes easy, except for when it comes to relationships – if they are hard, leave. Reading is really good for you, especially if she's like me and has trouble meditating. Hard work beats talent, but also, have fun! All work and no play makes you boring. Everything in moderation, including moderation.

We started our band, *The Grates*, back in the early 2000s and it took off after having our songs played on Triple J, I think in 2004. Then everything became about 'The Band' for around six years. In 2012, John and I opened our cafe *Southside Tea Room*, for loads of reasons, including our love of small American bars. We also knew we needed another source of income. Then, this year, we expanded the shop next door with *Death Valley*, a bar, and *Red Robin Supper Truck* out the back in the beer garden. This all happened around the time I gave birth, so John wasn't home very much. At the time, I had moments of crankiness over his absence, but upon reflection, it was great. No one to second guess me, I just got around the house shirtless, which is excellent for sore nipples, and no Netflix compromises.

Wanting to make the best **How to Make a Pom Pom** video to ever be on the net is what inspired Rachel Burke and I to start our craft YouTube Channel, **Fancy Free** – that was it. I really want to do some more, but life gets in the way sometimes...we'll get back there shortly though. Plus, I love Rachel and will invent any silly project to spend more time with her.

As a child, there was always lots of drawing in my house – my mother has an artistic mind. I really want to paint our house in flowers like the folk of Polish town Zalipie. I fantasise about



doing that with Soda all the time, that, and gluing *Shopkins* on shoes! Ha!

What drives my creative endeavours and creativity is the desire to feel different. Working on something creative is my mood-altering substance. It feels amazing when you nail it and horrible when you fail, but failure only serves to make the success taste even sweeter. We live these amazing lives with washing machines and supermarkets, so I want to do something fun in my spare time, the kind of things that my great, great grandmother with 10 kids (and an abusive husband) could only fantasise about. I include anyone who's special to me in my creative endeavours. I love working even more when it's with people I love. Working relationships are my favourite type of friendships, because there's a common goal and you get to talk

about inspiring stuff other than gossip. Even though I'm all ears if you have gossip, because HOLY CRAP GOSSIP!

What do you have in place in your current life that allows you to be a mum and also be a creative?

To be honest, there's been very little creativity happening at the moment. I'm breastfeeding and super slack at expressing milk, so I've never really gone anywhere without Soda, except for when we play gigs, but by then she's usually asleep. So far, she hasn't woken up in the two hours I've been gone for. I believe you can do everything, just not at the same time. I also feel like I had a baby to have a life changing experience. I think in 20 years, if it was still just me and John, we would be weary of each other, without the wildcard drama children bring. I expect I'll get a bit more help from my mum/mother in law once Soda is over one and breastfeeding is no longer her main source of nutrition. Saying that, I did manage to rehearse, make a backdrop and bedazzle a coat for The Grates last tour, which I diligently worked on at night between 7.30 and 9.30 while Soda was snoozing. Take out dinner really helped free up time too.

We're all about celebrating Australian motherhood and creativity on Child Mags blog. What does it mean to you to be an Australian creative, who's also a mother?

It means dirty floors and stale clothes, used cars and take away dinners, smiling as you gaze upon a finished craft and smiling as you gaze on your bub who has just learnt to clap. It means being determined and keeping your head high, even while things may be falling apart around you. Because once they're grown, you'll be strumming all alone in your spare room wishing for someone small to entertain you. It means that sometimes done is better

than good, but you don't stop striving for great, because that's where fist-clenching satisfaction lives.

Be kind to yourself, go slowly, don't compare yourself with others and remember that they grow up fast, so enjoy the moment.

Patience Hodgson is the front woman of Aussie band, *The Grates*. She lives in Brisbane with her partner, John, and daughter, Soda, 9 months. A lady of many talents, she enjoys crafting in her spare time and bedazzling anything in sight. She is also co-owner of the **South Side Tea Room** with John. You can find out about *The Grates* latest tour via their **website** and **Facebook** and keep up to date with Patience's adventures on her **Instagram** and crafty times on **YouTube**.

All photographs were taken at *Splendour in the Grass*, 2015. Thanks to Patience, *The Grates* and her family for sharing these beautiful and intimate behind-the-scenes photographs with us.

Interview by **Jenna Templeton**, photography by **Kristina Childs Photography**

PAULINA EABORN:

Body Positive



PAULINA EABORN OF THE LITTLE VIKINGS, SHARES HER THOUGHTS AND FEELINGS ABOUT MOTHERHOOD + IDENTITY.

Before I had kids, I had big expectations about what kind of mother I'd be. I'd be the best. I'd be the most patient. I'd be the most loving. Most importantly, I'd be better than my own mum.

Was my mum a bad mum? Not at all. She did the best she could with what she had. But she missed one thing.

My mum didn't have any sports or hobbies, and like many other women, struggled with weight issues. She became a 'victim' of the low-fat-product generation of the '90s and a new diet each week from the newest issue of her weekly magazine.

I grew up with a mum whose passion was dieting. When I became a teenager, I started dieting just like her. I started to



hate my body just like she hated hers. Everything was about that 'one' diet. The one that promises to make you lose 10kgs in one month. The one where you eat a low fat soup for breakfast, lunch and dinner. Then the next month it was about a different diet. I suffered from a twisted body image all through my teens and twenties. I ended up starving myself because really it was about control.

My mum never took the time out to really nourish herself. She didn't show me a fire burning inside her for something that gave her meaning other than us kids.

It was just after I gave birth to my second son, Rixy, that I realised I was becoming exactly the mum my mum used to be. I didn't love my body and was embarrassed about it. I was going headfirst toward a future of teaching that to my own kids. After Rixen was born, I decided to take care of myself. I wanted to be a role model and do something that would make my kids proud.

So I joined a gym. I was overweight, I wasn't fit at all and had very little motivation. But then I started walking on a treadmill and something clicked inside. I'd never run in my life before and I actually hated running. But I challenged myself to be able to run certain distances on the treadmill without stopping. I upped my Ks slowly until I was able to run five kilometres. I signed up for a race and I received a medal at the finish line. Right there and then I saw in my kids eyes how proud they were.

Their mummy had finished a race and received a medal. It was from that one race that I became a runner. I finished several races, became extremely fit and fell pregnant with my third baby. I kept running and blogging about running. I spoke with my kids about eating healthy to fuel their body (not dieting or cutting out

"I'M PROUD OF THE
MOTHER I'VE BECOME.
AFTER SEVEN YEARS OF
MOTHERHOOD AND THREE
KIDS, I'M STILL LEARNING
AND I'M NOT PERFECT.
BUT THAT'S OKAY."

—Paulina Eaborn



sweets and treats) so they can move the way they want to move and have the energy for it. I showed my kids that mummy can enjoy an ice cream and eat pizza with them without having to go on a diet the week after. Because their mummy is a runner. And they get up early every weekend to go to races or runs and cheer on their mummy. I'd made a choice to become their role model.

I'm proud of the mother I've become. After seven years of motherhood and three kids, I'm still learning and I'm not perfect, but that's okay.

Guess what my own mum is doing today? She's become a runner. I love her for all her beauty, but also her faults. Because without them, I wouldn't be who I am today. She was, and still is, a good mother. Mothers make us and they shape us. But the true identity of the mothers we become is something that grows upon us. Not from day to day. But with years of trial and error.

*Paulina Eaborn is a Scandinavian living in Brisbane, Queensland, with her Australian partner and their three sons. She's the owner/creator of **The Little Vikings**. Follow Paulina on **Instagram**.*



BARBARA O'REILLY :

Montessori Parenting

INTERVIEW **BRON BATES**

PHOTOGRAPHY **PATCHWORK CACTUS**

CHILD MAGAZINES' DIGITAL EDITOR BARBARA O'REILLY, SHARES HOW MONTESSORI PRACTICES INSPIRES HER PARENTING.

I still have a messy bedroom, wear a lot of leopard-print and enjoy watching TV shows that are less than family-appropriate. When you're a kid, you think parenthood will change those things, and that you'll have grown-up haircuts and wear shirts with buttons. But I've changed in ways I never thought I would. My patience is all for my children now – I'm more picky with who I give my time to, and I live my life much more consciously. Time is sweet, and rarely wasted.

I can hardly remember what a normal day was like before I had kids. I know I spent a lot of time going for walks with girlfriends, blogging, snowboarding in winter, working at a little Montessori school, drinking beer, freelance writing and doing yoga.

The complete dependence two little people have on me is a lot easier than I thought it would be. Caring for them is just what I do – it's like caring for myself, just life, you know? But what is hard is the constant vigilance: I can't switch off, even when my kids aren't with me. That aspect is so much more draining than I could ever have imagined.

My kids are my muses. They're part of my blog. The four year old loves to bake so she helps with my recipes, and they're both my favourite subjects to photograph.

Apart from the fact that I didn't have a Miranda Kerr-style bounce back after giving birth, what surprised me about becoming a mum is how much it has brought me closer to my partner and parents.

"THE COMPLETE
DEPENDENCE TWO LITTLE
PEOPLE HAVE ON ME IS
A LOT EASIER THAN I
THOUGHT IT WOULD BE.
CARING FOR THEM IS
JUST WHAT I DO - IT'S
LIKE CARING FOR MYSELF.
JUST LIFE, YOU KNOW?"

- Barbara O'Reilly

Getting and staying pregnant totally consumed me for a while there – I wish I just chilled out and enjoyed that time, you know? I could have been going on yoga retreats, writing a book, laying on a beach in Thailand, or writing a book in a yoga retreat in Thailand. I wish I'd known that it would eventually happen and to just enjoy the baby-free world I lived in.

Reading blogs that inspire me, living by the beach and my Montessori experience helps me parent well. The latter is especially helpful when all the guilt-ridden and over-protective parenting narrative is swirling around. I know that encouraging my children's independence is beneficial to them, and that I should never feel guilty for letting them discover the world without me micromanaging their every move.

The best parenting advice I've been given?

I was told once there is no such thing as bad weather, just inappropriate clothing – that has always stuck. Also, if you don't teach your child the difference between right and wrong, one day a judge will.

On working as a creative...

I was teaching drama for years before I studied journalism – the aim was to be a reporter but I fell in love with features writing and blogging. I graduated from that degree with a three week old under my gown and instantly knew that reporting was not in the plan anymore. I started Patchwork Cactus soon after and it just felt like home, so I suppose I've always been a creative, but it has only been the past four or so years that I have been totally living my dream.







The best creative advice I've received is actually a theatre concept – trust the way you did it first. Throughout the rehearsal process you get sick of your jokes and want to change them, but your audience are only going to hear them once so you need to trust what was funny in the first place. I apply that concept every day in my creative projects.

I broke into my line of creative work when I was on maternity leave. For so many women in creative fields, having babies has been the golden ticket in terms of career change. All of a sudden I got to step back and really give my time to the things I cared about.

Two things drive me in my creative endeavours: 1) My desire to avoid getting a 'real job', and 2) My ADD-style personality – I get an idea and just have to do it RIGHT now. If it doesn't work,

I shrug and move on. I rarely dwell or overthink things and this minimises the self-doubt and procrastination.

Something that has really changed my level of happiness is just trying to enjoy things for what they are rather than what I envisioned them to be – \$5 pizza for dinner may not be homemade organic sushi, but it's still pretty sweet.

On having time to be creative...

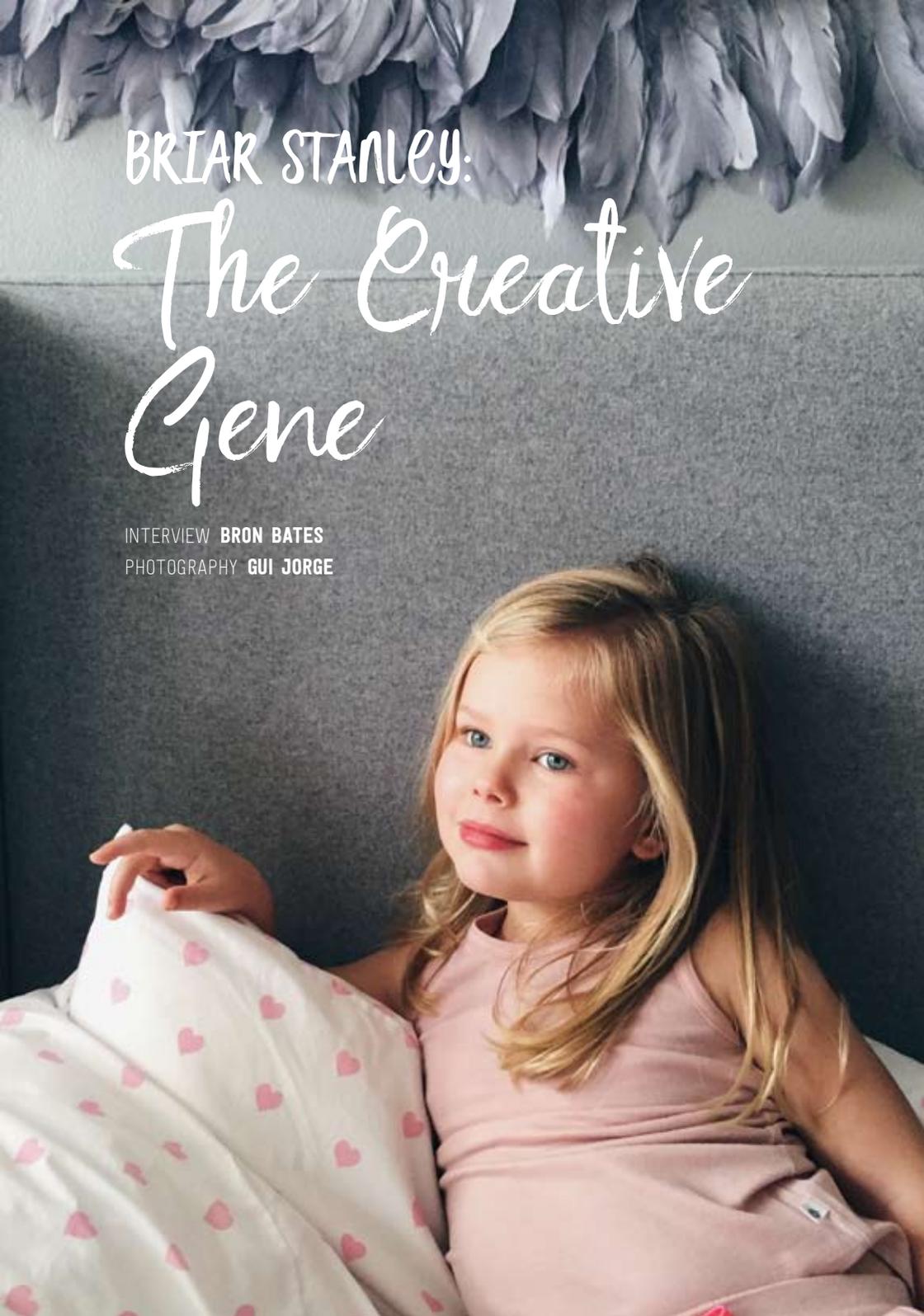
Because both my kids sleep past 7:30am I can get up early and just be by myself. My eldest also goes to preschool one day a week, so having an only child for a day is a huge help! But mostly, I have a completely family-friendly job. I write posts for parenting sites and blog about my life, so them being around is kind of imperative to the process.

What does it mean for you to be an Australian creative who is also a mother?

It means everything to me. I was born in Ireland, and although I have been here since I was five and totally identify as Aussie, I don't take anything that Australia has to offer for granted. I love how humble our culture is, but it does mean that self-promotion, both as a creative and someone who dispenses a bit of parenting advice, can feel really weird.

*32-year-old Babs is the blogger behind Patchwork Cactus. She lives with her partner and kids, Scout, 4, and Squawk, 2, on the NSW Central Coast. Visit her at **Patchwork Cactus** and follow her on **Instagram**, **Pinterest** and **Facebook**.*

Interview by **Bron Bates**, photography by **Patchwork Cactus**



BRIAR STANLEY:
*The Creative
Gene*

INTERVIEW **BRON BATES**
PHOTOGRAPHY **GUI JORGE**

BECOMING A MUM CHANGED MY LIFE MORE THAN I COULD EVER HAVE IMAGINED, BUT I DON'T THINK IT CHANGED ME AS A PERSON – ALTHOUGH I LEARNED TO LOVE IN A WAY I'D NEVER FELT BEFORE. I WAS NEVER A HUGGER, BUT I CAN'T STOP GIVING MY KIDS HUGS AND KISSES THESE DAYS. I PROBABLY WORRY MORE – IT'S SO TRUE WHEN THEY SAY YOU HAVE AN EXTRA HEART BEATING OUTSIDE OF YOUR CHEST WHEN YOU HAVE CHILDREN.

I spent my whole first pregnancy working as a senior buyer in the set-decorating department of the film *The Great Gatsby*, so my day was never completely normal. You never know what life will throw at you working in the film industry, and I certainly miss the excitement and the buzz. Weekends were different in that we'd decide to go out to a nice restaurant at the last minute. These days it's a monthly event, but I wouldn't change it for the world. Having kids definitely changed my career path, as I started working on the interiors of private residential projects, instead of films.

It sounds funny, but I actually imagined the exact person Sunday has become – as soon as we found out we were having a girl I dreamed up this little personality and she really is bringing that to life. I'm finding her particular age (she is about to turn 5) fairly easy – she's a fantastic communicator. The first year of her life was beyond hard though – Sunday suffered from silent reflux and was incredibly unsettled. I shudder just thinking about those early days. I certainly earned my 'easy baby' with Rafferty. He is pretty much a dream.

I started working as a creative straight out of school. I studied for three years at Enmore Design Centre and worked part-time at my aunt's Garden Centres. I loved being surrounded by plants

and lovely homewares, and took great pride in my window displays. After eight years as a set dresser and buyer in the film industry (which was an incredibly hard industry to crack), I made the natural transition into working with private clients on their homes. I already had a fairly established blog, which made it easy to make the ‘announcement’ that I was moving across to decorating houses, rather than film sets. Working on *The Great Gatsby* was definitely a career highlight, but I have to say my recent residential decorating projects bring me a lot of joy.

I was obsessed with my little bedroom as a kid. My mum always made sure we had lovely bed linen. A peachy rose duvet cover springs to mind – it was the ‘80s after all. I was constantly rearranging my little space, and always hung my own artworks on the wall. I was never a ‘Smash Hits’ poster kind of girl.

Creativity was absolutely encouraged. Growing up I attended art classes after school throughout primary, and then ended up at an adult night class learning oil painting through the majority of high school. I hope I wasn’t seen as a pain to the adults wanting peace and quiet, as I was a bit of a chatterbox. My dad was a creative director in advertising, my mum was a very creative and passionate primary school teacher, who also collects antiques and curiosities, and my step mum is a very talented painter. You could say my siblings and I were surrounded by creativity.

On parenting and creative work...

I took nearly a full year off when Sunday was a baby and then found a fantastic home day-carer, who now takes Sunday three days a week. I try to make sure my workload doesn’t get too large, and that it flows over three days worth of work, although it doesn’t always work out that way.

“BECOMING A MUM
CHANGED MY LIFE
MORE THAN I COULD
EVER HAVE IMAGINED.
BUT I DON'T THINK IT
CHANGED ME AS A
PERSON - ALTHOUGH
I LEARNED TO LOVE
IN A WAY I'D NEVER
FELT BEFORE.”

- Briar Stanley





I really try and switch off work when I'm with the kids. Easier said than done, I'm lucky in that half the time my work feels more like a hobby, which would be the case with most creatives. Hard work, confidence and believing in yourself certainly goes a long way. If I could make changes to my current life to allow for more creative time, I'd employ a project manager who is fantastic at accounting. I feel like so much of my time is spent quoting and billing, and I've found myself stuck a few times where jobs have overlapped and I'm pushed for time.

Sunday loves nothing more than to get the paints out. We'll often paint together or make a little craft project she has spotted on her favourite show, Play School. She hasn't been involved in any decorating project of mine, but who knows what the future holds? She always passes comment on something new in the house, "Mmmm, nice new cushion, Mumma!"

*Briar Stanley is mum to 4-year-old Sunday Stanley and baby Rafferty, 1, and is the interior decorator, stylist and blogger behind **Sunday Collector**. They live in NSW. You can follow Briar on **Instagram**, **Facebook**, and **Pinterest**.*

Interview by **Bron Bates**, photography by **Gui Jorge**

LAUREN SAMs: *The Write Stuff*

INTERVIEW **DAISY CHEIN**
PHOTOGRAPHY **JADE WARNE**



IF YOU'VE PICKED UP A COPY OF ANY AUSTRALIAN WOMEN'S MAG, CHANCES ARE YOU'VE READ SOMETHING WRITTEN BY LAUREN SAMs.

If you haven't, it's not too late. She is brutally honest, funny and we're obsessed. We love her so much that we reviewed her debut novel *She's Having Her Baby*, in our December/January issue of *CHILD*, and equally enjoyed the sequel *Crazy Busy GUILTY* (out now)!

We chatted to Lauren about her career highlights and obstacles, inspirations and how becoming a mother has motivated her creativity.



How long have you been writing?

I've been writing for as long as I can remember. And I've been reading for longer. My mum was a big reader and really encouraged me to read a lot of classics, especially as an early reader. Books were always a part of our house. I used to think it was really strange when I went to friends' houses and they didn't have any books anywhere.

What inspires your writing?

I'm mainly inspired by people. I'm a terribly nosy observer – ask my husband who has to put up with me staring at people on trains or eavesdropping on strangers' conversations. I'm fascinated by what makes people tick. So many creative women inspire me too. I love Rainbow Rowell for her ability to transcend YA and adult genres; Shonda Rhimes for being a boss and making seven zillion TV shows; Reese Witherspoon and her former producing partner Bruna Papandrea for championing female voices on the screen; Nora Ephron for making everything funny; Liane Moriarty for knowing exactly how women talk and think; Lionel Shriver for her intensely researched books...I could go on!

What keeps you motivated creatively?

Being a mum has made me more motivated than ever before. Truly. After I had my daughter, I was toying with the idea of writing a book, and one day I just thought, sod it. If not now, when?

One thing kids do to you is make you realise that you'll never have more free time. You just have to use the time you have.

“ONE THING KIDS DO
TO YOU IS MAKE YOU
REALISE THAT YOU’LL
NEVER HAVE MORE
FREE TIME. YOU
JUST HAVE TO USE
THE TIME YOU HAVE.”

– Lauren Sams



Every nap time, every morning I woke earlier than her, every lunchtime at work, I wrote. And little by little, that became a book.

How would you describe your writing style?

My writing style is observant and funny. It's probably never going to be described as literary. I like to observe people's foibles and quirks, and put a mirror up to them. Including my own, obviously.

What have been some of your career obstacles?

When I was 26, I almost had a YA novel published. I was picturing Hunger Games-level of success (not even kidding). Before the acquisitions meeting (where the publisher decides whether they'll publish the book), my contact rang to ask me what my full name was for the contract. I WAS IN. After the meeting, she called to let me know that they loved the book... and would not be publishing it. It was similar to another book they'd published, which hadn't sold well.

It was crushing but it taught me that publishing is a business. It taught me that you have to find the balance between what you like to write, and what people like to read, and go from there.

My favourite thing about being a writer is the big fat paychecks. I kid! I love creating worlds and characters. I suppose at the heart of it, every writer is full of questions, and in writing, they try to wrestle with the answers. That's what I do, anyway. I love being able to write out the world as I see it. There's something really special about it.

Sometimes it can be tough. My first priority is my freelance work. Writing novels comes after that. Part of going freelance was knowing I had the freedom to take a day here and there to work on my novels, and so I force myself to take them. So far, it's working out OK.

How do you find being a woman in the writing space? What challenges have you come up against?

As a female writer, I'm not sure if I've come up against challenges, but I do feel the need to prove myself. Last year I was on a panel with some very distinguished writers, whom I admired greatly. It was my first time doing something like that, and I was pretty nervous. It took weeks for me to write my piece very carefully and edit it and edit it and edit it. I wore a nice skirt and a nice shirt and got my hair blow-dried.

As the panel started, I noticed this other guy, around my age, who'd just published his first book. So he was at the same career level as me. He was dressed in baggy jeans, a singlet and thongs. His piece was handwritten on a scrap of paper. It was great, but I couldn't help noticing the difference in our approaches: he felt he had nothing to prove, and I felt I had everything to prove.

What aspirations do you have for the future?

I would love to write a YA novel someday, and I'd love to write a TV series. I feel like working on TV would be quite similar to working in mags. I loved that collaborative team environment, where everyone is working against the clock to make something amazing...and then when it's done, you just start all over again.

To me, that's thrilling.

Lauren Sams is a mother, freelancer writer and author. You can find more of Lauren's work via her **blog, newsletter** and on social media at **@laurensams**.

Interview by **Daisy Chein**, photography by **Jade Warne**

THREE GENERATIONS OF LOVES:

Growing A Family Business

INTERVIEW **KAREN MILES + BRON BATES**

PHOTOGRAPHY **SUE STUBBS**



WHAT DOES IT LOOK LIKE TO BE A WORKING CREATIVE MOTHER?

For those of us living as mothers and creatives, we're often stepping into our ambitions without a roadmap for success, sometimes wondering what effect our dedication to our work will have on our children. Our Publisher, Joanna Love, took this step when she founded her business 25 years ago. We talk to her and her children about growing up with CHILD.

Before the internet brought wider business opportunities into the home with the likes of online selling, publishing and sharing portals like Etsy, Big Cartel, WordPress and Facebook, Australian mothers who wanted to develop occupations outside of their children had a battle on their hands.

The division between the stay-at-home and working mother was more defined: you either worked out of the home at a paying job, or in the home, unpaid, with the children (keeping in mind that married women were routinely asked to have a man to co-sign for a bank loan application, even when they were the main breadwinner, well into the 1980s).

It was in this environment that Publisher Joanna Love started her business, Copeland Publishing. "One of my earliest memories of the business," Joanna's eldest child, Camilla, recalls, "was of walking into the study after school and there was my mother breastfeeding my baby brother while selling advertising on the phone at the same time. The ultimate multitasker."

Joanna had the benefit of a family who backed her when she came to them with her business plan, but raising her three

children and growing the business, starting with the first publication, Sydney's CHILD, was all still before her. She began by setting up a home office in the family's study. "We set up a new phone and fax line and tried to work normal school hours – the kids walked home after school and sometimes our distribution person switched hats to be 'child minder' when they got home," says Joanna. "There were kids playing in the backyard most of the time."

Camilla was 10, Lachlan eight and James, now 25 and the Creative Director at CHILD, a newborn. It meant the kids grew up with a range of people at home all the time, "whether it was at midnight in press week, or meeting the accountant on the weekends," remembers Camilla. While it may have been easier in some ways for Joanna to work completely out of the home, the children appreciated that she was there. "I really liked that she worked from home," says Lachlan. "First in the study, then in the flat that was built for the business. I also loved that her next office was right at the shops. It was great popping in and out as kids."

From the beginning, Joanna involved the children in the business, setting Camilla to work stuffing envelopes for pocket money, and later Lachlan and Camilla did paper runs to deliver the issues all across Sydney. All three children remember the distinct smell of the hot wax they used to stick the ads on the pages with rollers before sending them off to the printer.

"Mum worked so hard," says Camilla, "but instead of giving herself a bonus, she and her business partner gave themselves a 'cook' once a month. I always loved the week that Kate the Cook came to our house. She stirred up a batch of spag bol or chicken curry and froze it. It meant we could eat something other than

“NOW THAT I’M PART OF
THE BUSINESS I CAN
SEE HOW MUCH WORK
IS INVOLVED AND HOW
MANY SACRIFICES
HAD TO BE MADE TO
GET THE BUSINESS TO
WHERE IT IS.”

– Camilla Love



sausages or chops and microwaved veggies. Getting the paper out was more important than meal inspiration for my mum, and now as a working parent myself, I know exactly how this can be.”

“One of the hardest times as a family was when my father died. I was 19 and my youngest brother was 10. The business was in a huge growth phase. Dad was Mum’s biggest fan and number one supporter of the business. To lose your confidant and raise three children, while continuing to go to press month after month and build a better business – I just don’t know how she did it, but she did. Over the years, I have learnt not to question, just to admire.”

James credits growing up surrounded by the business for fueling his love of art, publishing and design; looking back now, those after-school jobs have more meaning. “When you’re young you don’t truly appreciate what your parents are doing, you just know that they’re busy all the time,” he says. “Now that I’m part of the business I can see how much work is involved and how many sacrifices had to be made to get the business to where it is.”

With Joanna’s granddaughter Esther, daughter of Lachlan and his wife Sally, also a creative business woman, appearing on the cover, the third generation of the Love family has become involved in the magazine. Sally hopes Esther will inherit the Love’s passion and motivation to experience everything life has to offer. “Like most parents we want her to be happy,” she says. “As a woman I hope my sweet Esther grows up with a strong sense of who she is, is confident and happy in her body, and that she deeply loves and respects herself. I want her to follow her dreams and feel compassion for everyone around her.”

When Joanna Love launched her paper for parents, she was working out of her home with two children racing in and out after school and a newborn in her arms. Twenty-five years later that first little paper known as Sydney's CHILD has gone from 20,000 copies to more than half a million copies of six CHILD Magazines reaching across Australia. Her children are grown and infinitely admiring of the company their mother built from the ground up.

"I only now understand the risk that she took to start the business from scratch and I'm amazed and in awe of her achievements and accolades," shares Camilla. "I only hope I can leave such a lasting impression on my children."

Produced and interviews by **Karen Miles**, words by **Bron Bates**, photography by **Sue Stubbs**, furniture by **Lorraine Armchair** and **Raleigh Upholstered Bench** from **Pottery Barn**.

See you in our next issue!



**REMEMBER
TO PICK UP
YOUR CHILD!**



CREATIVITY + MOTHERHOOD

australian stories
beautiful design
ideas for living

childmagsblog.com



CHECK OUT OUR PAST ISSUES...

