



Instant Thrive™ GuideBook

THE ESSENTIAL GUIDE THAT PREPARES YOUR MIND, BODY, AND SPIRIT
TO GRACEFULLY RETURN TO WORK AFTER BABY.

thrivemomma
with Elaine McGhee



Dear Sweet Momma,

Take a moment to breathe and congratulate yourself on all that you have been through. Your strength, love and spirit has brought a glorious baby into the world. With all the ups and downs, you have done a fabulous job to adjust to your 'new norm' as a great mom!

I honor your unique journey and have designed the InstantThrive GuideBook to help make your next transition to becoming a working mom as smooth as possible.

The following pages will explore all areas of your life affected by your new chapter. I'll walk you through affirmations, questions, and provide practical tips to prepare your heart and mind to thrive during this emotional time. Be honest and go easy on yourself. Being a working mom can be a very fulfilling experience when it is supported by the balanced strategy found in the ThriveMomma Signature System.

And if you are seeking a deeper level of support, consider the UltimateThrive™ experience as we co-create a personalized experience in the comforts of your own home!

Sending you warm, supportive vibes as you move along your journey!

Stay in touch at thrivemomma.com

Hugs and cheers,

-Elaine



ELAINE MCGHEE

Working Mom Support Coach

I'm a working mom of two who is truly "in the groove of life" balancing, being a wife, leading a fulfilling work life while pursuing my passion for empowering moms. I'm an organic/healthy lifestyle advocate, proud mom, community gardener and enjoy the benefits of meditating. Over the years I've researched, learned from mistakes, and assembled my YinWisdom circle of affiliates in order to meet the wide range of mom's unique needs. Motherhood is a state of mind. And I've crafted these services using the "4 I's of Mommahood" so you can find your joy while balancing it all.

HOW TO USE THIS GUIDEBOOK

YOUR JOURNEY STARTS HERE

Welcome to the ThriveMomma Signature System designed to inform, up-lift and inspire you! The first half focuses on your professional and home life by providing practical information, checklists and strategy for a smooth transition back to work. But tending to your internal wellbeing is just as important. So the second half supports mental and emotional wellness from an inside-out perspective. Here is an overview of topics covered in both parts.

Work and Home Life

- Returning to Work & Pumping at Work
- Childcare
- Career
- Kitchen & Meal Planning

Wellness from Within

- Mental & Emotional State of Mind
- Physical wellbeing
- Relationships
- Spirit

Each topic starts with a positive affirmation. After a few words from me there are some questions that guide you to a fresh perspective on that topic. Then you gain vital knowledge or tips on that topic as well as direct you to some optional information in the References section.

THE POWER OF A MOMTRA™

The last part of each topic will allow you to drop into your heart-space and write a motivational statement, or mantra, to support you in your working mom lifestyle. I hope you enjoy your Momtra as much as I do!



CHECK OUT SOME OF MY FAVES

Be sure to look for the YinWisdom circle and you will find my favorite tips!

Now that we know where we are headed...let's get started!

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WORK AND HOME LIFE

“All the effort to pump at work is a nurturing gift to myself and my child.”

RETURNING TO WORK & PUMPING AT WORK

We all know the benefits of breastfeeding for the baby and you. I am not here to preach or judge. But if you are on the fence about pumping I offer you a different perspective...twice a day you get precious time to yourself! Yes, you are hooked up to a milking machine but consider it a modern day multi-tasking serenity moment. Read on to learn how!

What is going well about my process of returning to work and pumping at work decision

What step could I take today to help my return to work process _____

Logistics around returning to work and pumping requires a 'game plan' so the following strategy is grouped by time and what to do when you get there.



BEFORE YOU GO BACK TO WORK:

Four weeks after baby is born:

- Start pumping one side in the morning when your supply is high. Freeze milk in bags laying them flat in freezer.
- See Milk Storage Recommendations in the References section.

More than 2 weeks before you go back to work:

- Talk with other working, nursing moms to learn what to expect or join a Breastfeeding Message Board for working moms.
- Talk to or email boss about your return.
- Practice daycare, a few half days. Practice being away from your baby to get you and your baby starting the transition.

RETURNING TO WORK

Keep it up! This is time when you can use all these great tools found here. Your emotions will be at their highest. To keep it all together, be prepared and plan ahead with these great tips.

- ☐ Have a very supportive friend ready to receive your call, this is the time when you need to ask for help in the form of letting you talk it out!
- ☐ Get into a packing routine. Here is the pump bag list (this is in addition to packing for your baby!)



Pump Bag Checklist¹:

- ☐ Four clean pump bottles (one bottle for each pumping session) with lids and Lansinoh Milk Storage Bags (my FAVE)
 - ☐ All of the pump parts you will need to express - complete collection kits including valves, diaphragms, tubing, etc
 - ☐ Battery pack with batteries (just in case!)
 - ☐ Freezer pack and cooler
 - ☐ Pump wipes (in case you don't have a sink nearby)
 - ☐ Extra clothing for you (extra blouse, sweater, all in case of leaks - can leave at work)
 - ☐ Lansinoh Disposable Nursing Pads
 - ☐ Lanolin cream
 - ☐ Protein snack for each pump session: almonds, Lara Bar, cheese stick (pack night before)
 - ☐ Full bottle of water for each pumping
 - ☐ Cloth lap pad (milk will spill)
 - ☐ Pic of your baby on your phone – will help your milk to let down
 - ☐ Air freshener, music, candle...anything to make your space sacred and special just for you. You deserve to be lifted up while you pump not feel like it's a chore.
- ☐ Set up a schedule to breastfeed your baby and pump your milk. Given that baby is proficient at breastfeeding and bottle, here is an example of a feed/pump schedule for mom at work and baby at childcare:

	6 am	10 am	1 pm	2 pm	4 pm	5 pm
Mom	Breastfeed baby	Pump		Pump		Breastfeed baby
Childcare		Bottle-feed baby	Bottle-feed baby		Wait until Mom is home to feed	

- Store milk safely. Store milk at their proper freezer temp. See Milk Storage Tips in the appendix.
- Arrange for a comfortable place to pump at work. Make a “Do Not Disturb” Sign. Get comfortable and try:
 - Beginning by massaging your breast or leaning over and shaking your breasts to “wake them up”
 - Look at a picture of your beautiful baby; listen to music or entertaining audiobooks
 - Enjoying a drink of water
 - Closing your eyes, shutting out the world, thinking of your sweet baby and letting your milk flow
- Determine a comfortable wardrobe for working and pumping. Wear a two-piece outfit or will need to bring a blanket to cover up while you pump. Hospital boutiques have great nursing tops!



Congratulate yourself on taking on the demanding role of a working breastfeeding mom! You are a true multi-tasker – be proud of yourself! And know that the extra effort is worth it for you and baby!

MOMTRA:

Breathe deeply. This practical information will help with logistics but tending to your emotional state is just as important.

Set a reminder in your phone to pop up at the beginning of your pumping sessions with a kind, supportive message to yourself. For example, “All this hassle is SO worth it. I’m proud of you.”