



A NEW EMPOWERED YOU

3 Steps to Conquer Worry and Grow Your
Wisdom as a New Mom



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My name is Susan Adamson. After working with thousands of moms and babies, as a registered nurse, energy worker and a mother/baby harmony coach, I've developed a 3-step plan that guides new moms to clearly understand their feelings, shift negative emotions and build a more loving connection with their infant and family.

Use these steps throughout your day and you will find that you can powerfully transform chronic worry into mothering wisdom.

In health and joy,

Susan

3 Steps to Transforming Worry into Wisdom

When you are worried, scared or sad, your baby feels it. Your baby is essentially a hitchhiker to your nervous system and rides along with you during the emotional journey of pregnancy and early childhood. Unfortunately, if you are chronically stressed, your baby feels that stress too. He* doesn't know that your worry or fear doesn't belong to him. Because of the enormous impact this imprinting has during the baby's first year of life, chronic stress of the mother can lead to life-long confusion for the baby around emotions.

The 3 Steps to Transforming Worry into Wisdom are the building blocks to the deeper work I do with new moms. Each level of healing and balancing of the body requires this process. Don't underestimate the power of these 3 simple steps.

The first step is to Assess. Stop, pause and take a moment to assess what is happening and how you are feeling. Unfortunately, most of us are better at suppressing our emotions than naming them, making this an incredibly valuable skill to teach our babies.

The second step is to Breathe. Deep, focused breathing slows the heart rate, releases tension and allows us to think more clearly and be more present to ourselves and our baby.

The third step is to Connect. Talking with your baby as you go through this process assures them that you are OK and that they are safe.

*The pronoun he, him, his will be used to represent the baby throughout this guide.



A Cry for Help

Nothing grabs our attention like a baby's cry. For good reason. Crying is a signal that something is needed. It's a literal call for help. Our babies are barometers of our health and wellbeing. When we are out of balance, stressed and unhappy, our babies (and children) reflect that back to us through their own distress.

When I delivered my first son, I had been a nurse working with moms and babies for over 10 years. I taught classes on childbirth, parenting and had visited hundreds of new moms in their homes, supporting them through the daily challenges of mothering. I was a confident educator and yet, when I brought my son home, worry and self doubt about my own mothering abilities took me for an unexpected ride.

Frequent late night feedings and my son's slow weight gain kept me hyper-vigilant, ever breastfeeding or pumping. Re-occurring breast infections complicated the feedings even more with significant breast pain, fever, chills and extreme fatigue.

Even though my husband was incredibly supportive, I often wondered during those late night feedings: "What had happened to my life? Is this what I really wanted? Was I doing enough? Was I good enough?" These nightly laments eroded much of the peace and joy that I desired as a new mom.

Eventually, my baby began to sleep through the night and the 3AM feedings ended. But I've never forgotten the feelings that overwhelmed me during those early days with my child. The experience made me passionate about supporting other women during their tender transition to motherhood. It led me to the work I'm doing today.

Do You Feel What I Feel?

The fact is many new moms feel overwhelmed, worried, and scared. They also often feel alone since sharing these concerns puts them at risk for being seen as a “bad mom”.

Current research from pre and perinatal psychology clearly demonstrate that if mom is struggling with stressful emotions, her baby is suffering as well. Since moms are the regulator for the baby’s nervous system, it is imperative that she learns some tools and strategies to diminish her negative feelings.

3 Steps to Transforming Worry into Wisdom, will help you better understand your feelings in the moment, find ways to shift pervasive negative emotions and learn how to talk to your baby so that he can begin to differentiate between your feelings versus his own.



TRANSFORMING WORRY INTO WISDOM

THE 3 STEP PLAN

1

ASSESS

Pause and take a moment to assess what is happening and how you are feeling.

2

BREATHE

Focusing on the breath allows us to slow down, release tension and think more clearly.

3

CONNECT

Talking to our babies when we are practicing the A-B-C's reassures them that they are not to blame.

Step #1. A-Assess

When you are feeling overwhelmed, take a moment to stop, pause and assess. Take note of what is happening? For example: Your baby is crying. Take a moment to tune into what you are feeling? Is it frustration, anger, fear, grief or anxiety? All of these emotions over time can deplete your energy.

It is also important to pay attention to more subtle emotions like irritation, impatience, sadness and worry.

These emotions can run in the background of your day-to-day life like a song on repeat. Eventually it becomes apart of who we are--"a worrier", "impatient", "irritated".

Becoming aware of what you are feeling in the moment, is the most powerful thing you can do to change your habitual emotional pattern. Naming the emotion can take the charge out of it. This can create a shift from feeling "helpless with worry" to just acknowledging your worry and getting curious about where it is coming from.

Turning inward and assessing your feelings is the first step towards feeling calmer. Your baby, being perfectly tuned in to your emotions, will notice this shift and start to settle with you.



Step #2. B-Breathe

The first thing you can do when you realize that an emotion is zapping your energy is to Breathe.

When we slow down our breath, inhale and exhale deeply, tension as well as heightened emotions, tend to release, diminish and allow us to think more clearly.

Unfortunately, most adults are chest breathers and only move the top lobes of the lungs with each breath. This can lead to shallow breathing, poor air exchange and hyperventilation, increasing feelings of anxiety.

The quickest and easiest way to bring relaxation into the body with your breath is to focus on the heart center with each breath.

Breathing into the heart center shifts the mind away from thinking into feeling. When we practice slow, deep breathing with our babies, we can see them move into a more calm and relaxed state right along with us.

Step #3. C-Connect

As mothers, we are connected to our babies since conception. We carry the baby within us for 9 months, intimately sharing our day to day life and emotions, good and bad.

We know that babies cry in utero, they can suck on their fingers and thumb, and respond to loud unexpected noises. From the moment after birth, newborns already recognize their mother's voice and scent and prefer gazing at mom's face over any other.

Yet, we don't always treat our babies like they are fully present and aware. There is often an assumption that because they cannot speak to us in a language we easily understand that they don't fully understand us.

The easiest way for us to connect with our baby is to talk with them during this A-B-C process. Let your baby know about the emotion you are challenged with and that it is not their fault. For example; "I am frustrated right now because we are going to be late for our appointment. (breathe) But, it is OK. It is not your fault and I am working to get us there safely."

You can use the same sort of language with the baby when they are stressed and crying. Let them know that you hear them. "I hear you. Tell me all about it. I am here for you. You are safe."



The A-B-C's of transforming Worry into Wisdom

A



Assess

Take a moment to pause
and assess
how you are feeling.
Name the emotion.
Allow it to be present.
It is OK to feel these
feelings.
Where do you feel it
in your body?

B



Breathe

Slow the breath,
breathe in and out of
the nose.
Inhale and think about the
breath
coming into the heart.
Exhale and release
tension down the legs
and out your feet.

C



Connect

Talk with your baby
throughout your day.
Tell them how you are
feeling.
Reassure them that your
anger, frustration or
sadness is not their
fault.

If you would like support and guidance on your mothering journey here are the 3 ways you can work with me:

1. Join my Mother Wisdom Facebook group:

[https://www.facebook.com/groups/6083522](https://www.facebook.com/groups/608352296243805/)

[96243805/](https://www.facebook.com/groups/608352296243805/)
Mother Wisdom offers free support and guidance through your mothering journey as well as all the latest research on how to best connect with your baby.

2. Apply for membership into the Confident New Mom Group Program: email me at susan@mothertrees.com with "Confident New Mom Program" in the subject line.



3. Work with me individually--book a free 30 minute Clarity Call with me at <https://bodytalkwithsusan.as.me/claritycall>.

