

Happy Mum Happy Baby

[#happy mum happy baby](#) [#maternal well-being](#) [#baby happiness](#) [#postpartum support](#) [#positive parenting tips](#)

Discover the profound and essential connection between a happy mum and a happy baby. This content explores key strategies for maternal well-being, offering practical positive parenting tips to foster an environment where both mother and infant can thrive. Learn how effective postpartum support can lead to sustained baby happiness and a joyful family life.

All textbooks are formatted for easy reading and can be used for both personal and institutional purposes.

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Happy Mum Happy Baby

Understanding & Managing PCOS | Happy Mum Happy Baby: Parenting SOS with Lauren Johnson Reynolds - Understanding & Managing PCOS | Happy Mum Happy Baby: Parenting SOS with Lauren Johnson Reynolds by Giovanna Fletcher 670 views 1 day ago 34 minutes - How much do you know about Polycystic Ovary Syndrome and its connection to fertility? Are you believing some of the myths out ...

Victoria Emes on Happy Mum Happy Baby: The Podcast - Victoria Emes on Happy Mum Happy Baby: The Podcast by Giovanna Fletcher 1,856 views 8 days ago 40 minutes - No one said being a parent was easy, but are we as honest as we could be? Blogger Victoria Emes is someone who isn't afraid to ...

Intro

Adding humour

Childhood

Losing my dad

Our parents are invincible

Distractions

Protection

Having kids

Nesting mode

The birth

The poo

Breastfeeding

Breastfeeding Peer Mentor

Breastfeeding Shame

The Dummy

Taking the Dummy Away

Getting Yourself Back

Being Sober

Alcohol in Motherhood

Mothers Friendships

Welcome to Motherhood

Dont have any expectations

Never getting to shit alone

Rebel Moms Club

Josie da Bank on Happy Mum Happy Baby: The Podcast - Josie da Bank on Happy Mum Happy Baby: The Podcast by Giovanna Fletcher 1,159 views 2 weeks ago 45 minutes - Festival lovers, this one's for you. This week Gi meets the co-founder of Camp Bestival, Josie da Bank. We cover camping

tips, ...

Carrie Hope Fletcher on Happy Mum Happy Baby: The Podcast - Carrie Hope Fletcher on Happy Mum Happy Baby: The Podcast by Giovanna Fletcher 29,031 views 3 weeks ago 33 minutes - This week Gi finds out all about her future niece! Actress and author Carrie Hope Fletcher - aka Gi's sister-in-law - discusses her ...

A Guide To Neonatal Intensive Care | Happy Mum Happy Baby: Parenting SOS with Dr Frankie Harrison - A Guide To Neonatal Intensive Care | Happy Mum Happy Baby: Parenting SOS with Dr Frankie Harrison by Giovanna Fletcher 1,019 views 1 month ago 38 minutes - What is the Neonatal Intensive Care Unit? And what can you expect if your **baby**, is taken in? On this month's Parenting SOS, ...

Intro

Dr Frankie Harrison

What is NICU

What makes NICU support important

Frankies experience

Preeclampsia and organ failure

How did your work impact your experience

Postnatal depression PTSD

Support for bereaved moms

How do I think about another pregnancy

Does getting pregnant bring back memories

How medical staff can help you in subsequent pregnancies

How to manage anxiety

Leaving the hospital

Returning home

Getting over trauma

EMDR

How would you talk to your ex NICU kid

How can I connect with other parents

Trusting others

Dealing with tocophobia

Knowing what you can be doing

Being a parent

Mia McKenna-Bruce on Happy Mum Happy Baby: The Podcast - Mia McKenna-Bruce on Happy Mum Happy Baby: The Podcast by Giovanna Fletcher 4,070 views 1 month ago 40 minutes - Gi speaks to the actress Mia McKenna-Bruce - star of the new coming-of-age film How To Have Sex - on **mum**, guilt, episiotomies ...

Oti Mabuse on Happy Mum Happy Baby: The Podcast - Oti Mabuse on Happy Mum Happy Baby: The Podcast by Giovanna Fletcher 4,641 views 1 month ago 48 minutes - We're back with a brand new season! And what better way to kick it off than hearing from Britain's favourite dancing queen Oti ...

Intro

Can you hear the baby

How old is the baby

Keeping the baby in England

Childhood in South Africa

Love of Dance

Family

Social Media

Finding out she was pregnant

I loved being pregnant

How people describe pregnancy

Sepsis

Going Home

Running for the Door

A surreal journey

Looking back on her career

Podcast

Letter

Navigating parental wellbeing | NSPCC & T'Nia Miller on Happy Mum Happy Baby: Parenting SOS - Navigating parental wellbeing | NSPCC & T'Nia Miller on Happy Mum Happy Baby: Parenting SOS by Giovanna Fletcher 892 views 1 month ago 38 minutes - Parenting SOS is back! Every month, Gi will be delving deep into the topics you care most about, and the questions you need ...

Intro

Parent Mental Health Day

NSPCC Parenting SOS

T'Nia Miller

Emma Smith

Time

How does the NSPCC reach you

Does it make you reflect

Parental mental health

Online safety

Support on topics

How do I recognise the signs

How do I cope with burnout

Perfectionism in parenting

Why am I not a natural

Being a parent means

Dont worry too much

Tom Fletcher on Happy Mum Happy Baby: The Podcast - Tom Fletcher on Happy Mum Happy Baby:

The Podcast by Giovanna Fletcher 11,118 views 2 months ago 54 minutes - As team **Happy Mum Happy Baby**, prepares for a brand new season, we hear some of Gi's favourite interviews from the past 7 ...

Intro

Welcome

What sort of dad did you think you would be

Raising awareness of miscarriage

Fatigue after giving birth

The pressure of being a dad

Hypnotic birthing

In labour

Dad standing by

Dad guilt

Sleeping in the spare room

The nighttime routine

Second time around

Reactions from Buzz

Parenting duties

Handson dad

Feminism and equality

How Parenthood has changed Tom

Mike & Alison Battle on Happy Mum Happy Baby: The Podcast - Mike & Alison Battle on Happy Mum Happy Baby: The Podcast by Giovanna Fletcher 3,532 views 3 months ago 53 minutes - It's Christmas! and to celebrate, Gi is joined by Mike and Alison Battle aka Mr and Mrs Lapland. Mike and Alison have set up the ...

Intro

Family

Big family

Birthing stories

Birthing experience

Coming around

Working from home

The arrival of twins

The discovery of twins

The birth of twins

The juggle

Balancing the family

Creativity
Christmas
Magical Christmases
Flying the nest
Letters to parents

Carrie Hope Fletcher on Happy Mum Happy Baby: The Podcast - Carrie Hope Fletcher on Happy Mum Happy Baby: The Podcast by Giovanna Fletcher 29,031 views 3 weeks ago 33 minutes - This week Gi finds out all about her future niece! Actress and author Carrie Hope Fletcher - aka Gi's sister-in-law - discusses her ...

Chris and Rosie Ramsey | HAPPY MUM, HAPPY BABY: THE PODCAST | AD - Chris and Rosie Ramsey | HAPPY MUM, HAPPY BABY: THE PODCAST | AD by Giovanna Fletcher 197,373 views 4 years ago 1 hour, 13 minutes - I wrote a book called **Happy Mum,, Happy Baby**,. I was overwhelmed by the amount of emails and messages I received in response ...

Oti Mabuse on Happy Mum Happy Baby: The Podcast - Oti Mabuse on Happy Mum Happy Baby: The Podcast by Giovanna Fletcher 4,641 views 1 month ago 48 minutes - We're back with a brand new season! And what better way to kick it off than hearing from Britain's favourite dancing queen Oti ...

Intro
Can you hear the baby
How old is the baby
Keeping the baby in England
Childhood in South Africa
Love of Dance
Family
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Finding out she was pregnant
I loved being pregnant
How people describe pregnancy
Sepsis
Going Home
Running for the Door
A surreal journey
Looking back on her career
Podcast

Letter

Harry & Izzy Judd on Happy Mum Happy Baby: The Podcast - Harry & Izzy Judd on Happy Mum Happy Baby: The Podcast by Giovanna Fletcher 18,077 views 3 months ago 54 minutes - This week Giovanna is joined by her good friends, Harry and Izzy Judd. Harry is the drummer in McFly and Izzy is an author and ...

Intro
Childhoods
Siblings
Birth of Kit
Lola
Trust your instinct
First birth
The first 24 hours
Lolas birth
First nights
Second birth
After Lola
After Kit
Relationship with food
Bringing your own food
Being healthy
Getting pregnant naturally
Healthy relationship with food
Mothers guilt
Letter to mom

OMG!! Full S_adness Of Tiny Baby Jada P_ain Heart With Old Mum Jade Deny Milk | Poor Baby -
OMG!! Full S_adness Of Tiny Baby Jada P_ain Heart With Old Mum Jade Deny Milk | Poor Baby by
Poor Baby 364 views 1 hour ago 6 hours, 54 minutes - Welcome My Channel @PoorBaby OMG!!
Full S_adness Of Tiny **Baby**, Jada P_ain Heart With Old **Mum**, Jade Deny Milk | Poor ...
Emma Willis | HAPPY MUM, HAPPY BABY: THE PODCAST | AD - Emma Willis | HAPPY MUM,
HAPPY BABY: THE PODCAST | AD by Giovanna Fletcher 75,674 views 5 years ago 41 minutes -
Xx I wrote a book called **Happy Mum,, Happy Baby**,. I was overwhelmed by the amount of emails
and messages I received in ...

Assisted Delivery

Breastfeeding Support

Bereavement Training

Birth of Isabel

The Life of a 17-Year-Old Single Mother - How to Preserve Wild Boar Meat And Born Chicks - The
Life of a 17-Year-Old Single Mother - How to Preserve Wild Boar Meat And Born Chicks by Ly Tieu
Ca 254,845 views 2 days ago 21 minutes - lytieuca #singlemom17yearold #dailylife The Life of a
17-Year-Old Single **Mother**, - How to Preserve Wild Boar Meat And Born ...

Davina McCall | HAPPY MUM, HAPPY BABY: THE PODCAST | AD - Davina McCall | HAPPY MUM,
HAPPY BABY: THE PODCAST | AD by Giovanna Fletcher 67,321 views 6 years ago 47 minutes -
Last year I wrote a book called **Happy Mum,, Happy Baby**,. I was overwhelmed by the amount of
emails and messages I received in ...

Night Feeds

Mastitis

Drug Addiction

Never Say no to a Teenager

CHILDHOOD MEMORIES, BEING A MUM & BARN UPDATES - CHILDHOOD MEMORIES, BEING
A MUM & BARN UPDATES by Lauren Grace 3,728 views 2 days ago 29 minutes - A very sporadic
vlog, but I hope you enjoyed nonetheless. Lots of love, L xx WHAT I AM WEARING White Pyjamas ...

Are We Doing This Again? LOL | Mum Chat with Special Guest - Are We Doing This Again? LOL |
Mum Chat with Special Guest by Entry Level Mums 455 views 17 hours ago 56 minutes - DONATE
TO NASRA'S LAUNCHGOOD THIS RAMADAN: ...

Nicola & Samantha Chapman (Pixiwoo) | HAPPY MUM, HAPPY BABY: THE PODCAST | AD - Nicola
& Samantha Chapman (Pixiwoo) | HAPPY MUM, HAPPY BABY: THE PODCAST | AD by Giovanna
Fletcher 52,874 views 5 years ago 1 hour - Xx I wrote a book called **Happy Mum,, Happy Baby**,. I
was overwhelmed by the amount of emails and messages I received in ...

Growing A 10+ Million Youtube Following At The Age of 22: Joe Sugg | E172 - Growing A 10+ Million
Youtube Following At The Age of 22: Joe Sugg | E172 by The Diary Of A CEO 757,751 views 1 year
ago 59 minutes - Joe Sugg is an influencer who, after breakout success before he turned 21, decided
to dial down the parties and temptations of ...

Intro

Early Years

Procrastination & self-doubt

The rapid success of early Youtubers & its impact

Your Youtube journey

Dealing with Imposter Syndrome

The fall of the OG Youtubers

Grow: Your new book

Your struggles with mental health

Dianne & you

Our last guest's question

I Built a Candy Store in my Room and Hid It From My Daughter *secret room* - I Built a Candy Store
in my Room and Hid It From My Daughter *secret room* by The Anazala Family 4,048,673 views
3 weeks ago 24 minutes - I Built a Candy Store in my Room and Hid It From My Daughter *secret
room* | Anazala Family Today we build a secret room in ...

Nidal Explains His Scooter Accident. - Nidal Explains His Scooter Accident. by Juju & Nidal 2,899,932
views 5 days ago 9 minutes, 56 seconds - In this video Nidal himself explains his story through his
horrible scooter accident. Stay tuned for more information! If you guys ...

Coleen Rooney on Happy Mum Happy Baby: The Podcast - Coleen Rooney on Happy Mum Happy
Baby: The Podcast by Giovanna Fletcher 24,600 views 4 months ago 1 hour, 3 minutes - Gi is joined
by Coleen Rooney, well-known TV personality and author, and the wife of famous footballer Wayne

Rooney.

Mia McKenna-Bruce on Happy Mum Happy Baby: The Podcast - Mia McKenna-Bruce on Happy Mum Happy Baby: The Podcast by Giovanna Fletcher 4,070 views 1 month ago 40 minutes - Gi speaks to the actress Mia McKenna-Bruce - star of the new coming-of-age film How To Have Sex - on **mum**, guilt, episiotomies ...

Josh Patterson on Happy Mum Happy Baby: The Podcast - Josh Patterson on Happy Mum Happy Baby: The Podcast by Giovanna Fletcher 9,464 views 3 months ago 1 hour, 3 minutes - Gi is joined by Josh Patterson, former "Made in Chelsea" star and now an ultra-endurance athlete and mental health advocate.

Intro

Josh Patterson

Growing up

Boarding school

Shame

Respect

Sniffing hands

Looking ahead

Reality TV shows

Has becoming a dad affected you

How did you know you were going to become a dad

The Gap

Set Order of Life

Celebrating the Things People Do

Uncertainty

Kids control

Our inner child

Its okay to be insecure

Its a journey

Its a process

Divorce doesnt need to be messy

I need to be this person

Love

Patience

Tom Fletcher on Happy Mum Happy Baby: The Podcast - Tom Fletcher on Happy Mum Happy Baby: The Podcast by Giovanna Fletcher 11,118 views 2 months ago 54 minutes - As team **Happy Mum Happy Baby**, prepares for a brand new season, we hear some of Gi's favourite interviews from the past 7 ...

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In labour

Dad standing by

Dad guilt

Sleeping in the spare room

The nighttime routine

Second time around

Reactions from Buzz

Parenting duties

Handson dad

Feminism and equality

How Parenthood has changed Tom

Georgia Kousoulou on Happy Mum Happy Baby: The Podcast - Georgia Kousoulou on Happy Mum Happy Baby: The Podcast by Giovanna Fletcher 43,732 views 1 year ago 55 minutes - This week, Giovanna is joined by The Only Way Is Essex's, Georgia Kousoulou, wife to Tommy and **mum**, to Brody. Listen to the ...

Josie da Bank on Happy Mum Happy Baby: The Podcast - Josie da Bank on Happy Mum Happy Baby: The Podcast by Giovanna Fletcher 1,159 views 2 weeks ago 45 minutes - Festival lovers, this one's for you. This week Gi meets the co-founder of Camp Bestival, Josie da Bank. We cover camping tips, ...

Geri Halliwell-Horner on Happy Mum Happy Baby: The Podcast - Geri Halliwell-Horner on Happy Mum Happy Baby: The Podcast by Giovanna Fletcher 18,711 views 5 months ago 46 minutes - This week Gi is joined by a true pop culture icon and literary star. She's a force as a Spice Girl and now, a New York Times ...

Intro

Geris introduction

Its like having a baby

Overwhelm

Finding Your Power

Andolinis Redemption

Childhood

School

Looking Ahead

Leaving the Spice Girls

Where are the children

Getting married

Finding out she was pregnant

How was the pregnancy

How did it feel heading towards the birth

Yoga

Birth

Confidence

Body

Single Parent

Parenting Together

Lego Assistant

Rollercoaster Set

Meeting New Parents

Mental Shift

Open Discussion

Geris Experience

Swimming

Sleeping

Staying Present

Putting Marriage First

Formula 1 Drivers

Fear of Mother Nature

Not Easy

Being Present

Getting Up and Go

Zoe Sugg and Alfie Deyes on Happy Mum Happy Baby: The Podcast - Zoe Sugg and Alfie Deyes on Happy Mum Happy Baby: The Podcast by Giovanna Fletcher 224,360 views 1 year ago 1 hour, 3 minutes - YouTubers and entrepreneurs Zoe Sugg (founder of Zoella) and Alfie Deyes discuss life with their first **baby**., Otilie. Listen to the ...

Intro

First birthday

Childhoods

Mum or Dad

When did you have those conversations

Moving into your home

Getting excited about the future

Being spontaneous

When are you ready

Testing for pregnancy

Telling people

Did you feel sick
What are your symptoms
Google history
Forums social media
Memories of pregnancy
How was it for Alfie
Birth plan
I will follow you
I had an induction
Induction takes time
Postpartum recovery
Pregnancy was like climbing a mountain
Postpartum can feel like doing it alone
What did we do
Letter to Parenthood
Letter to Parents
Being a Mum
Being Selfless
Charlotte Crosby on Happy Mum Happy Baby: The Podcast - Charlotte Crosby on Happy Mum Happy Baby: The Podcast by Giovanna Fletcher 9,748 views 4 months ago 50 minutes - Gi is joined by reality TV star Charlotte Crosby. Now engaged and a **mum**, to little Alba, Charlotte gets real about her life and ...
Motherhood Diaries: Post birth with Montana Brown on Happy Mum Happy Baby: The Podcast - Motherhood Diaries: Post birth with Montana Brown on Happy Mum Happy Baby: The Podcast by Giovanna Fletcher 7,778 views 4 months ago 59 minutes - Gi welcomes back Montana Brown, the Love Island star turned businesswoman, who recently embraced motherhood with the ...
Louisa Lytton on Happy Mum Happy Baby: The Podcast - Louisa Lytton on Happy Mum Happy Baby: The Podcast by Giovanna Fletcher 4,902 views 4 months ago 53 minutes - Gi is joined by Louisa Lytton, a talented actress known for her roles in hit British TV shows like "EastEnders" and "The Bill.
Intro
Playing Jenny
Touring with Jenny
Full time mum
Touring
Childhood
Friends at school
Did you ever wonder about it
Did you talk about it straight away
When did the shift come
Wedding abroad
Were so lucky
No no feeling
Embracing the chaos
Miscarriage story line
Being pregnant at work
Miscarriages
Birthing
Naming
Having a plan
Dealing with postpartum depression
Friendship group
Overthinking
sleepover
friends
all the answers
every baby is different
writing a letter to her mom
peace of mind
Matt Willis on Happy Mum Happy Baby: The Podcast - Matt Willis on Happy Mum Happy Baby: The

Podcast by Giovanna Fletcher 47,146 views 1 year ago 51 minutes - For the first episode of the new season, Giovanna is joined by her good friend Matt Willis to discuss, fatherhood, addiction and ...
Mario & Giorgina on Happy Mum Happy Baby: The Podcast - Mario & Giorgina on Happy Mum Happy Baby: The Podcast by Giovanna Fletcher 40,383 views 1 year ago 52 minutes - In the second of our bonus episodes to celebrate the launch of Giovanna Fletcher: Made In Italy on ITV, Gi is joined by her sister, ...

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