

A close-up photograph of a pregnant woman with long dark hair, smiling and looking down at her belly. She is wearing a white ribbed tube top under a green button-down shirt. Her hands are gently cradling her large, rounded belly. The background is a plain, light-colored wall.

# BabyCues

Pregnancy prep  
for infant connection

[babycues.com](http://babycues.com)



A PHILIPPA MURPHY BOOK

First published in 2025  
by Murphy Media Ltd  
[www.babycues.com](http://www.babycues.com)

COVER DESIGN: Philippa Murphy  
LOGO DESIGN: Philippa Murphy  
BOOK DESIGN: Philippa Murphy  
IMAGES: PeopleImages,

Whilst every effort is made to ensure that the published material from the author and publisher of 'BabyCues Pregnancy Prep that Connects' is accurate and appropriate, the author and publisher make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of content and information found on, or contained within the booklet, [www.babycues.com](http://www.babycues.com) and [blog.babycues.com](http://blog.babycues.com). The information contained is at the user's risk and is strictly for educational purposes. The author and publisher disclaim any warranties (express or implied), merchantability, or fitness for any particular purpose.

Copyright ©

Philippa Murphy 2025

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, except for brief reviews, without the written permission of the author and publisher.



# Hello!

*It's lovely to have you here*

I'm Philippa Murphy

I'm an awarded Infant Gut Health Practitioner, a colic and reflux specialist, postnatal practitioner, educator, speaker, author, Mum, step-mum, detail attentive newborn and infant activist, meditator, quantum physics lover, dabbling artist and creator. Oh, I'm also a self-described advocate for common sense, I love all things nature, the colour green, and my morning coffee.

With a background in Child Development and Psychology, and being a Certified Lactation Consultant and Certified Nutritional Health Coach, I'm a keen campaigner for preventative intervention

through education. One of my main commitments for holistic child, and parent health, is to provide education that is focused on eliminating the unnecessary symptoms of colic, reflux and silent reflux from our world. Yes that can be done, and by natural means. It's what I love to do.

I also cherish any opportunity to empower parents with knowledge that will enhance confidence, so their intuitive care, and love, can develop in the best way possible. The tips in this guide are a little slice of the empowerment that I wish for you.

## your opportunity

Firstly, I'd love to say congratulations to you on your new bundle of joy! I hope pregnancy is treating you both well and your prep thus far has been fulfilling. My hope is that this little booklet of self-discovery for the parent you'd like to be continues that fulfillment.

As you move through this booklet, you may like to keep one of my favourite quotes in mind from Charles Raison, **"One generation full of deeply loving parents would change the brain of the next generation, and with that, the world."**

Imagine being a part of that, and making sure, as best we can as parents, that your child is one that changes our world's emotional intelligence. I'm sure most parents want this, and I see you do. Simply because you have taken this opportunity to unpack your past experiences and beliefs so you all have the best chance of creating healthy emotional connections.



# your evolving

To evolve, we sometimes have to unpack, reframe, and recommit to who we are going to be as we move forward on the best path we would like for ourselves and our family and these questions will help you do just that. They may also recycle some old wounds, so take your time with these. Here are a few things that may make this easier for you.

1. Divide the questions into five parts...
  - what did I feel when this happened for me
  - what do you feel about that now
  - do you want your child to have the same feelings
  - how will you create the feelings your'd like to have for them.
2. If you are in a relationship then you may like to go through these questions seperately, make notes and then come together to discuss and map out your wishes.
3. If at anytime you are feeling a little out of balance because what these questions bring up for you, slow down, take sometime to recalibrate and return to them when ready. You may find it beneficial to only look at one question each week.
4. If you are struggling to express your feelings, use the Feeling Wheel in this resource
5. Take a moment to write down your "why" with doing these questions and when you need, return to this.

## your questions

- ⑧ What were the most positive aspects of your childhood?  
Reflecting on positive memories can help you identify what worked well in your upbringing and therefore, what you too might like to reflect into your child's daily life.
- ⑧ What were some challenges you faced growing up, and how did your parents handle them?  
Understanding past challenges can help you and your partner empathise with difficult situations, learn from them, and think about how these may show up for you with your child and how you might go about these moments or endeavour to prevent them from happening.
- ⑧ How did your parents show affection and emotional support?  
This question encourages you both to consider how you felt supported and loved, which can influence how they express affection to your own child.
- ⑧ What discipline methods were used in your family, and how did they make you feel?  
This may help you reflect on discipline strategies and decide on the approaches for your family.
- ⑧ Were there certain needs (emotional, physical, etc.) that you feel were not met as a child? How do you feel about that now?  
Acknowledging unmet needs can help you understand what you may want to prioritise for their child.



- ③ How did your parents handle stress, what were the affects?  
This can help you understand how you might handle stress and what you can do to model healthy coping mechanisms for your child.
- ③ What values, or life lessons, did your parents instill in you that you want to pass on to your child?  
This question invites you to reflect on important life values that you'd like to share with your child.
- ③ Were there moments in your childhood where you felt misunderstood or unsupported? How did that shape your emotional world?  
Reflecting on feelings of being misunderstood can help you avoid repeating similar patterns in their own parenting.
- ③ How did your parents react to your emotions (anger, sadness, joy, fear)? How did that influence your own emotional development?  
This can give you insights into how you might handle your child's emotions and whether they want to approach emotional responses differently.
- ③ What was your relationship like with your siblings? What lessons did you learn from that dynamic?  
This question can help you understand how sibling relationships shaped your views on family dynamics and cooperation. Handy if you are about to have baby number two.

☯ Were there any major life events or transitions during your childhood that affected your emotional well-being?

Discussing major life changes like moving, divorce, or loss can help let go of any emotional loads that you would prefer not to bring into your parenting journey.

☯ How did your parents' relationship with each other impact you as a child?

This can spark conversation about what you would like to model in their own relationship to create a healthy environment for their child.

☯ What role did communication play in your family? Were there open lines of communication, or was it more difficult to express yourself?

Diving into this will allow you to define what way you would like your child to be able to communicate to you.

☯ What are your biggest hopes and dreams for your child, and is there anything else that you'd like to consider that will create a nurturing environment for them?

A forward-thinking question that encourages both partners to align on their parenting goals and values.





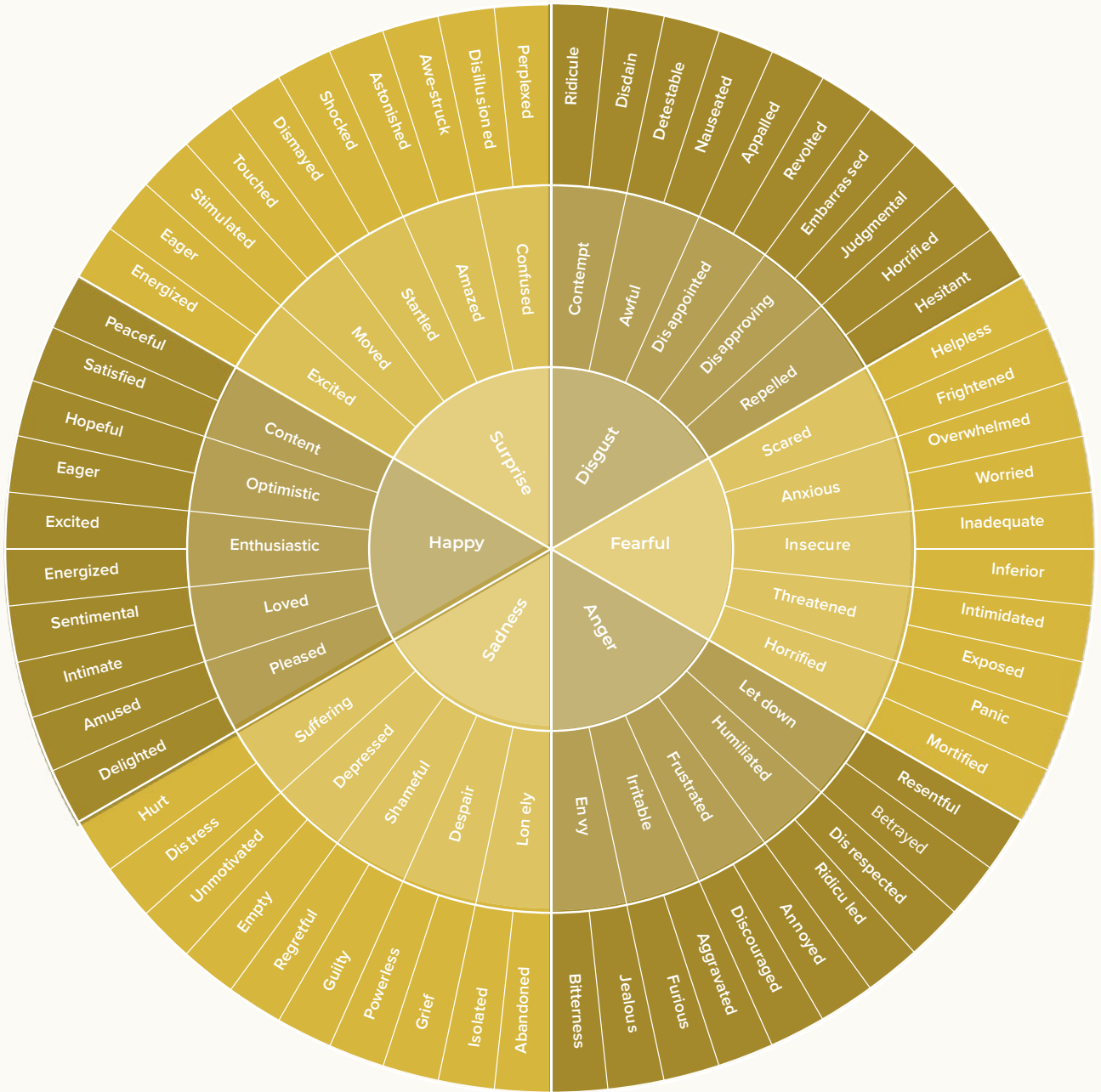
## your feelings wheel

On the next page you will find a Feelings Wheel. A feelings wheel is a visual tool that can help you identify and express your emotions, which can be helpful when unpacking some scenarios of our past, present or future emotions that may happen during the postnatal stages, or for your children as they age.

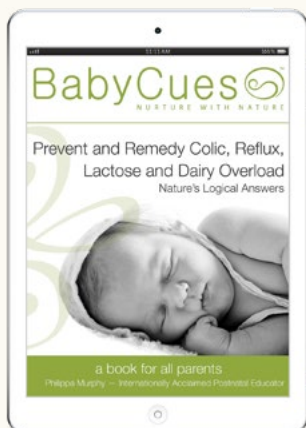
One way to use a feelings wheel for yourself as you move through this prep, or with your partner is to encourage specific "diagnosis" of your feelings and express their emotions on the wheel. This can help to promote open and honest communication about feelings, and can provide insight into yourselves or both of your emotional experiences and needs. The feelings wheel can also be used as a starting point for discussions about specific issues or challenges in the relationship, and can help to identify areas where the partners may need to work on better understanding and supporting each other emotionally.

*Remember, feelings pass.  
Some quickly, some not so.  
But it's a commitment to self  
To notice,  
Love, or change,  
That which you want to express.  
We all have moments.  
How much they take from you,  
Is up to you.*





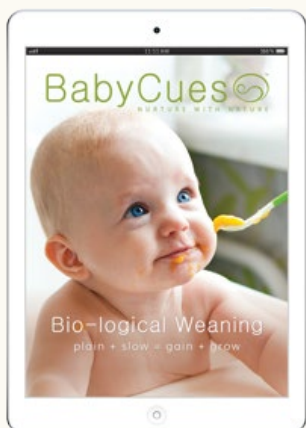
## your extra resources



### **Prevent & Remedy Colic, Reflux, Lactose and Dairy Overload**

Practical know-how to help you achieve natural digestive balance for your newborn throughout the first six months.

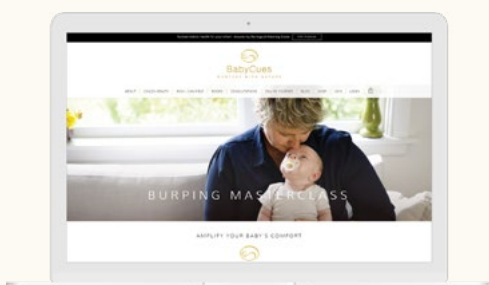
[learn more →](#)



### **Bio-logical Solids Weaning Guide**

Holistically introduce and maintain optimal nutrition for your infant from six months to two years of age with BabyCues method of "Plain + Slow = Gain + Grow".

[learn more →](#)



### **Online Burping & Gas Masterclass**

A step-by-step guide to burp your baby well, reduce gas, stop pain, and foster better sleep for all. You'll learn my ten-step method of burping and so much more.

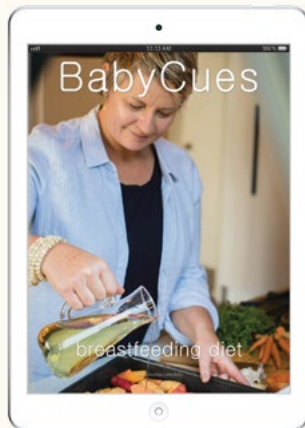
[learn more →](#)



### Care After Birth

Foster a healthy recovery from birth, and empower holistic care for Mum and baby with this comprehensive guide that provides natural remedies and more.

[learn more →](#)



### Breastfeeding Diet Guide

This booklet walks you through the research, while providing you lists on all the food groups and supplements that are best to eat and avoid to reduce Digestive Overload symptoms.

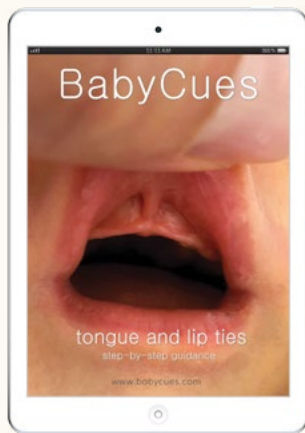
[learn more →](#)



### Breastfeeding Meal Plan

Philippa's carefully crafted meal plans provide the essential nutrients that you need to stay energized and support your baby's growth, whilst making sure you limit Digestive Overload symptoms

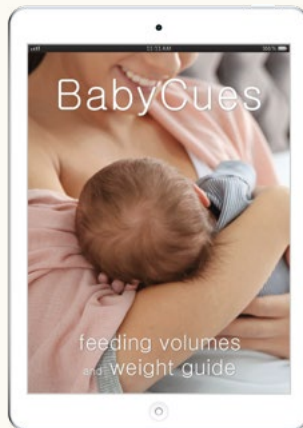
[learn more →](#)



### **Tongue & Lip Tie Booklet**

A step-by-step guide on the symptoms, mistakes of diagnosis, professional tools, best practitioners, appropriate aftercare, along with Philippa's own experience and her top tips.

[learn more →](#)



### **Feeding Volumes & Weight Guide**

Learn how much milk your baby requires at each age, in accordance with their physiological capacities - these are different to what is on formula cans.

[learn more →](#)



### **Natural Remedies for Vaccinations**

Help your baby move through the side effects of their childhood vaccinations a lot easier by using these homeopathic remedies.

[learn more →](#)



*a supportive community is key*

Feel seen, heard and understood. Gain life-logical care, cue-led communication, and evidence-based practices to create natural healing pathways for your infant's overall wellbeing and Digestive Overload symptoms.

membership includes



exclusive monthly Q & A and live group coaching with Philippa  
lives with maternal and mental health experts  
related coaching resources to aid implementation  
10% off BabyCues bestselling books  
10% off your first 1:1 consultation  
receive musical medicine and meditations  
authentically connect with like-minded parents



FREE access is often available so do check it out and [sign up to our newsletters](#) to stay informed

Luxlife Parent & Baby Award 2023  
Best Infant Digestion Platform

Luxlife Parent & Baby Award 2024  
Baby Digestive Health Specialist of the Year

*Love this guide, here's more*

BABYCUES EXPERT BLOGS

colic | reflux | breastfeeding | bottlefeeding | burping

PRIVATE CONSULT

Prenatal | Postnatal | Infant

*newsletter signup* →



*the close connected world  
we wish for our children  
is up to us*





N U R T U R E W I T H N A T U R E

join me for more tips



[babycues.com](http://babycues.com)

*Philippa x*

