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Stills photography by Simon Cardwell

Not only a mum

Most first-time mums worry about the way their body has changed

Tash is a communications consultant and Pilates instructor who gave birth to Parker four months ago. She is back to the same weight she was before her pregnancy – but not the same shape – and is dissatisfied with her current clothes. She wants her wardrobe to be versatile. She wants to be able to get dressed in the morning, roll on the floor with bub and pop out to do the groceries without needing to hide in the next aisle if she spots someone she knows. Jeans have been Tash's staple but she'd like to move away from them to something more stylish.

Juggling a new baby and the need to earn an income, she works from home and definitely feels more productive when dressed for work. In addition, she talked about how easy it is to get tied up in being a mum and forget about looking good for herself.

What to wear

Tash has extremely long legs and a short torso, which enables her to wear shorts with flat shoes and still look fabulous. To ensure her torso doesn't look out of proportion, she should wear tops that flow through the waist and sit over the top of jeans or shorts. A belt would cut her torso off and give her an odd looking shape.

Tash had not shopped for new clothes since before she fell pregnant, so we decided that a wardrobe make-over was the best place to start. At first glance

it looked as if she had plenty of clothes. After scrutinising each item I could see that actually she had a mish-mash of corporate clothing, winter wear, clothes stretched from being worn while pregnant, clothes that can't be worn while she's breast feeding and lots of Pilates workout gear. She was wearing only a few items.

We organised her wardrobe into sections with everything she could wear now in easy reach. She may go back to corporate work or have another child, so the maternity and corporate clothing was put to one side. She only had two items of clothing that were not within her colour palette – which she was happy to let go of.

By organising her clothes by function and season, Tash was able to really see what she has to wear, make a shopping list and address the gaps.

The right look

The look we were aiming for is “feminine but not too girly, positive, timeless, graceful yet strong, eye catching but not flashy, quite different but not weird, able to blend in as well as stand out, balanced and simple but with some character”. The challenge was to do this while still choosing garments that were breastfeeding-friendly and minimising baby-unfriendly accessories. Ideally, all clothes would be machine washable and not need ironing to allow Tash to make the best use of everything she already had.

Tash does have some items specifically designed for women



Special thanks to Parker for sleeping so soundly through the process



THE SHOPPING LIST

- + Dark shorts
- + Light weight pants to wear instead of jeans
- + Coloured pants to update her look
- + Summer dresses with access for breastfeeding
- + Tops that allow for breastfeeding to wear with skirts and shorts

who are breastfeeding, but says it's hard to feel “not just a mum” when wearing those clothes. My mission was to find clothes in mainstream shops that met her needs, so I was on the look-out for tops and dresses with buttons, ties, stretch and front zips.

Having found some key pieces that Tash loved, she told me the experience had opened her eyes to life after black. “By working my wardrobe around the colours in my range, I am able to wear so many different combinations. Patterns can go with so many different things because they have so many colours in them. And when you focus on your best colours everything works together,” she said.

Like many new mums, Tash is sleep deprived, so it's important that she wears colours that make her look and feel fresh. She now has the colours, the styles and a few new clothes to help her to feel ‘not only a mum’.



“When you focus on your best colours, everything works together”

Bright colours like coral make Tash look and feel fresh instead of sleep deprived



Aqua, pink and yellow costume necklace \$69

Aqua, pink and yellow costume necklace \$69

Aqua, pink and yellow costume necklace \$69

What's missing?

A few key pieces that were functional and could all be worn together was all Tash needed

About Annalisa

Annalisa is founder and CEO of My Image Consultant. She is a passionate believer that "life's too short, with too many exciting possibilities to let how you look get in your way". To find out more about how Annalisa can help you, visit her website, myimageconsultant.com.au



Aqua, pink and yellow-
costume necklace \$69



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win!
How's your
wardrobe?

Each month, Annalisa will be helping a reader solve their dressing dilemmas. So if you have a wardrobe full of clothes but nothing to wear, if you're stuck in a rut with the same old style, if you are perplexed by current fashion, if you have changed shape and don't know how to dress to suit it or have any other dressing dilemma, please write in and tell us about it. Annalisa will use her expertise to show you how to take control of the way you look. To enter, send an email with the subject title **WARDROBE MAKEOVER** to familyhealth@globepublishing.com.au and tell us why you need Annalisa's help. Please include a recent photo.

Email us now familyhealth@globepublishing.com.au