

THE UNLIKELY MUMMY

Kavita Trevena

Jacqueline's Gems Childcare Services Ltd

PODCAST EPISODE

THE HELPING HAND PODCAST - EPISODE NINE - THE UNLIKELY MUMMY -

The Helping Hands Podcast - Brought to you by Jacqueline's Ge...

Today • 38 mins left

Mental Health Day

The Unlikely Mummy was born because of my mental health

I get asked a lot why I still talk about my mental health and my struggles. The answer is simple - Not a lot of people actually talk about it, especially within the Asian community. So, if I continue talking it may help a fellow mum who isn't allowed or hasn't got the strength to. There could be many reasons, is it because of fear? Is it because of judgment? Is it because we are just scared, to be honest?

Until I had my son, I didn't really understand what mental health was and how much it can impact your health. I understand physical health as I studied but mental health was mind-blowing. You can see the pain, you can't explain it unlike physical health or a broken bone.

I celebrated Mental Health Day by loving myself again. Something I think we should all do.

[Watch my video](#)

WHAT YOU CAN EXPECT FROM ME

- [NEW MUMS GROUP](#)
- [WANTED: FEATURED BLOGS](#)
- [COMMUNITY INVESTMENT](#)
- [BUY ME A HOT CHOCOLATE](#)
- [PODCAST](#)
- [RADIO INTERVIEW](#)



2-hour Coaching Call

Since our coaching call and my 'go to' guide I have confidently introduced cashew and almond butter into my diet, removed lots of high sugary foods, and eating fresh almost every night. With her support, guidance, and encouragement as well as exercises I have dropped down two back sizes and a couple of inches from the waistline. But more importantly, I feel healthy within myself.

Do I recommend Sonal, 100%. Would I still recommend her if I didn't have the coaching, 100%. Her Instagram is helpful and insightful and Sonal's understanding of what we need goes without saying.

Thank you so much for being a positive influence on my eating habits. [Nourish Food For Life](#)

Want to advertise in my new book, ask me how.



About Sonal



Want to feature or have a mention - [contact me](#)

Five Wild Ones

Two ladies came together to create such a simple concept with such a big impact.

Rewards a routine.

Rewards for doing everyday tasks we take for granted but little ones may struggle with me.

After just one day, we posted 6 cards and we got a treat in the car on the way to nursery.

The treat can be anything, a trip to the park, a biscuit or 5 minutes extra screen time. It is flexible and you can be as creative as you like!

Have you struggled with doing routines with your little ones, check out Five Wild ones for their innovative product and see how many your little ones can post :)



<https://fivewildones.com/>

Podcast

I was invited to talk in a podcast with Jaqueline's Gems LTD.

I laughed, laughed, and laughed even more. I had so much fun talking about my experience because having mental health issues, anxiety, and depression isn't what makes me who I am. Understanding them and living with it is.

We talked about my labour, why I refer myself to Bambi, why I started blogging, being shortlisted for Blogger of the year with Digital Women, why I enjoy helping mums and why it's important to talk.

[You can listen here.](#)

UPDATE: Cancelled November's Mindfulness and Wellbeing event

Radio Interview

"Kavita, would you like to be interviewed on our local radio station"

Yes, please.

The Learning Canteen based in Thamesmead and Abbeywood host a radio station. I had a lovely chat with Lisa who was really easy to talk to, she made me feel super comfortable.

Similar to the above, I really opened up about The Unlikely Mummy and why I do what I do.

[You can listen here -](#)

Featured songs.

Rudimentals Feat. Ella Eyre - I have been waiting all night.

Coldplay - A sky full of stars.

Brian Adams and Melanie C - Baby when you are gone.

WWW.THEUNLIKELYMUMMY.CO.UK



Join me on Wednesday 3rd November at Danson Youth Centre for a Mums Talk Session, 10 am to 11 am. It's

FREE!!

Mentions • betterchildrenscentres_east 55 m

@RTM.FM

ON AIR

Today

Lisa and The Unlikely Mummy
Monday 18th October - 1pm
www.rtm.fm

  

Tune in to listen to a fabulous chat with Kavita, local mum and blogger, also known as The Unlikely Mummy. Kavita shares her journey through post natal depression and PTSD

@THEUNLIKELYMUMMY

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