

MAMA

DISRUPT

+ GIFT GUIDE MINI-MAG
+ MD® CHRISTMAS CHECKLIST



CHRISTMAS

YO' GOT THIS GIRL!

Chief mama Jess will spend the silly season with her biggest loves: her boys!

ED'S LETTER

"IT'S THE PERFECT SEASON TO QUIETEN OUR CRITICAL INNER VOICE AND BECOME OUR OWN BEST FRIEND."

And the Christmas season is here! Our fav time of year at MD® HQ, we love the crazy, the mess, the glitter! YES, it's a bit mad, but it's the moments memories are made of: sunshine, ice-creams and bucket loads of cuddles.

It's at times like this, that we feel super thankful. Thankful for the family we have around us, for the roofs over our heads and for the beautiful country that we live in. Christmas is a time for love, after all. And not just love towards each other, but to ourselves too. In fact, it's the perfect season to quieten our critical inner voice and become our own best friend – to change our internal chatter to one of support and empowerment. Imagine if we all obsessed about how much we loved ourselves and each other, what a wonderful world it would be...

And yes, there are some amazing things to be had that are well worth saving for and indulging in at this time of year – either for ourselves and our babes, or for our loved ones and those kindred spirits who sit with us as we cry into our wine about the epic supermarket tantrum that we endured that day (you know who you are).

So, here are our picks of what you might want to add to your Christmas list this season, together with our super simple Mama Disrupt® bucket list of sass that makes Christmas what it is – all about the FAM BAM!

Yours in mince pies,

Jess xo
FOUNDER + EDITOR-IN-CHIEF

CHRISTMAS WISH LIST:

- 1. PEACE
2. LOVE
3. HEALTH
4. DANCING SHOES!

CONNECT WITH JESS @jessicajanesammut #JJS

BUCKET LIST

THE SUPER SIMPLE MD® BUCKET LIST

Christmas is fast-approaching, so gather up the fam and follow our checklist of F-U-N to make this holiday season one to remember... ho, ho, ho!

THE COUNTDOWN BEGINS...

- Christmas tree, assemble! Mark the start of December by planning a fun afternoon decorating the tree with the kids. They'll love it! Put on a playlist of carols for those feel-good holiday season vibes and crack open a box of mince pies.
Dust off those fairy lights and deck the halls (inside and out!). There's nothing better than walking around the neighbourhood with the family watching the houses shine bright as the sun sets!
Want something low-key but still brings festive cheer? Get crafty and design your own Christmas wreath to hang on your front door.

SHOP AND SHARE THE LOVE

- Get organised and set up a gift-wrapping station complete with wrapping paper, coloured sticky tape and tags to help save time (and your sanity!). BYO glass of wine.
Mail out your personalised Christmas cards (extra points if you manage to organise a photo of the fam kitted out in matching Chrimbo sweaters!).
Need gift inspo? Look no further than our fav picks in this Gift Guide Mini-Mag! We came prepared.

TREAT YO'SELF

- This time of the year calls for the delicious scent of baked goods wafting from the kitchen... so why not share some treats with your neighbours and friends and let the good vibes roll!
Hosting Christmas day this year? Give yourself plenty of time to prepare and get the shopping done early. Tip: keep it simple and make classic dishes with a modern twist, Mama Disrupt® style.

THE NIGHT BEFORE...

- Embrace the festive spirit and snuggle up to watch classic films, including Miracle on 34th Street, Elf and Home Alone – the list is endless!
Savour the fun of Christmas eve and snap the fam in their PJs in front of the tree and presents. #framer



Look in the backyard or local park for lush greenery that will add the "wow factor" to your holiday decorations.



WRAP DRESS // \$135

mamathelabel.com.au

SHOP

FASHION WITH A FUNCTIONAL TWIST? YES, PLEASE! A HIDDEN PRESS STUD AT THE BUST MAKES IT EASY TO NURSE BEBE ON THE GO WHILE ALSO GIVING EXTRA COMFORT WITH A TODDLER ON YOUR HIP. #ADDTOCART

MAMA SANCTUARY

Surprise your loved ones with something special (or two!) from these luxe finds...

CALI PALMS, CALIFORNIA SHADOW BOX
RAW FRAME 125CM X 91CM // \$1,250

aquabumps.com

SHOP

IT SMELLS AS GOOD AS IT SOUNDS!
TIP: IT'S THE PERFECT PRE-TAN TREATMENT!



LEMON + PINK GRAPEFRUIT COFFEE SCRUB // 220G \$19.95

organicallybare.com.au

SHOP



A THOUGHTFUL GIFT LOADED WITH NATURAL SKINCARE MUST-HAVES FOR USE ALL YEAR ROUND.

MOOGOO HOLIDAY PACK // \$31

moogoo.com.au

SHOP



IKATAN BALINESE DAY SPA NOOSA GIFT VOUCHER // HOW MUCH IS UP TO YOU, MAMA! #SHARETHELOVE

ikatanspa.com

SHOP



THE ULTIMATE LUXURY BALI-INSPIRED SPA EXPERIENCE AWAITS...



GET INTO SHAPE WITH THIS ENERGY BOOSTING ONLINE PROGRAM, GUARANTEED TO GET YOU MOVING. GO MAMA!

THE MUMMA MOVEMENT ONLINE 8 WEEK POST PARTUM PROGRAM // \$169

themummamovement.com

SHOP



MAMA DISRUPT 12 MONTH PRINT SUBSCRIPTION // \$45

mamadisrupt.com

SHOP

A BEAUTIFUL MAG LOADED WITH MAMA SASS, EMPOWERMENT AND GOODNESS FOR THE SOUL. WHAT MORE COULD YOU WANT?



CHRISTMAS COMPLEXION COLLECTION // \$60

dustygirls.com.au

SHOP

SWEET DREAMS ARE MADE IN THIS OH-SO-PRETTY SLEEPWEAR BY BAE THE LABEL. LIGHTWEIGHT AND BREEZY FOR SUMMER!

UNTIL TOMORROW HENLEY TANK AND PJ SHORT // \$59 EACH

baethelabel.com

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MAMA CHRISTMAS



I am modern motherhood
MAMA DISRUPT™



ILLUSTRATION BY JEN AND JENNIFER



SO COOL!! SEE THE WORLD THROUGH YOUR BEBE'S EYES AND REVEL IN THESE MOMENTS TOGETHER...

WHEN GOOD THINGS KEEP YOU ORGANISED AND STYLING, THEY GET THE MAMA STAMP OF APPROVAL! #SWEET



UNIRIDER // \$119
mountainbuggy.com

SHOP



COASTAL ONE-PIECE SWIMWEAR // \$54.90
sudo.com.au

SHOP

OUTDOOR ADVENTURE

Embrace the summer vibes with these top picks...

PINEAPPLE PARTY TOWEL // \$60 NZD
bandofboys.co.nz

SHOP



JIVE² PLATINUM STROLLER + BASSINET, IN GLACIER // \$949
redsbaby.com.au

SHOP

LIMITED EDITION RED TNS ORIGINAL INSERT // \$99
thenappysociety.com.au

SHOP



SPRINGFREE TRAMPOLINE // RANGE STARTS FROM \$999
springfreetrampoline.com.au

SHOP

REDSBABY HAVE DONE IT AGAIN! THE JIVE² STANDS OUT IN URBAN SURROUNDS #LOVE



MAYER SHORT SLEEVE HOOD // \$55 NZD

bandofboys.co.nz

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☆
STYLISH TIME TELLERS AND TEACHERS FOR THE KIDS



☆
THE LEARNER MATTE BLACK DUAL BAND KIDS WATCH // \$99

sparrowwatches.com

SHOP



☆
LET YOUR BUB TAKE CENTRE STAGE IN THIS GORGEOUS TUTU DRESS

FLUTTER SLEEVE TUTU DRESS // \$59.95

flodancewear.com.au

SHOP



* LITTLE FASHION

Step into style with these gorgeous discoveries for mama + boo!

☆
TINY MATTERS LITTLE LOVE STERLING SILVER SLIDER // \$89

mattersspeaking.com

SHOP

A PRECIOUS MEMENTO FOR YOUR LITTLE ONE HANDCRAFTED WITH LOVE



☆
ROAD TRIP TEE // \$25

hellobanjo.com.au

SHOP



☆
ROCK THESE ROSE GOLD BEAUTIES THIS SUMMER ALONG WITH YOUR MINI ME! #TWINSIES



☆
SALT WATER CLASSIC SLIDE IN ROSE GOLD // \$84.95

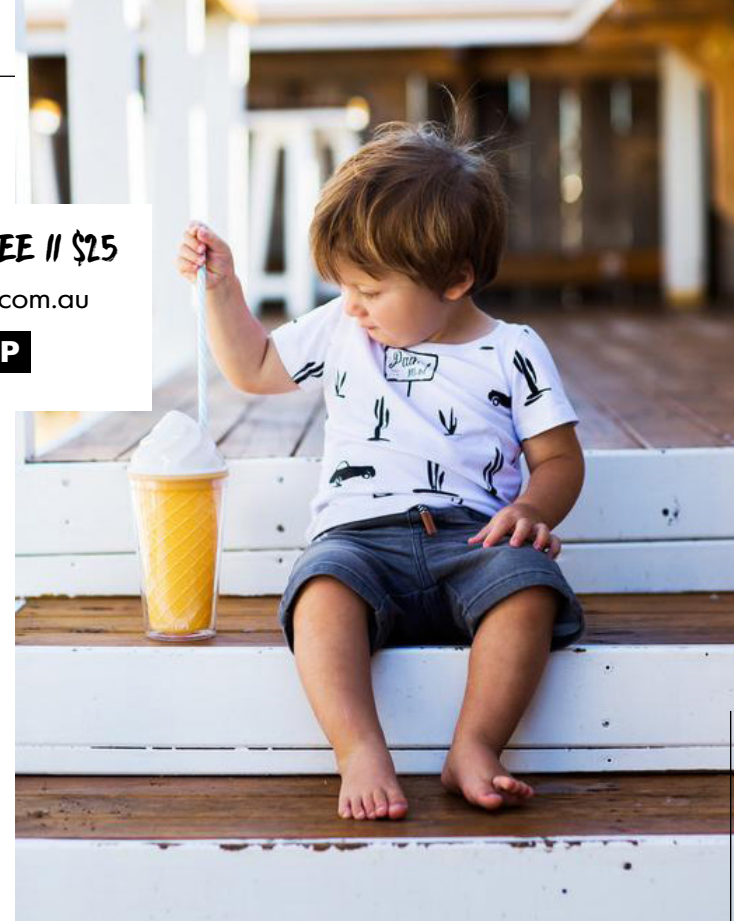
babybootique.com.au

SHOP

SALT WATER SAILOR SANDAL IN ROSE GOLD // \$74.95

babybootique.com.au

SHOP



MAMA LOVES KANYE ONESIE // \$25

meandminiclothing.com.au

SHOP





SKIP HOP EXPLORE + MORE
JUMPSCAPE FOLDAWAY
JUMPER // \$275.95

ababy.com.au

SHOP



LUNA POP RAINBOW
LIGHT // \$199

livly.com.au

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WATCH YOUR CHILD
BRING THEIR INNER
STORYTELLER
TO LIFE!



IVI INTERACTIVE
3 DIMENSIONAL
PLAY RUG // \$174.95

urbanbaby.com.au

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PLAYTIME HEROES

Enrich your babes' lives with
these exciting additions...

YOUR LITTLE PRINCESS WILL
FALL IN LOVE WITH THIS
LASTING KEEPSAKE...

WOODEN DOLLS PRAM // \$199

silvercross.com.au

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THESE NEW PRODUCTS
BY MARMALADE LION
ARE WATERPROOF,
WIPEABLE, WASHABLE.
A WINNING TRIFECTA
IN OUR BOOK!
#MDLOVES

PADDINGTON BEAR
TRUNK // \$129.95

trunki.com.au

SHOP



FOOD SMOCK \$29 //
FOOD DROP MAT \$35

marmaladelion.com.au

SHOP



MAMA COCKTAILS



ILLUSTRATION BY JEN AND JENNIFER

SHOP NOW

OUR FAV SHOPPING GEMS ACROSS THE COUNTRY...

harley
andsoo



PERTH

Harley and Soo
423 Oxford Street, Mt Hawthorn
harleyandsoo.com.au

tip you're it!



CANBERRA

Tip You're It
5/18 Lonsdale St, Braddon
tipyoureit.com.au

BIRDIE AND CO. ♡



HOBART

Birdie and Co
Shop 7 Magnet Court, Sandy Bay
birdieandco.com.au

The
Burra
Bub Co.

DARLING x TWO



QUEENSLAND COAST

The Burra Bub Co.
Shop 1, 258 Adelaide Street, Maryborough
@theburrabubco



SYDNEY

Darling x Two
76 Wolger Street, Como West
darlingxtwo.com

NURTURE YOUR SOUL. RELAX YOUR BODY. REST YOUR SPIRIT.

IT'S TIME FOR YOU, MAMA.
ESCAPE TO IKATAN BALINESE DAY SPA.



 **ikatanspa**
noosa

LUXURY TRAVEL GUIDE ASIA AND AUSTRALASIA EXCELLENCE IN SERVICE AWARD.
VOTED FOUR TIMES FOR BEST DESTINATION SPA IN AUSTRALIA.

WWW.IKATANSIPA.COM PHONE 07 5471 1199 A RELAXED MAMA IS BEST FOR BUBBA