

Michele Quattrin

NAVIGATING MOTHERHOOD

Your Curated
Guide to Life,
Style & Support
in the Twin Cities



minneapolis' best baby boutique stores

Minneapolis's Best Baby Boutique Stores: A Curated Guide for the Modern Mom Navigating the world of baby boutiques can be both exciting and overwhelming, especially for new moms who value quality, aesthetics, and sustainability.

twin cities' most beautiful places for stroller walks

As a local mom and photographer who's spent the better part of 15 years walking (and sometimes wheeling) through motherhood, I've found that some of the most healing, connecting, and sanity-saving moments happen during stroller walks.

mama movement 101

minneapolis' top maternity and postpartum wellness studios Expecting or newly postpartum and craving movement that feels like nourishment not obligation?

where to grab a coffee with baby in tow

(and not feel rushed or judged) Getting out of the house with a baby is no small feat. Between the packing, the timing, and the mental gymnastics of anticipating meltdowns, it can feel like a whole expedition.

where to find thoughtful postpartum support in the twin cities

In the hush of a midnight nursing session, you look down at your baby's soft cheek and realize your heart has never felt so full—and yet, your whole world has been flipped upside-down.

top pediatricians and clinics in the twin cities

that treat you like a partner, not a patient You're doing a lot—navigating motherhood, managing the schedules, and still trying to feel like yourself in the middle of it all. So when it comes to choosing a pediatrician, you want more than clinical

Contents



Contents



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the best baby-friendly photographers

(why you deserve to be in the frame) As a motherhood photographer who has spent the past 15 years capturing tiny toes, sleepy snuggles, and tearful giggles, I've had a front-row seat to the emotional chaos and beauty of early parenting.

stylish, comfortable clothes for new moms

(that aren't just loungewear) Let's be real: postpartum dressing is kind of the Wild West. You've just accomplished the most incredible, exhausting thing a human can do, and now you're expected to throw on real pants.

meal delivery for new moms

local meal delivery services that save sleep-deprived families. Becoming a parent—especially in those first hazy weeks of postpartum life—feels a lot like wandering through a fog.

a Little about Michele

Michele is a Minneapolis-based photographer with a gift for capturing the quiet beauty of motherhood. With a calming presence and an eye for timeless imagery, she makes maternity and newborn sessions feel easy. Her studio is stocked with wardrobe pieces and designed to keep things relaxed, so parents can focus on what matters. Michele's work is known for its simplicity, softness, and emotional depth, creating heirloom portraits that feel meaningful.



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minneapolis's best baby boutique stores

Minneapolis's Best Baby Boutique Stores:
A Curated Guide for the Modern Mom

Navigating the world of baby boutiques can be both exciting and overwhelming, especially for new moms who value quality, aesthetics, and sustainability. In the Twin Cities, a selection of thoughtfully curated boutiques offers unique baby and children's items that align with these values. Whether you're searching for the perfect baby shower gift, stylish clothing, or eco-friendly toys, these local gems provide a shopping experience that combines elegance with functionality.



1. Pacifier

Locations: North Loop (Minneapolis), Edina, Wayzata, Woodbury
Website: pacifierkids.com

Pacifier is a staple in the Twin Cities for parents seeking modern, high-quality baby products. With a range of designer brands and unique items, the boutique offers everything from clothing and gear to décor. Their selection includes popular brands like Bugaboo, UPPAbaby, Oeuf, and Monte Design. The spacious North Loop location even features a play area and hosts regular classes for parents and children.

2. Oh Baby!

Location: 5005 France Avenue South, Edina, MN
Website: ohbabystyle.com

Oh Baby! is an upscale boutique offering a curated selection of baby and children's clothing, accessories, and nursery décor. Their exclusive line, designed by founder Mary Lauer, is handcrafted in Minneapolis and emphasizes comfort, style, and quality. The store also provides interior design services for nurseries, making it a one-stop-shop for parents looking to create a beautiful and functional space for their little ones.



3. Teeny Bee Boutique

Location: 1560 Selby Ave,
Saint Paul, MN
Website: shopteenybee.com

Teeny Bee Boutique is a charming shop that celebrates childhood through beautifully designed, sustainable products. The boutique offers a range of clothing, toys, and gifts, many of which are hand-made or sourced from local artisans. The store's welcoming atmosphere encourages families to explore and enjoy the shopping experience together.

4. Goodnight Moon

Location: 4388 France
Avenue South, Minneapolis,
MN
Website:
goodnightmoonkids.com

Established in 1999, Goodnight Moon has become a premier destination for parents seeking classically modern children's clothing and accessories. The boutique features collections from renowned American and European designers, offering a range of items from baby essentials to tween fashion. Their commitment to quality and style ensures that each piece is both timeless and unique.



5. Pip & Pal

Location: 264 Water Street,
Excelsior, MN
Website: pipandpal.com

Pip & Pal is a delightful boutique offering a thoughtfully curated selection of baby and children's clothing, accessories, and gifts. The store emphasizes ethically produced, hand-made items from global brands, focusing on organic and natural fibers. With sizes ranging from newborn to 6 years, Pip & Pal provides stylish, unisex options that are perfect for modern families.

Exploring these boutiques not only supports local businesses but also allows you to find unique, high-quality items that reflect your personal style and values. Whether you're preparing for a new arrival or searching for the perfect gift, these stores offer a shopping experience that combines elegance, functionality, and a touch of magic.

Note: Always check the boutiques' websites or contact them directly for the most current information on store hours and product availability.





Mama Movement 101

Minneapolis' Top Maternity & Postpartum Wellness Studios

Expecting or newly postpartum and craving movement that feels like nourishment not obligation? You are in the right place. This is your guide to the Minneapolis studios that get you—spaces built for wellness, emotional wellbeing, beautiful design, and a mama's real life. Whether you're seeking prenatal yoga Minneapolis, a postnatal barre class, Minneapolis prenatal Pilates or simply a maternity fitness studio that speaks to your soul—this is where you'll find it.

Blooma Minneapolis

If there's one wellness space I hear about from my clients again and again, it's Blooma. This South Minneapolis gem has become something of a go-to for moms seeking more than just movement—it's a space that blends prenatal and postnatal care with warmth, expertise, and a sense of true community.

Multiple clients have raved about how Blooma supported them through pregnancy and postpartum—one shared that her prenatal yoga classes helped her stay grounded through a tough third trimester, while another told me she felt "emotionally held" during a baby-wearing barre class when everything at home felt overwhelming.

Blooma offers more than just prenatal yoga Minneapolis style. You'll find postpartum barre, restorative flow classes, massage therapy, lactation support, and even birth education workshops. It's all housed in a serene space that feels more like a wellness retreat than a fitness studio. You can borrow mats and props, sip some tea, and simply show up—no prep or perfection needed.

If you're looking for a place that truly understands wellness for moms, Blooma comes highly recommended—not just by wellness blogs, but by the moms I serve every day.



Barre3 Edina

Just a short drive away in Edina, Barre3 offers a mama-friendly postnatal barre class in a space that aligns with minimalist style and gentle empowerment. You'll find a welcoming community, a lobby play lounge for kiddos, and classes designed to rebuild strength with grace.

Why we love Barre3 for postpartum mamas:

- Thoughtful adaptations for recovering bodies
- A focus on mindful alignment and breath
- Light, airy rooms that feel more studio than posh boutique
- A consistent schedule next to your favorite grocery run

If you're easing back into movement after birth and craving something that supports your recovery without overwhelming you, Barre3 might be your perfect match. Thoughtful, grounding, and designed to honor your energy (whatever it looks like that day)—this is the kind of postnatal barre class that meets you where you are.



Awaken Pilates

Awaken Pilates, with locations in Uptown and Minnetonka, is where many of my clients have gone to feel strong in their bodies again—slowly, gently, and without pressure. Their postpartum Pilates offerings are especially supportive for reconnecting with your core, improving alignment, and easing back into movement that feels purposeful.

What I love about Awaken is their deep understanding of anatomy and maternal recovery. You won't find loud music or fast transitions here. Just intentional, one-on-one or small-group work designed to help you feel steady again.

If your body has been through a lot (and let's be honest, whose hasn't?), this might be your favorite kind of self-care. For moms seeking expert-led, Minneapolis prenatal Pilates before birth and a seamless bridge into postpartum care, Awaken is a thoughtful investment at any stage.



Sila Wellness: Boutique Postpartum Pilates & Holistic Care

Located right in Woodbury, Sila Wellness offers a beautifully curated experience for moms seeking intentional movement and emotional wellbeing during the postpartum season. This boutique studio specializes in small-group reformer Pilates and holistic wellness services that feel both elevated and deeply nurturing.

Why Clients Love It

Many of my clients speak highly of Sila's ability to meet them exactly where they are—emotionally and physically. With reformer classes capped at four people, it's personal without being intimidating. Think postnatal strength building with calm, supportive instruction.

What They Offer

- Expert-led postnatal Pilates focused on core and pelvic floor recovery
- A mix of classes including yoga, sculpt, barre, and even kids dance
- Thoughtful wellness touches: guided breathwork, sauna blankets, reiki, and sound meditation

Studio Vibe

Bright. Clean. Beautifully minimal. The design echoes the kind of calm you crave after long days and sleepless nights. It's a space where every detail supports restoration—body and mind.

If you're looking for a maternity fitness studio that pairs functional movement with soul-soothing care, Sila Wellness deserves a spot on your radar. It's a place that understands the postpartum experience—and offers more than just a class. It's care, presence, and strength, wrapped in grace.

Modo Yoga Minneapolis: Hot Mama Flow

Modo Yoga brings a glowing heat to your postpartum reset. A hot Lilly-style class helps release tension, restore energy, and remind you that motherhood doesn't mean shrinking—it means intentionally expanding into this new chapter.

Yes, it's hot. Yes, it's challenging. But it is also deeply cleansing—physical sweat meeting emotional release. If you're craving a postpartum yoga class that reminds you how alive you are, spend an evening here. It might just become your new ritual as part of your wellness for moms toolkit.



Why These Studios Matter

Each of these wellness spaces was chosen with you in mind—because I know what you’re really looking for.

You want ease and clarity. Not one more thing to plan. These studios offer step-by-step support so you can just show up and breathe.

You want emotional presence. A space that welcomes you exactly as you are—tired, hopeful, in transition. No judgment. No pressure.

You want quality over quantity. These aren’t just workouts. They’re invitations to reconnect with your body and your strength in a meaningful way.

And of course—you want it to feel beautiful. Calm light, soft palettes, thoughtful touches. These studios understand that the space itself can help you feel more like you again.

If you’ve been searching for a maternity fitness studio that feels more like a deep exhale than a bootcamp, this list is your starting place.

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Moving Beyond Fitness

Emotional Wellbeing in Motion

Here's what I hear most from clients: movement helped them feel themselves again. A glimpse of their old confidence. A quiet moment of clarity. A chance to breathe outside of mom life. These aren't just workouts. They're declarations of presence and self-care woven into postpartum days.

Your body changed for one of the biggest reasons life has to offer. Movement can help you reclaim the narrative—reclaim your physical strength and your emotional grounding.

Your Next Step

I hope this roundup helps you discover a new favorite—or reconnect with movement that feels like yours again. You're building a home, a family, a life full of meaning—and your wellness matters in that story.

And if movement has helped you feel more present, maybe it's time to be in the frame too. When you're ready, I'd be honored to help you capture this wild, beautiful, emotional season with portraits that feel as honest and powerful as your days.



where to find thoughtful postpartum support

IN THE TWIN CITIES

In the hush of a midnight nursing session, you look down at your baby's soft cheek and realize your heart has never felt so full—and yet, your whole world has been flipped upside-down. The early days of motherhood are beautiful, electric, and—let's be honest—utterly overwhelming. Between feeding schedules, healing bodies, and the tidal wave of emotions, it's easy to feel like you're the only one trying to keep it all together. That's where Twin Cities postpartum support comes in—a loving bridge between fog and clarity, resilience and rest.

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Postpartum Doulas: Your Night-Owls & Day-Helpers

Blooma/Postpartum Doulas

Blooma offers evidence-based, non-judgmental postpartum care across the Twin Cities metro—both day and night support, in-home or virtual. Their certified doulas help with feeding, sleep routines, sibling integration, and emotional check-ins, empowering moms during the “fourth trimester” with confidence and calm.

Midwest Doulas

Praised as one of the highest-rated Minneapolis doulas, Midwest Doulas delivers team-based, continuous support from pregnancy through postpartum. They offer customizable packages—from “Premium Birth” to “Ultimate In-Home”—and integrate postpartum backup into their premium plans.

With a Dash of Local Flavor

- The Nest Doula Team: Thirty-plus years combined experience serving Twin Cities families. Their postpartum packages include breastfeeding guidance, placenta services, bodywork—all with a holistic, emotionally attuned approach.
- Everyday Miracles/Twin Cities Doulas: Offering bilingual (English & Spanish), emotionally attuned, trauma-informed postpartum care—ideal for culturally diverse families seeking compassionate in-home support.

Lactation Consultants: Nurturing Connection & Confidence

The Mother Baby Center (United & Children's Minnesota)

With IBCLC-certified consultants in Minneapolis, St. Paul, and Coon Rapids, this center offers insurance-aligned inpatient and virtual lactation visits—complete with Baby Café drop-in support groups and donor-milk banking. They check all the boxes: latch issues, pump guidance, supplementation education, and emotional lactation care.

HealthPartners & Park Nicollet Lactation Services

These clinics provide in-person appointments and virtual sessions via Nest Collaborative, covering everything from prenatal education to post-birth support for exclusive breastfeeding, pumping, and adoptive/partner lactation. Insurance coverage usually available.

Lactation Lynn (Lynn English, RN, IBCLC)

A seasoned registered nurse with 40+ years of experience who blends holistic care with in-home visits, lactation consultation, infant sleep coaching, and education—bringing warmth and wisdom to every session.

Gather Birth (IBCLC home visits)

Their personalized, Minneapolis-St. Paul lactation support adapts to your goals: chest/breastfeeding, supplementation, pumping, and balanced feeding plans in-home or virtual.

Welcome Baby Care

Offers in-home lactation counseling: \$230 per singleton consult, \$265 for multiples, and up to 3-hour visits. Includes setup guidance, feeding strategy, and follow-up support..

Maternal Mental Health Therapists: Emotional Holding & Healing

Psychotherapy for Maternal Well-Being (Kendra Olson, MSW, LICSW, PMH-C)

Providing in-person and virtual sessions, Kendra focuses on fertility, pregnancy anxiety, and postpartum depression or adjustment. A trauma-sensitive, emotionally nuanced approach that understands your exhaustion and perfectionism.

Nystrom & Associates - Mother-Baby Program

A hybrid group/individual model offering high-intensity (2 hours/day, 5 days/week) or low-intensity virtual sessions focused on PPD, anxiety, bonding, stress management, partners, and perinatal psychiatry. Client testimonials highlight life-changing impact.

PrairieCare Perinatal Clinics

Specialized in Perinatal Mood & Anxiety Disorders (PMADs), with individual therapy, psychiatric evaluation, and an Intensive Outpatient Program (IOP) for moms needing deeper care. Evidence-based support tailored to new motherhood.

Radiant Living Therapy (Plymouth, MN)

Serving the western Twin Cities suburbs, Radiant Living specializes in postpartum and maternal mental health therapy, including infertility, miscarriage, PPD, and anxiety—blending warmth and contemporary clinical care.

Other Twin Cities Perinatal Resources

NAMI Minnesota offers helplines, support groups, and links to PMAD programs statewide. And nationally, Postpartum Support International is a key referral lens.

Choosing What's Right for *You*: Matching Support to Your Needs

When deciding between doulas, lactation specialists, and therapists, consider what feels most urgent:

Need	Support Type	What to Look For
Physical recovery, feeding guidance, sibling help, household support	Postpartum doula	In-home/overnight, team approach, trauma-informed certification
Latch issues, low supply, pump help, donor milk	IBCLC lactation consultant	IBCLC credentials, insurance acceptance, home visit options
Anxiety, depression, identity shifts, sleep deprivation	Maternal mental health therapist	LICSW/LMFT/PhD, PMAD-trained, offers virtual/in-person care


Most moms find benefit in a **combination** of these supports—think doula for daily structure, lactation consultant for feeding, and therapist for emotional resilience.



Becoming a mother in the Twin Cities shouldn't feel isolating or impossible. This curated guide connects you with Twin Cities postpartum support that meets you right where you are—whether it's mid-latching breakdowns at 3 a.m., identity grief in broad daylight, or just the gentle reassurance that you don't have to do it alone.

And here's a little secret: as much as talking and feeding give you practical relief, capturing this season through photography can also be profoundly healing. After all, these sleepy smiles, milky snuggles, and tender messy moments? That's your legacy. I see that—elegantly, authentically, and with deep emotional care.

Have you worked with any of these Twin Cities doulas, lactation consultants, or maternal mental health therapists? Or is there someone I missed who felt like a warm hug in a hoodie? Share your experience below—I'd love to continue this community space together. 🧡



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TWIN CITIES’
MOST
BEAUTIFUL
PLACES FOR
STROLLER
WALKS**

As a local mom and photographer who’s spent the better part of 15 years walking (and sometimes wheeling) through motherhood, I’ve found that some of the most healing, connecting, and sanity-saving moments happen during stroller walks. There’s something about the gentle rhythm of your feet, the breeze on your cheeks, and the quiet gaze of your baby looking up through the tree canopy that turns an ordinary day into something quietly sacred.

Especially in the early months—when you’re exhausted, touched out, and just need five minutes where someone isn’t asking you for something—these paths have been a gift. Here are a few of my favorite serene, stroller-friendly places in the Twin Cities to breathe, bond, and remember how beautiful this season can be. *enim*

“
**MINNESOTA
LANDSCAPE
ARBORETUM.**



The Minnesota Landscape Arboretum is more than just a pretty place to look at flowers (though yes, the flowers are stunning). It's one of the most thoughtfully designed, stroller-friendly escapes in the Twin Cities.

Tips for Moms: The Three-Mile Drive is paved and gentle, with multiple offshoots that are stroller-accessible. There are clean restrooms, shady benches for breaks, and a great little cafe for a post-walk snack. Arrive early to beat the crowds and find easy parking. Admission is free for members. Please note: a photography permit is required to shoot here and is not included in my standard creative fee due to the premium rates charged by the Arboretum.

Why It's Worth It: The Arboretum is a breath of fresh air—literally and emotionally. It's the kind of space that invites you to slow down and notice the small things, like the way your baby's fingers curl around your thumb. I've photographed many sessions here, and it never disappoints. The light, the quiet, the connection—it's just as lovely in the lens as it is on a walk.



LAKE HARRIET



Lake Harriet has long been a favorite for families, and for good reason. It's the perfect mix of lake breeze, gentle trails, and nostalgic charm. I often recommend it to new moms looking for a beautiful, straightforward stroller walk in Minneapolis.

Tips for Moms: The paved trail loops 2.75 miles around the lake and is mostly flat, making it ideal for strollers. There are multiple access points for parking, plenty of benches, and seasonal restrooms. In warmer months, you'll find snacks and ice cream at the bandshell—perfect for a reward mid-walk.

Why It's Worth It: Walking around Lake Harriet feels like returning to yourself. It's peaceful, but never too quiet. You're surrounded by other parents, joggers, kids on scooters—it reminds you that you're not alone in this messy, beautiful life. And as a photographer, I adore the way the light reflects off the water during golden hour. If you ever book a family session with me here, prepare for magic.

“ COMO PARK



There's something timeless about Como Park. Maybe it's the blend of old trees, open spaces, and the soft hum of families enjoying their day. I've taken many stroller walks here with clients and my own kids, often ending at the conservatory to escape the chill in early spring.

Tips for Moms: The park is spacious and well-kept, with paved paths winding past the zoo, conservatory, and lake. It's easy to spend an entire morning here. Parking is free, and there are restrooms near major attractions. Pack a blanket—you'll want to sit in the grass and linger.

Why It's Worth It: Como feels nostalgic in the best way. It's where toddlers first feed ducks, where newborns nap under maple trees, and where moms can take a deep breath. I've captured some of my favorite family photos here—images full of laughter, leaves, and real-life love.

This might be one of the best-kept secrets in the metro. Nine Mile Creek Trail stretches through Edina and Hopkins, offering long, winding paths that feel both secluded and safe. While I haven't walked every stretch of it myself, I've heard wonderful things from fellow moms and clients alike.

Tips for Moms: This is a great choice if your baby naps better on the move. The trail is wide, well-paved, and shaded in many areas.

HIDDEN GEM: NINE MILE CREEK TRAIL

Parking is available at various entry points, and while there aren't many built-in rest stops, it's worth bringing a coffee and making a morning of it.

Why It's Worth It: This trail offers solitude without isolation. It's peaceful enough to let your mind wander or to talk with a friend while pushing the stroller side-by-side. While I haven't photographed a session here yet, it's on my list of places to explore further for its peaceful vibe and natural beauty.

Walks That Heal, Moments That Last

Whether you're recovering from birth, easing into a new routine, or just trying to keep your sanity while your baby fights nap time, stroller walks can be a gentle reset. These Twin Cities paths have held my feet, my clients, and my camera through countless seasons, and I'm always grateful for the pause they offer.

If you've walked any of these trails—or if you have a favorite I haven't discovered—leave a comment below! I'd love to hear your stroller story. And if you ever want to capture a quiet moment like the ones you find on these walks, reach out. These in-between seasons deserve to be remembered.

Because this is your story, too.

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**WHERE TO GRAB A
COFFEE WITH BABY IN
TOW (AND NOT FEEL
RUSHED OR JUDGED)**



Getting out of the house with a baby is no small feat. Between the packing, the timing, and the mental gymnastics of anticipating meltdowns, it can feel like a whole expedition. But sometimes, you just need a change of scenery. A warm drink. A few quiet moments. A chance to breathe. For Minneapolis parents looking for a spot to unwind with baby in tow, finding a coffee shop that welcomes both you and your stroller can make all the difference. The good news? The Twin Cities has some lovely, low-stress cafés where you can actually relax—and not feel like everyone is side-eyeing your diaper bag.

Whether you're meeting a friend for a catch-up, feeding your little one between errands, or simply escaping the four walls of your living room, these stroller-friendly coffee shops in Minneapolis offer cozy atmospheres, accessible setups, and the kind of calm vibe that makes you want to stay a while.

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SPYHOUSE COFFEE (NORTHEAST LOCATION)



First up is Spyhouse, and it's right around the corner from my studio—making it an easy favorite to recommend if you're nearby for a photo session or just in the neighborhood.

Atmosphere: Industrial-chic meets cozy charm. Think brick walls, warm lighting, and plenty of seating.

Stroller Accessibility: The entrance is wide and accessible, and the space inside is more generous than some of their other locations. You'll have room to maneuver a stroller without too many awkward turns.

Nursing-Friendly Seating: Soft armchairs near the back offer more privacy if you want to nurse or bottle-feed comfortably.

Changing Table: There is a changing table in the restroom—always a huge plus.

Busy Times: Like most Minneapolis coffee shops, Spyhouse gets busy on weekend mornings and weekday mid-mornings. If you can swing an early afternoon visit, it's much more relaxed.

Good to Know: There's free street parking in the neighborhood, and you're not far from local parks if you want to extend your outing with a short stroll.

THE WILD GRIND (TANGLETOWN)

Atmosphere: A hidden gem in South Minneapolis, The Wild Grind is part coffee shop, part quiet retreat. Soft music, local art on the walls, and a rotating seasonal menu make it feel like your own secret hideaway.

Stroller Accessibility: Single-door entrance, but staff are always helpful if you need an extra hand. Inside, the layout is open enough for a stroller.

Nursing-Friendly Seating: There's a cozy couch in the back corner—perfect for a little feeding break or quiet snuggle session.

Changing Table: Yes! Located in their clean, gender-neutral restroom.

Busy Times: Weekday mornings see a gentle flow of locals, but it never feels packed. Avoid mid-Saturday if you're hoping for quiet.

Good to Know: There's free parking in the lot behind the building, and Minnehaha Creek trails are nearby if your baby needs a post-coffee stroller nap. It's easily one of the best Minneapolis cafés for moms who want calm and comfort.



QUIXOTIC COFFEE
(HIGHLAND PARK, ST.
PAUL—CLOSE
ENOUGH!)

Atmosphere: A community favorite with warm tones, big windows, and calm vibes. It's polished but not pretentious, making it great for decompressing.

Stroller Accessibility: No steps and a wide door make entrance easy. The café is spacious enough to find a low-traffic corner.

Nursing-Friendly Seating: Padded benches line some of the walls, offering a more private option for nursing.

Changing Table: Yes, and the restroom is roomy enough for one-handed diaper bag juggling.

Busy Times: Midday tends to be quiet, even on weekends. Highland Park parents are in the know, but it never feels overwhelming.

Good to Know: Metered parking out front and free street parking nearby. There's also a bookstore around the corner if you feel like wandering. Parent-friendly coffee shops in Minneapolis are often hard to find, but Quixotic checks all the boxes.

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SOVEREIGN GROUNDS (48TH & CHICAGO — LONGFELLOW)



Atmosphere: Casual and inviting, with a warm, homey feel. It blends coffee bar vibes with a relaxed, family-friendly atmosphere—perfect for calming feeds or stroller breaks.

Stroller Accessibility: The layout is open and welcoming, designed to accommodate families. Plenty of space to roll in a stroller without squeezing past tables.

Nursing-Friendly Seating: High chairs and booths offer comfy back support and a bit of privacy—ideal for feeding breaks or just a restful moment.

Changing Table: According to local parents, this spot is equipped with a changing station familyfuntwincities.com.

Busy Times: Mornings and early evenings with the after-work crowd see moderate activity, but midday stays pleasantly calm.

Good to Know: They have a playroom for toddlers, making it helpful if you're managing multiple little ones. Nearby street parking makes pickups easy, and the relaxed pace makes it feel like a true coffee break.



BACKSTORY COFFEE ROASTERS (NORTH LOOP)

Atmosphere: Modern, clean, and bright. A great spot if you want a calm space that still feels fresh and vibrant.

Stroller Accessibility: Ground floor entrance with no stairs. Lots of open space between tables.

Nursing-Friendly Seating: Several booths offer good back support and a touch of privacy.

Changing Table: Yes, and it's well stocked.

Busy Times: Popular with remote workers, so mornings can be busy, but early afternoons are quieter.

Good to Know: There's free parking in the lot next door and nearby playgrounds if you have an older sibling in tow. It's one of those cozy Minneapolis coffee spots for parents that balances style with function.

Your Cozy Coffee Break Awaits

Minneapolis has no shortage of great cafés, but finding one that welcomes you and your baby can feel like a small victory. Whether you're looking for a quiet space to regroup, a comfy chair to nurse, or just a spot where no one bats an eye at your stroller, these parent-friendly spots offer a warm welcome.



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Tops

PEDIATRICIANS AND CLINICS

IN THE TWIN CITIES

that treat you like a partner

You're doing a lot—navigating motherhood, managing the schedules, and still trying to feel like yourself in the middle of it all. So when it comes to choosing a pediatrician, you want more than clinical care. You want someone who treats you like a partner, not a patient. Someone who respects your time, listens without judgment, and explains things without talking down to you. If that sounds like the kind of care you're craving, this list is for you. These are the top pediatricians Twin Cities families trust for warm, thorough, and collaborative care.

What Partnership in Pediatric Care Really Looks Like

The best pediatricians don't just treat your child—they partner with your family. That means clear communication, respect for your decisions, flexibility when life is chaotic, and the kind of support that makes you feel seen. Especially after delivery, when emotions run high and time is short, having a doctor who meets you with empathy and expertise can make all the difference.

Let's take a look at some of the most trusted pediatric practices in the Twin Cities where families say they feel heard, not rushed—and cared for, not just processed.



Southdale Pediatrics - Edina, Eden Prairie, and Burnsville

Southdale Pediatrics is known for building lasting relationships with families. Their providers emphasize:

Thoughtful conversations that honor your parenting decisions

Same-day and evening appointments to fit real-life schedules

A supportive, no-pressure approach to everything from vaccinations to developmental concerns

One mom said they have "complete trust in the excellent medical staff." That's the kind of peace of mind every parent deserves.

Metropolitan Pediatrics - Edina and Burnsville

If you're looking for a long-standing, family-focused clinic, Metropolitan Pediatrics has been serving Twin Cities families for over 50 years. What sets them apart:

A small-practice feel with deep roots in the community

Weekend hours and virtual care for extra flexibility

Free prenatal consults to help you feel confident from the very beginning
They take the time to listen and make room for your questions without rushing you out the door.

All About Children Pediatrics – Eden Prairie

For families who value slower-paced, deeply personal care, this independent clinic might be the perfect fit. Highlights include:

- An intentional, no-frills environment that feels like an extension of your own values
- High praise for pediatricians who listen closely, never push unnecessary treatments, and genuinely connect with kids
- A focus on creating a safe, calm space with separate sick and well areas and even a logo drawn by one of their patients

Parents repeatedly mention feeling heard and understood—not something every clinic can claim.

Children's Minnesota Primary Care Clinics – Metro-Wide

With nine pediatric clinics across the Twin Cities, Children's Minnesota combines accessibility with excellence. Here's what stands out:

- Pediatricians who prioritize parent education and two-way communication
- Access to same-day appointments and walk-in care when you need it most
- Nationally recognized for safety and excellence, including Level I trauma care and Magnet-certified nursing

This is actually where my own children were seen, and while our particular pediatrician has since retired, I still remember how much her care meant to me. She had a way of making me feel like I was doing everything right—even during seasons when I constantly questioned whether I was. That kind of support, both medical and emotional, stays with you. If you're looking for a team with trusted credentials and an equally kind heart, Children's Minnesota is a solid and comforting choice.

South Lake Pediatrics - Chaska and Maple Grove

South Lake Pediatrics blends professionalism with personal attention. Families love their:

- Emphasis on friendliness and integrity—"the world revolves around you" isn't just their slogan, it's their culture
- Award-winning care recognized as one of Minnesota's Best Medical Practices
- Welcoming approach that supports parents through every phase, from newborn to teen

This is the kind of place where your child is known by name and your questions are always welcome.



What All These Clinics Have in Common
Each of these practices offers something unique, but they all share a few core values that matter deeply:

- Respect for your time with flexible scheduling options like evening, weekend, or same-day visits
- Thoughtful communication that includes you in every conversation about your child's care
- Emotionally intelligent environments that feel welcoming and calm, not clinical or chaotic
- A family-centered philosophy that recognizes you're the expert on your child and should be part of every decision

These are the kinds of details that make a lasting impact—especially when you're juggling so much and looking for ease and trust in your care providers.



Real Voices, Real Trust

It's not just about philosophy—it's about how families actually feel when they walk into the exam room:

- One mom said she had “complete trust” in the Southdale Pediatrics team
- Multiple parents of All About Children mention the gift of being truly listened to
- Children's Minnesota is backed by national recognition and a network of support that's hard to match

When a practice combines clinical excellence with emotional awareness, it shows. And it makes you want to keep coming back.



Choosing the Right Pediatric Partner

If you're still deciding, here are a few things to consider:

- Do you want the ease of a large network or the intimacy of a small private clinic?
- Is flexibility with appointment times important for your family's schedule?
- Do you value a clinic that feels calm and designed with intention?
- Are expert accolades important, or are you more focused on personal experience?

You get to choose what matters most. There's no wrong answer—just what feels right for your family.



Finding the top pediatricians Twin Cities families trust isn't just about convenience. It's about connection. You deserve a provider who values your voice, treats you as an equal, and honors your time and expertise—especially in those early postpartum days when everything feels a little tender and new.

And if you're the kind of parent who cares deeply about how your child is treated at the doctor's office, chances are you also care about how your family is documented in photos. You want more than snapshots. You want to be seen. That's exactly what I offer—simple, timeless imagery that honors your role in the story.

Have a favorite pediatric clinic you think more families should know about? I'd love to hear about it in the comments below.

the best baby-friendly photographers
**(WHY YOU DESERVE
TO BE IN THE FRAME)**



mQn Experience

As a motherhood photographer who has spent the past 15 years capturing tiny toes, sleepy snuggles, and tearful giggles, I've had a front-row seat to the emotional chaos and beauty of early parenting. If you're anything like the mothers I work with every day—overwhelmed, camera-shy, and craving a sense of ease—this post is for you. Because here's the truth: you deserve to be in the frame, too.



*Newborn
Photography Studio,
Home, and Beyond*

Every family is different—and your newborn session should reflect that. Whether you choose a peaceful session in my Northeast Minneapolis studio, the intimate comfort of your home, or an outdoor setting during Minnesota's gentle weather months, each space offers something beautiful.

Studio sessions are cozy and light-filled, with soft textures, neutral palettes, and everything you need on hand—from wardrobe options to baby essentials. In-home sessions allow you to be captured in your real environment, with your personal rhythms and favorite corners. And outdoor sessions offer stunning natural backdrops and a timeless feel.



Why Being in the Frame Matters

When you look through your phone's photo roll, what do you see? Likely hundreds (thousands?) of photos of your baby—milk-drunk smiles, tiny yawns, maybe even their first laugh. But how many of those show you? Really show you? Holding them, calming them, loving them?

Too many mothers feel invisible in their own family story. They're the ones behind the camera, managing logistics, smoothing hair, wiping noses. And yet years from now, your children won't just want to see what they looked like. They'll want to see you.

Motherhood is fleeting. You deserve to exist in your family's visual legacy—not just as the one who made the snacks, but as the calm arms they rested in. Professional newborn photography is not just about the baby. It's about capturing your connection, your tenderness, your presence.lit.

The Myth of the "Perfect" Session

*(and Why Your
Baby Doesn't Need
to Be)*

"I'd love to book a session, but my baby's so fussy."

I hear this a lot. And I get it. I'm a mom too. But here's the thing: perfection has nothing to do with the images that matter most.

Newborn and baby photography that's truly baby-friendly means there's no pressure to "perform." My studio in Northeast Minneapolis is designed with comfort and flexibility in mind—from a well-stocked snack drawer to a wardrobe rack filled with soft, timeless pieces for moms and babies alike. We work around your baby's rhythm, not the other way around.

And meltdowns? I've seen them all. Toddlers running laps, babies cluster feeding, diaper blowouts mid-shot. I promise you: chaos can be beautiful. It's often those unplanned, in-between moments that become your favorites. That hand on your chest. That look of quiet between feedings. That's the real story. And it's always worth capturing.



*From Snapshots to
Heirlooms: Why
Photography Is an
Investment in
Memory*



We live in a world of instant photos. Quick phone snaps, Instagram reels, digital everything. And while those everyday moments have their place, they often live buried in camera rolls or vanish in 24 hours.

Heirloom photography is different. It's intentional. Tangible. It's designed to be passed down, not swiped away.

When you invest in professional baby-friendly photography, you're creating legacy pieces. Albums that your child will flip through with their own kids. Wall art that reminds you, every day, of how much love has lived in your home.

My goal is never just to hand you a gallery and walk away. It's to help you decide what belongs on your walls. What you want to hold in your hands when the house is quiet and the kids are suddenly grown.

You Deserve Ease, Not Exhaustion

The number one thing I hear from new moms is, "I'm just too tired to even think about photos."

And to that, I say—Exactly. That's why my process is built to take care of you.

From helping you choose outfits (or letting you borrow from the studio closet) to making sure the snacks, swaddles, and wipes are within reach, I've thought of the details so you don't have to. All you need to do is show up. I'll handle the rest. Including capturing those "I can't believe that's us" moments you'll treasure forever.

Working with a Minneapolis newborn photographer shouldn't feel like another task on your list. It should feel like a breath of fresh air—a moment of stillness in the beautiful storm of parenting.

This Is Your Story Too

If you've been waiting until things "calm down" or "look perfect," let me gently offer this: your story is already worth capturing, exactly as it is.

You don't need to lose weight, fix the nursery, or get your baby on a schedule first. You just need to say yes to being seen.

Whether it's a cozy morning in the studio or an evening frolicking through the fields during golden hour—I'm here to help you feel calm, beautiful, and supported. Because these days are fleeting. But your photos? They'll last forever.

Ready to step into the frame? I'd love to welcome you into the studio.

And if you're a fellow mom who has experienced the magic of newborn photography, or if you have questions about the process, leave a comment below—I'd love to hear from you.

Your story matters. Let's tell it together.



stylish, comfortable clothes
**FOR NEW
MOMS**

that aren't just loungewear

Let's be real: postpartum dressing is kind of the Wild West. You've just accomplished the most incredible, exhausting thing a human can do, and now you're expected to throw on real pants and look like a functioning adult while navigating mesh underwear, midnight feedings, and a body that feels more unfamiliar than your partner's new dad jokes.

And while we love a good loungewear set (bless the stretchy waistband), there comes a moment when you want to feel like you again. Not the old you, not the Pinterest-perfect you, just a slightly more polished version of the woman who accidentally wore nursing pads to Target.

So if you're a new mom in that beautiful, messy, in-between phase, this guide is for you. Let's talk about stylish postpartum outfits that go beyond loungewear. Pieces that feel good on your body and good for your soul.

THE POWER OF REAL

PANTS

Yes Really

Look, we're not saying you have to jump into skinny jeans three weeks postpartum (please don't). But there are denim options that feel like a soft hug instead of a denim death trap. Look for styles with a little give; think high-rise jeans with elastic panels or soft, wide-leg denim like the ones from Madewell. Their "Perfect Vintage" line offers just enough structure without suffocating your newly earned curves.

For something even softer, check out Hazel & Rose in Northeast Minneapolis. They carry sustainable brands with forgiving fits and breathable fabrics—a stylish postpartum outfit dream. Structured joggers from Parc Boutique or even knit trousers from Mille give you that polished vibe while still letting you squat down to rescue a dropped pacifier.

TOPS THAT WORK *and wow*

Your top half is doing the most right now, whether it's feeding a newborn, hauling a car seat, or absorbing baby spit-up like a champion. Flowy button-downs, boxy tees, and nursing-friendly wrap tops are your new best friends.

Jenni Kayne's linen basics are perfect if you're leaning into that minimalist, neutral-toned dream. Their relaxed silhouettes look chic tucked into joggers or draped over denim. And local love? Check out Hazel & Rose's cotton poplins or Mille's effortless peasant blouses.

Pro tip: layering is your secret weapon. A lightweight cardigan or oversized denim jacket can transform a basic tee into a real outfit and is one of the easiest ways to wear nursing-friendly clothes for moms without compromising style. Comfort doesn't have to mean looking like you gave up.

You Deserve to Feel Like You

Here's the thing: postpartum is hard. Your body is different, your priorities have shifted, and your wardrobe is probably a chaotic mix of maternity leftovers and Amazon panic-buys. But style isn't gone. It's just evolving.

Whether you're chasing toddlers or stepping in front of the camera, these pieces help you feel like you again. And if you're ready to document this beautiful, messy season. I've got wardrobe covered too. My studio offers a curated closet full of timeless, flattering pieces designed with real moms in mind.

Now tell me, what are your go-to pieces right now? Any favorite shops or tips for getting dressed with a baby in tow? Leave a comment below. I'd love to hear from you!

ELEVATED

EVERYDAY

LOOKS

*for Playdates
and Portraits*

We know there are days when you barely make it out of the house (or your pajamas). But for the moments you do; school drop-offs, Target runs, maybe even an impromptu lunch that involves gasp another adult. You want options that feel put-together without the pressure.

Nursing-friendly dresses in soft jersey or smocked cotton are easy one-and-done looks. Look to brands like Doen or Sezane for styles that offer a beautiful balance of elegance and function. Pair with a slide sandal or clean sneaker and you're golden.

And when it's time to get in front of the camera (maybe for your first family session?), these elevated staples shine. Clothes for new moms that aren't loungewear make a real difference when you want to feel confident and comfortable in front of the lens. I always tell my clients: the best photos happen when you feel like yourself. Comfortable, beautiful, slightly sleep-deprived. All of it.

THE DETAILS

THAT MAKE IT

FEEL LIKE YOU

Sometimes, it's the smallest things that make the biggest difference. A pair of gold hoops. A silky postpartum bralette that doesn't make you feel like you're prepping for a sports event. A baby carrier that actually looks chic.

Local boutiques like Parc often carry these little extras such as headbands, delicate jewelry, the perfect neutral crossbody. Even just swapping your stained nursing tank for a well-fitted tee can remind you that style is still part of your identity. These stylish clothes for moms don't have to be extravagant. They just need to make you feel a little more like yourself.

Instagram is another goldmine. Search for boutiques like Doen (boho chic), Sezane (French girl magic), or Noralee (for mini-me matching). These accounts give you fresh inspiration on how to feel pulled-together without reinventing yourself.



meal delivery
FOR NEW MOMS

Local Services



local meal delivery services that save sleep-deprived families

Becoming a parent—especially in those first hazy weeks of postpartum life—feels a lot like wandering through a fog. You're running on fumes, your decisions blink on and off, and your body and mind are crying out for nourishment and simplicity. That's why Meal Delivery for New Moms can be a game-changer: it's not just about food, it's about self-care disguised as convenience. Whether you're nursing around the clock or coordinating naps around a toddler, having wholesome meals ready-to-go feels like a gift you give yourself. And you deserve that kindness—in taste, aesthetic, and care.



HELLO FRESH

Who it's for: New moms craving structure, accessible nutrition, and a trustworthy national name.

Vibe & Packaging: HelloFresh arrives in signature green-and-white boxes with neatly separated bags for each recipe. It invites calm in a chaotic season. The reusable ice packs, easy-to-read recipe cards, and crisp produce practically whisper, "You've got this."

What's included:

Pre-portioned ingredients with simple, fast recipes (25-35 minutes).

"Calorie Smart" and "Veggie" plans with clean proteins and fresh produce.

Vegetarian, family-friendly options, and occasional indulgent flexes for your taste buds.

Why it works postpartum

It's the perfect compromise: you get structure without prep guesswork. Just follow clear step-by-step recipes while your baby naps, then plate beautiful, healthy meals—even on 3 hours of sleep.

LUNDS & BYERLYS MARKET BOX

Who it's for: Twin Cities families who want local charm, elevated groceries, and show-stopping presentation.

Vibe & Packaging: Imagine polished paper boxes packed with produce, artisanal bread, prepared meals, and thoughtful extras—dozens of vibrant hues, textures, and scents. Kitchen-ready groceries that feel like Monday morning self-care.

What's included:

Chef-curated produce boxes and prepared food combos (grilled veggies, soups, fresh salads).

"Local Love" highlights spotlighting area farmers, bakers, and artisans.

Market-ready mini meals—perfect for one-handed postpartum consumption.

Why it works postpartum

You're invited into a calm weekend ritual—even if it's Monday morning. Slide a pre-cooked pot roast or quinoa salad into your fridge, warm it up between feedings, and no one's the wiser about your new-parent sleep tally.

HUNGRYROOT

Who it's for: Moms who love to feel like grocery minimalists and eager cooks ready to prep easy wins.

Vibe & Packaging: Polished, curated, and fridge-friendly. Boxes come with fast-cook ingredients plus ready-prepped extras that feel like a spa day for your pantry.

What's included:

Healthy hacks: cauliflower rice, green shakes, power bowls.
Recipes require minimal effort—just toss and go.
Focus on plant-forward, gluten-free, nutritional balance.

Why it works postpartum

When you're feeding a newborn, you need meals that feed you too—but with zero waste or half-empty fridge shame. Hungryroot lets you dip in, mix and match, and feel on purpose even at 4 a.m.

FRESH THYME MARKET

Who it's for: Families who want community-sourced products but with the convenience of an app.

Vibe & Packaging: Earthy, practical, and honest. Sturdy bags, healthy labeling, and bright produce make the delivery feel like a hug from your kitchen.

What's included:

Salad kits, smoothie blends, organic grab-and-go proteins.
Local dairy, pantry staples, and rotating seasonal items.
Optional herb sets and spice packs to elevate meals.

Why it works postpartum

You're already multitasking—don't add grocery aisles to that list. Just tap, choose your items, and let Fresh Thyme take care of the rest. Then, cozy up with ready-to-go, feel-good meals.

Lifestyle Feel:

An Unboxing Moment of Calm

Picture this: a colorful curbside box waiting at your door by 10 a.m.—when the baby's finally asleep on your chest. You break the paper seal, and whoosh: crisp greens, pastel produce, and clean packaging fall into place. Lemon-fennel salad is nestled next to jasmine soup and a fragrant rosemary stem. You feel a beam of possibility—maybe you can make a salad today. Maybe you'll even sit down to eat it. Even in sleeplessness, these boxes whisper, "You're still here. You still matter."

Light filters through the kitchen window as you pour steaming water and chop ingredients for brunch. Debris from dishes and baby toys lingers, but so does tenderness. You plate the meal; the colors pop. It's fueling, effortless, intimate—all in a quiet moment of tasting tenderness you compassionately carve out for yourself.

And sure, your toddler just wiped a banana on the wall, but look at you—plating brunch like you're the lead in a Scandinavian parenting blog.

Motherhood doesn't offer a pause button—but Meal Delivery for New Moms brings moments of nourishment, ease, and self-kindness. Whether you lean into a well-known classic like HelloFresh, or invest in local love with Lunds & Byerlys, each bite becomes part of your healing, your grounding, your new normal.

Let this be your invitation: bookmark this post, share it with a friend who could use a little support, or even gift yourself the relief of a clean, curated meal during this exhausting—but oh so beautiful—season.

Tell me below: What's your go-to meal hack during late-night nursing shifts or between toddler chaos? Or, which service do you think fits your family best? Leave a comment and let's support one another with love, care, and real food.

*None of these mentions are sponsored or affiliate-based. Just sharing the love for things that make life a little easier when you're running on fumes and caffeine.