

MAGDALENA NEUNER

Magdalena as a new mom!

Congratulations! It's been a few weeks since you became a mom. How does it feel?

Very good!!! There's nothing better. My bond with my little daughter is getting stronger and deeper every day. Of course everything is still new and unfamiliar. I'm sure other new moms and parents also feel a bit overwhelmed in the beginning. But after the first 3 weeks we got everything down to a smooth routine!

How is your little daughter doing?

She's already grown quite a bit. What's striking is that her hair is 8 cm long. She already had it when she was born. I've never seen a baby with such long hair! She is incredibly cute, sweet and cuddly – just like a baby should be! And she laughs a lot which just cheers my heart.

How are the nights?

Good! We are very lucky that she pretty much sleeps through the night. When my friends tell me how little sleep they are getting I can't really join in on the conversation (laughs). She is such a good little baby.

What has changed in your life?

A lot of things, all positive! The feeling of happiness of being a mom. It's the best thing in life you can experience.

What is your daily life like?

I spend a lot of time with my daughter. Closeness is very important to me; it builds trust. But time to myself is also very important, even if it's only for an hour. That's when the grandparents are filling in. Our entire family lives close by. Grandma came to the last Lana Grossa photo shoot to help out. We photographed hats and scarves for the new Olympia yarn collection. I liked the change in routine. It's was nice to get styled and made up for the shoot. I had fun!

Is there still time for music and knitting?

My daughter is very easy, so yes, every now and then. I knitted a lot during my pregnancy. I loved knitting booties. I still find time to get my needles out. Music: not right now. My harp is at my parent's house since it takes up quite a lot of room. With the stroller, baby rocker and everything else a baby needs it got kind of cramped. I did read however that classical music has a positive effect on the development of babies. We'll see. She does like it when I sing to her – it makes her smile!



How is your fitness routine going? Do you have an "after baby body" fitness schedule? A lot of new celebrity moms are slim and trim again through hard training right after giving birth. What is your opinion?

It's not very important to me. I rested during the Puerperium period and I'm doing postnatal exercises. I've always been active, I like to move. I go jogging or ride my bike for an hour when I can. I want my body to normalize slowly and I'm not stressed about losing weight by every means possible. I eat a normal diet while I'm breastfeeding my daughter. For me, a slower approach is healthier.

What was the first thing you knitted for your baby?

Hats, booties and tiny cardigans. I highly recommend cardigans since they are easier to put on and take off. For me the choice of materials is just as important as the choice of project. It was difficult right after the birth to keep the baby's body temperature regulated. I was glad that I had made some things in Cool Wool Merino; they kept Verena warm and comfortable.

Did you knit traditional baby items or came up with your own ideas?

I came up with my own ideas, my friends were totally impressed. I used fresh new colors for classic baby booties and personalized them with cute little details. How do you like my samples?

We wish you and your family the very best.