



Tips for new moms

Having a new baby can be exhausting especially as we as women try to accomplish everything. It is important to remember that you need to take care of yourself before you can take care of another human. Here are some tips for new moms.

- **Sleep when the baby sleeps**

Babies have different time clocks than adults. A typical newborn awakens about every three hours and needs to be fed, changed, and comforted. Sleep when the baby sleeps. This may be only a few minutes of rest several times a day, but these minutes can add up. A twenty minute power nap can make a huge difference.

- **Drink to thirst and eat!**

Moms get so busy taking care of their precious little one and trying to remember to feed everyone else, that they forget about themselves. Not only do they need the extra calories for making milk, but mothers need to remember their own nutrition because it's important for their own health and well being. Carry a water bottle with you. Try to consume healthy proteins, whole grains, and fresh fruits and veggies. Too much dairy in your diet can upset the baby's stomach if you are breastfeeding

- **Leave the house.**

Sure, going out with your newborn can be intimidating, but it's so important to leave the confines of your home. If it is a nice day, put the baby in the stroller and go for a walk. You will feel better and so will the baby. Take a quick trip to the store to get some milk or a snack. It's worth it to be reminded that the world is still turning outside.

- **Find real Mom friends.**

Motherhood is stressful! Find friends that you can be vulnerable with and open up to. The one that confesses that her infant was up last night teething while she is still spending the morning cleaning up her toddler's mess from yesterday. These are real mom friends that will be able to relate to you. Consider the New Mom's Social Club where you can get out of the house with your baby and meet some of these real mom friends in a non judgmental place. Formal dress and make up not required.

- **Treat yourself**

We, as moms, become so consumed with taking care of our little ones that we don't make time for ourselves. Try starting every morning with a hot cup of coffee or tea. It's okay if you are breastfeeding. Make sure you shower everyday. Get a weekly manicure. Nap when the baby naps. Treat yourself to a new outfit or nursing top. Enjoy a little wine after the kids are in bed. Figure out what helps you feel like a whole person then do that as often as possible.

- **Just say yes!**

You want to bring food over? Yes. You want to come hold my baby while I tackle any of the 500 things on my to do list? Yes. You want to babysit so we can go on a date night? Yes. If someone is offering to help, then say YES. You can't "do it all" because it is exhausting.

- **Stop worrying.**

Quit worrying that you're spoiling your newborn (you're not,) that they're not on a schedule (they will be eventually,) that you'll never sleep again (you will,) and that your house will be a disaster for all eternity (well, actually, it might be...) You're enough, you're doing enough, pretty much everything is a phase, and your life WILL feel normal again. Trust me, just roll with it. AND if you have questions, please call us! We are hear to help and there is no such thing as a silly question. We want you to ask to make sure you have the correct information for you and your baby.

