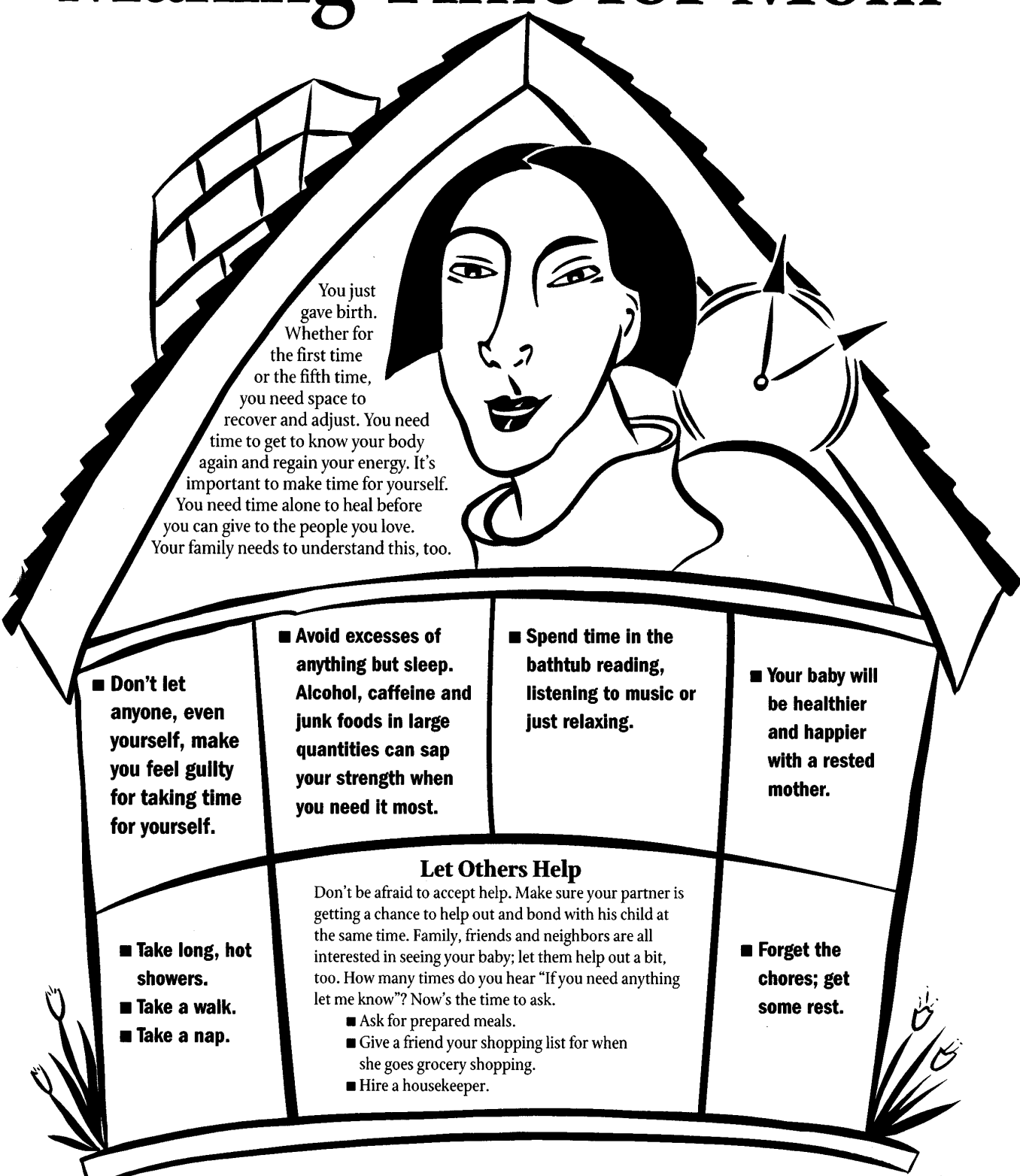




# Making Time for Mom



You just gave birth. Whether for the first time or the fifth time, you need space to recover and adjust. You need time to get to know your body again and regain your energy. It's important to make time for yourself. You need time alone to heal before you can give to the people you love. Your family needs to understand this, too.

- **Don't let anyone, even yourself, make you feel guilty for taking time for yourself.**

- **Avoid excesses of anything but sleep. Alcohol, caffeine and junk foods in large quantities can sap your strength when you need it most.**

- **Spend time in the bathtub reading, listening to music or just relaxing.**

- **Your baby will be healthier and happier with a rested mother.**

- **Take long, hot showers.**
- **Take a walk.**
- **Take a nap.**

## Let Others Help

Don't be afraid to accept help. Make sure your partner is getting a chance to help out and bond with his child at the same time. Family, friends and neighbors are all interested in seeing your baby; let them help out a bit, too. How many times do you hear "If you need anything let me know"? Now's the time to ask.

- Ask for prepared meals.
- Give a friend your shopping list for when she goes grocery shopping.
- Hire a housekeeper.

- **Forget the chores; get some rest.**