



Mother's Day

Being a mom can be a rich and rewarding experience. Your love for your children and their love for you are unconditional. Mothers have “the real opportunity to impact someone’s life in a very positive way through [their] example, nurturing and love” (parenting.com). We know you love your child more than anything, but childcare around the clock can also be exhausting. Sometimes you need time to take care of yourself too. Parents who don’t take time to pamper themselves or give into indulgences every once in awhile are at risk for parental burn-out. So we looked up some strategies that many mothers like to use in order to relax, regroup, and re-energize. Remember, these things are to be done without your kids so that you can “restore [your] appreciation of [your] children and [your] energy for being a mom” (babycenter.com).

☞ **A warm soak in the tub.** Make it even more relaxing with bubble bath or bath salts, candles, music, or a good book. Let the kids know that if they need something, they can go to Dad, then shut yourself away. Or if uninterrupted time is not possible at home, treat yourself to a day at the spa.



- ☞ **Physical pampering:** a manicure, pedicure, massage, facial, or new hairdo. You will look better, feel better, and enjoy having someone take care of you.
- ☞ **A night on the town.** A date with your husband will allow you to get reacquainted. Make it a time to reconnect and reminisce about favorite memories you have had together.
- ☞ **Adult conversation.** Dinner or an outing with friends provides a change of pace, a new perspective, and a fresh experience. Some par-



ents trade off letting each other out of the house; one watches the kids while the other takes off with friends. If Dad isn’t available to take the kids for awhile, see if you can leave them at their grandparents’ or with a babysitter.

- ☞ **Physical activity.** Take a walk, a bike ride, or a run. Anything that gets you active and out of your daily routine. Decide what you would like to do or if there is something new you want to learn (e.g. taking a karate, aerobics, swimming, or flexibility class).
- ☞ **Deep sleep.** Let Dad watch the kids while you take a nap or sleep late in the morning.
- ☞ **Cleaning.** Except you aren’t the one doing it. One mother said, “I have a cleaning service come in once every two weeks. What those three ladies do in 90 minute takes me three days! Now, I can spend weekends with my son instead of dusting, vacuuming, and scrubbing floors.”
- ☞ **Time alone.** Watch a movie or take a walk by yourself. Hire a babysitter for the day so you can run errands and other things without worrying about naps, moods, or feedings.



☞ **Gardening.** The fresh air, exercise, and rewards of watching your garden flourish can be rejuvenating and provide a sense of accomplishment.

☞ **Word play.** We know reading an entire book or magazine is a major feat when you’re a mother, but it’s also a way of diving into someone else’s world for a change; a world of people who don’t throw temper tantrums or demand your constant attention.

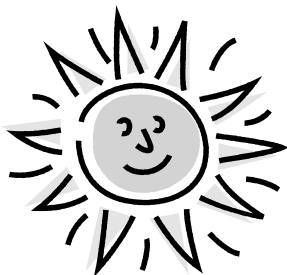
- ☞ **Saving memories.** Many mothers love to work on their scrapbooks and reflect on their memories.
- ☞ **Adult Education Courses.** Sometimes it is therapeutic to make something with your hands. Try a woodworking, ceramics, or floristry class.

These are only some of the many possibilities. As the primary caregiver, it is hard to nourish your children if you are not being nourished yourself. You can’t draw water from an empty well. So pamper and indulge yourself on a regular basis, and don’t limit yourself to just one Mother’s Day per year.

Sources:

- 17 ways to treat yourself on Mother’s Day.* Retrieved on April 8, 2008, from babycenter.com.
- Indulgences: How mothers stay sane.* Retrieved on April 8, 2008, from babycenter.com.
- Kelleher, J. (n.d.) *Mother’s Day: In love and appreciation.* Retrieved on April 10, 2008, from parenting.com.

Sun Safety



It's spring! And we are all excited for warmer weather. It means we can go outside to play and exercise. After being cooped up inside for the long winter season, you and your children are surely looking forward to fresh air, sunshine, and exploring the new life that is beginning to blossom all around.

As you begin to spend more time in the sun, we want to remind you of the many ways you can protect your child's skin from the sun. Although sun exposure can be a source of Vitamin D, ultraviolet (UV) rays are harmful and damage skin. According to Centers for Disease Control and Prevention (CDC),

- Babies younger than six months require extra protection because their skin is thinner and more sensitive. They should be kept in the shade and wear clothing that covers most of the body. A little bit of sunscreen can be used on the face and hands, but in general sunscreens are recommended for children older than six months.
- Unprotected skin can be damaged by UV rays in just 15 minutes of sun exposure, although it takes up to 12 hours to see the full effects. So if you notice your child's skin turning pink, it could be a lot worse tomorrow, so get him out of the sun.
- Tanned skin is damaged skin. Any change of color in your child's skin is damaged skin.
- Children still need protection when outside during cool and cloudy days. Clouds do not block UV rays; they filter them, but only slightly.
- People of all skin colors can get cancer from the sun's UV rays. Those who have lighter natural skin color, blue or green eyes, blond or red hair, and skin that burns, freckles, or gets red easily are more likely to get skin cancer from sun exposure.

Of course, we understand that children need to go outside, run around, and explore their surroundings. But there are many things parents can do to help keep their child sun safe:

- UV rays are brighter, stronger, and more harmful during midday (10am – 4pm), so indoor activities are suggested during this time, or activities that take place beneath trees, an umbrella, or a pop-up tent.



<http://www.shadefoundation.org/sunsafety.php>

- Clothing that covers the skin helps protect against UV rays, so dress them appropriately by considering both the activity and adequate sun protection.
- Consider having your child wear a hat that shades the face, scalp, ears, and neck. Baseball caps are not a good choice since they do not protect the ears and neck. Sunglasses are also a wise choice because they protect the eyes against UV rays that could cause cataracts later in life.
- Use sunscreen with a Sun Protection Factor (SPF) of 15 or higher and that also protects against both UVA and UVB rays. Make sure to follow the directions on the sunscreen package, and remember that all products do not have the same ingredients. If your child's skin reacts badly to one product, try another one or call a doctor.
- Put sunscreen on your child 30 minutes before going outside, and reapply when outside more than two hours as well as after activities that cause sunscreen to wear off (e.g. swimming, sweating). Even "waterproof" or "water resistant" products need to be reapplied in these situations.



Sources:

- Center for Disease Control and Prevention. (2006). *Extreme heat: A prevention guide to promote your personal health and safety.*
- Center for Disease Control and Prevention. (2000). *Play it safe in the sun: A guide for parents.*
- Center for Disease Control and Prevention. (n.d.). *Sunscreen for your sun day.*

Community Events

- **Ready to Learn**—May 21st, Utah County Health Department, 12–1 p.m., receive a complimentary book, RSVP stephanie.anderson@byu.edu and put "Welcome Baby, Yes" in the subject line or call 422-1807.
- **Nutrition Class**—If interested in a private home lesson on nutrition and cooking, call Jackie Robins at 801-376-9559.
- **Spanish Parent Group**—May 29th, Topic: "Early Learning", Utah County Health Department, Rm. #1600, 6–7 p.m.
- **Car Seat Safety Class**—May 8th at 10 a.m. and May 21st at 2 p.m., Utah County Health Department, Rm. #2700.