



Welcome Baby



United Way of Utah County

May 2011

A Newsletter for "Welcome Baby" and "Parents as Teachers" Families



to be true in many families. If Mom is exhausted and unhappy it can have an effect on the whole family. Below are a few things you can do to get more rest.

- Take on less responsibility. Try to get your partner, older kids, or friends to help you with the housework and errands.
- Try and get some shut eye whenever the baby is sleeping, and put the crib near your bed so that you don't have to go as far for nightly feeding.
- Try and get outside for a walk. Exercise helps people fall asleep faster and get better quality sleep.
- Don't feel like you need to entertain. Family and friends are going to want to see and hold your bundle of joy, but don't be afraid to say "NO" if you are too tired. There will be plenty of time for them to see the baby.

Taking Care of Mom After the Birth

If you've just had a new baby, Mother's Day may be the last thing on your mind. Who has time to think about themselves between feeding, changing, bathing, and caring for baby's every need? The body goes through many changes after birth to return to its pre-pregnancy state. This time after birth is called the postpartum period and can last six to eight weeks. New mothers will go through many physical and emotional changes during this time, and it is important that they take care of themselves.

Celebrate the fact that you are a mother this month and follow these tips for a healthier, happier life!

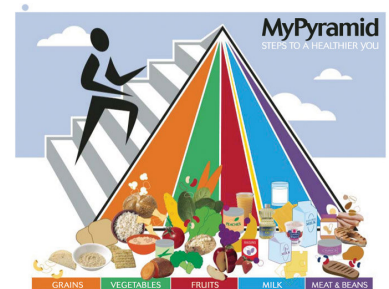
1. Get Your Rest

By now you have probably noticed that your baby does not have the same sleeping pattern as you. Most newborn babies need to eat, be changed, or held every three hours. That can mean little sleep for parents, especially mothers. While it is important to respond to your babies cues, it is just as important to make sure you are getting as much rest as possible. Some people say, "a happier wife equals a happier life." This seems

2. Eat a Healthy Diet

I know everyone has heard that they should be eating healthier, and most people have probably tried. It's just so much easier to grab a pizza for dinner instead of making something more nutritious. The following tips will give ideas on how to eat healthier.

- I know that being a new mom is very tiring, so taking the time to cook a nutritious meal is probably far from the mind. The following site offers over 100 fast and easy recipes that are also healthy. <http://www.lifhack.org/articles/lifhack/over-100-quick-and-easy-healthy-foods.html>



- Don't attempt a crash diet. Many people are anxious to shed the baby fat, but make sure to do it in a safe way. A safe amount to lose per week is 2 lbs. Slower weight loss is healthier and it stays off longer.
- Make sure to drink a lot of fluids. Breastfeeding can cause new mothers to be very thirsty. It's a good idea

to keep a water bottle and some snacks by your bed and places that you usually breastfeed.

3. Get Your body moving

While many new moms may feel too tired to exercise, it is easier to shed the pounds if you start sooner rather than later. Exercising will help to rebuild muscle tone so that it is easier to care for that cute bundle of joy. It can also help to reduce the risk of postpartum depression. Besides those benefits, it will help you to look and feel great! Following are some appropriate examples of exercises for new moms from webmd.com. Before engaging in any of these exercises, please follow this advice from webmd.com



“Keep in mind before you start, though, that every pregnancy and delivery is different. So check with your doctor before engaging in any workout program after giving birth. If you experience any heavy bleeding, excessive soreness, headaches, or other unusual symptoms during or right after exercising, stop immediately and call your doctor for advice.”

- Walking— both leisurely walks and power walks are two of the easiest ways to ease back into exercise according to the American College of Obstetricians and Gynecologists. Taking your baby with you in a carrier adds extra weight, which makes the workout even more effective.
- Kneeling Pelvic tilt- Kneel down on all fours -- toes

touching the floor behind you, arms straight down from the shoulder line, palms touching the floor. Your back should be relaxed and straight, not curved or arched. As you inhale, pull your buttocks forward, tilting your pelvis and rotating your pubic bone upward. Hold for a count of three and release.

- For more great exercises please visit <http://www.webmd.com/parenting/6-exercises-for-new-moms>

May is your month to shine mothers! Taking care of yourself is essential to maintaining a healthy, happy family.

“No gift to your mother can ever equal her gift to you - life”

Taken in part from:

- The New Mother - Taking Care of Yourself After Birth. (2011). *The children's health encyclopedia*. Retrieved February 9, 2011, from <http://www.childrenscentralcal.org/HEALTH/PO2676/Pages/PO2693.aspx>
- Six Exercises for New Moms. (2011). *Webmd*. Retrieved February 9, 2011, from <http://www.webmd.com/parenting/6-exercises-for-new-moms>
- Stepcase Lifhack, Initials. (2011). *Over 100 quick and easy healthy foods*. Retrieved from <http://www.lifhack.org/articles/lifhack/over-100-quick-and-easy-healthy-foods.html>
- Quotes for mother's day*. (2010). Retrieved from http://thinkexist.com/quotes/for/occasion/mother%27s_day/2.html

Graphics taken from :

- http://www.coolfreeimages.net/mothers_day.php
- <http://www.biokineticspt.com/blog/page/3/>
- <http://www.dailyworldbuzz.com/mothers-day-quotes-poems-greetings-and-messages/51129/>

Community Events

- **Ready to Learn**—May 18th at the Utah County Health Department (UCHD), Rm. 2500 from 12-1 p.m. Receive a complimentary book.
- **Habitat for Humanity**—
 - ☞ Classes are held at the Habitat for Humanity office, 340 S. Orem Blvd in Orem. They start at 6:30 p.m. on the last Wednesday of each month.
 - ☞ “Window and Door Insulation, Home Decorating”, May 25
 - ☞ info@habitatuc.org 801.344.8527
- **Local Farmers Markets**— Provo’s Farmers Market (*May-October*), Saturdays from 9:00 a.m.-2:00 p.m., Pioneer Park, 500 West 100 South, Provo.
 - ☞ May: Farmers sell salad greens, carrots, etc., seedlings, honey, cheese, eggs, and much more!
 - ☞ June-October Main Season: varieties of fruits and vegetables; visitors are encouraged to talk to the farmers about recipes; live music, food vendors, arts and crafts