

MOTHER'S HEALTH

Lesson

It is important to have support from health care providers, your partner, family, and friends. Having this support system will help your adjustment to a new baby in several areas including your emotional and psychological health. Reintegrate yourself into your family and your community. To better care for yourself and your new family *you* must be healthy. Do not be afraid to take care of your own needs. It is imperative that you make time for you. You must get adequate sleep each night and eat healthy foods. This will not only give you the energy needed to perform your daily tasks, but it will also make you feel better because you will be in a healthier and happier state of mind. It is also important to participate in some physical activity each week. You must maintain your identity to be the best you to care for you and your family.



Outing

Treat yourself to a day of pampering. This can include many things such as getting a manicure and a pedicure, getting your hair done at a salon, taking a long nap, treating yourself to a movie, visiting a friend you haven't seen in a while, etc. It doesn't matter what you do as long as you are doing it for yourself. You have to remember to take care of yourself so you can be the best mom you can be.



Lunch

Go to lunch with a group of friends to your favorite restaurant and catch up on things that have been going on in your lives.



Reading Time

Sit and read the book or magazine of your choice.

Activity

It is important to maintain a close and healthy relationship with your spouse. Try to find a babysitter so you and your spouse can have a date night without your little one. Go to a movie, out to eat, etc.—just make sure you are having fun and you are relaxed.

