

## BABY YOURSELF TOO!

### Relax.

It's common to feel stressed or down after having a baby. Give yourself time to adjust. Try some of the things listed below to reduce your stress. If your feelings of stress or sadness don't pass or they get worse, talk with your doctor. He or she can help.

### Get Enough Rest.

You need to rest so that you have energy to take care of your new baby. Ask your family and friends to help you with cooking and cleaning. Try napping when your baby does.

### Be Physically Active.

Finding time to be active can be hard. Try taking a walk or dancing with your baby. Aim for 30 minutes a day, on most days of the week. New moms might find it easier to do 10 or 15 minutes at a time, two or three times a day.

### Eat A Healthy, Varied Diet!

Eating well isn't always easy when you have a new baby. But, without the right foods, you might not have the energy you need to take care of your family. Besides taking your multivitamin with folic acid every day, you should drink plenty of fluids (water is best) and eat a healthy diet.

# CONGRATULATIONS, MOM YOU HAVE A BEAUTIFUL BABY



