

# Pointers For Parents

## The Special Needs Of New Moms

(NAPSA)—While the nine months of pregnancy are difficult, the real work begins with the baby's arrival. Balancing the needs of an infant while juggling the demands of a job or a household, is a daunting and often challenging task. A newborn commands attention throughout much of the day and new mothers often forget to set aside time for themselves.

In order to maintain the health of parent and child, it is important for mothers to establish time to unwind and prevent stress from taking its toll.

“Personal attention and maintenance is a necessary element in a new mother's schedule,” explains Robert A. Hadden, MD, assistant professor of Clinical Ob/Gyn at Columbia University College of Physicians and Surgeons. “Even though new moms have less time for themselves, it is important to the well-being of mother and child to make time available. Without small timeouts, new mothers can become irritable and frazzled, causing poor ‘quality’ time to be spent with the baby.”

Following are Dr. Hadden's tips on simple ways for mom to create time for herself:

- After the infant has been tucked in for a few hours of sleep, go into the bathroom (with the baby monitor, of course) and relax in a warm bath. Take deep breaths and enjoy the calming effects of the water.

- Create a skincare spa at home with a mini-facial. During and immediately after pregnancy, skin can “act up” due to fluctuations in hormone levels. While it



**When new mothers take care of themselves, they often find it's easier—and less taxing—to take care of the baby.**

may seem difficult to find a gentle yet effective cleansing method, facial cloths are an easy way to pamper and care for skin. Olay Daily Facials are a recommended example of rich-lathering cloths that nurture the quality of skin through cleansing, conditioning, exfoliating and makeup removal. The informative Web site, [www.dailyfacials.com](http://www.dailyfacials.com), teaches new moms how to achieve clean, moisturized skin in a manner that befits their hectic schedules.

- With the snoozing baby safely in tow in a snuggly, escape the confines of home and go for a walk. A stroll will clear the mind, invigorate the spirit and stretch the body.