

Pointers For Moms-to-Be

Soothing Essentials For Mom And Baby

(NAPSA)—New moms don't have a lot of time on their hands so they need products that will quickly and conveniently address their babies' needs—and soothe and relieve their own post pregnancy-related ailments.

Beyond the baby basics (diapers, formula and bottles), there are a number of soothing, nurturing and gentle essentials to consider:

- Sometimes newborn babies miss the gentle rhythmic sounds of the heartbeat that lulled them to sleep in the womb. When a baby has a hard time falling asleep, products such as Baby Einstein's Baby Mozart® Music CD can help encourage a peaceful dreamtime.

- Another way to soothe a baby into a restful slumber is to start with a calming bath. A nightly routine using Johnson's® Bedtime Bath® will signal that bedtime is near. Plus, the calming and relaxing properties of lavender and chamomile can soothe both baby and mom.

- Welcoming a new baby into the world brings feelings of elation for the whole family, but for new moms it can also bring less desirable feelings—like chafing and itching.

To help, women's health care experts at Monistat® created Soothing Care® Intimate Care products. The line offers products that prevent and treat a range of discomforts such as skin chafing, which can occur between thighs and underarms or anywhere that delicate, sensitive skin may experience rubbing.

Other remedies alleviate things like itching and burning, which can persist on new mom's newly sensitive skin.



A line of soothing products can alleviate the chafing new mothers sometimes experience.

- Maintaining a healthy diet rich in vitamins and nutrients is one of the most important things a new mom can do for herself and her new baby. Smart snacks such as Luna Bars, fresh and dried fruits and wholesome granola are fortified with key essential vitamins to help replenish mom after giving birth and provide the necessary energy for keeping up with her baby.

Some other tips include stocking up on favorite snacks, restaurant take-out menus and movies before the baby's arrival. That way moms will have things to enjoy readily available during the first few hectic weeks.

Also, moms are encouraged to take advantage of help when it's offered. By relying on the kindness of friends and family who bring over dinner or baby-sit, moms can squeeze in much-needed time out of the house or an afternoon of rest.