

As U.S. Birthrate Climbs, More New Moms Seek Motherhood Advice

(NAPS)—Forecasts show America's birthrate is significantly on the rise for the first time since 1990. The U.S. Census Bureau estimates that nearly 4 million babies were born in 2000. At the dawn of the millennium, thousands of women from Maine to Montana are adopting the name "Mom" and seeking advice for juggling their own needs with those of a newborn.

Tori Kropp, registered nurse and perinatal and women's health expert, fields hundreds of questions each week as the author of "Ask Tori, RN," an advice column on Women.com (www.women.com/pregnancy). At the heart of Kropp's advice is reassurance that the concerns moms face are normal and shared by women throughout the country.

TOP QUESTIONS FROM NEW MOMS

How can I incorporate good nutrition into my diet?

Good nutrition is essential for handling the daily emotional and physical challenges of motherhood. Between meals, try snacks like a Luna bar, which contains calcium, protein, folic acid and all natural ingredients, specifically geared toward women's health needs.

How can I get enough sleep?

Take a nap while your baby naps. Also, it's O.K. to slack on household chores and take time to rest.

When can I begin exercising again?

As long as you feel well, it's



fine to do light aerobic activities, swim or take the baby for a walk, but never attempt to diet or lose weight while breastfeeding.

What about my own needs?

Little things that bring you pleasure can make all the difference. It may be as simple as enjoying a healthy, satisfying snack like Luna, listening to your favorite music or reading a good book while your baby naps.

How should I handle the advice of family and friends?

Use your instincts! Talk to friends, family and experts but, most importantly, pay attention to your own feelings.

As a new mother, Kropp knows that women are looking for simple, common-sense approaches for replenishing their own bodies and souls while nurturing their babies. In short, Kropp says, "Create a personal recipe for motherhood that suits you."

New moms can find more information on women's nutrition needs by logging on to www.lunabar.com.