Preparing Your Home To Get Painted

(NAPSA)—One of the most important aspects of interior painting is preparing for a painting crew to move through your home before they begin the project. Think of what order you would like your rooms painted so you can prepare accordingly.

Ed Waller, co-founder of CertaPro Painters, offers expert tips from their Certainty Service System Program to help your family prepare for the job.

Baby's Room

If you’re painting the baby’s room, set up a temporary changing area and sleeping space while the paint dries thoroughly. You should also get an extra few changes of clothes out of the dresser.

Kitchens

If you are painting inside closets, empty them completely. You can put the contents on a bed and cover them with clean plastic. Take out an extra day’s clothes in case the painters seal up the closet.

Kitchens

Make sure all tables, counters and shelves are cleared off. If you are painting inside the cupboards, empty them. With no access to the kitchen, pack lunches and go out for dinner.

Here’s a handy checklist to follow when preparing your interior paint job:

• Take out the breakable items from any work areas:
  • Painters will cover and protect the furniture and floors, but if there is a delicate piece of furniture, remove it before painters arrive.
  • Empty bookcases.
  • Remove picture paintings, posters and manageable mirrors from the walls.
  • Turn off and, if practical, disconnect electronic items such as computers and entertainment centers.
  

Breastfeeding At Work Tough Task, Worse For Younger Moms

(NAPA)—A new survey by the National Women’s Health Resource Center (NWHRC) and Medela, Inc. reveals one-third (32 percent) of new mothers give up breastfeeding less than seven weeks after returning to work, falling short of supporting women to breastfeed for six months or more. Vow to walk each weekday with new goals.

• To help new mothers transition back into the workforce while continuing to breastfeed, Medela, Inc. reveals one-third (32 percent) of new mothers give up breastfeeding less than seven weeks after returning to work, our survey finds. This percentage is even higher for those new moms aged 18 to 24, at 51 percent.

If mothers can make it past seven weeks while working, our survey shows they are more likely to continue breastfeeding for six to 12 months. Companies should encourage breastfeeders with a lactation program not just at corporate headquarters, but throughout the organization,” explains Irene Zoppi, RN, MSN, IBCLC and Medela’s clinical education specialist.

Many work environments are falling short of supporting women and providing the resources they need to continue breastfeeding while working. According to the survey, the biggest barriers include no privacy, inflexible schedules, lack of refrigeration to store breast milk, lack of access to pumped breast milk or lack of company policies to allow them to take a adequate number of breaks per day. In fact, while 60 percent of the survey respondents believe that the perception of breastfeeding at work is improving, 35 percent were able to do so voluntarily— and 5 percent consider it to have become more negative.

The survey also shows mothers working in retail or service environ- ments were least likely to breastfeed for six months or more after returning to work. Only 23 percent were able to do so compared to 42 percent of those who work from home or own a business and 31 percent who work in other environments, including office or classroom, factory or non-service industry.

“There are so many health benefi ts to breastfeeding for both mom and baby,” said Elizabeth Zoppi, co-founder of Medela, Inc. “New moms should have the equal opportunity to continue to breast- feed their babies at work, regardless of their industry or age.”

To help new mothers transition back into the workforce while con- tinuing to breastfeed, the NWHRC and Medela are offering a free tip card at www.medela.com to help new mothers keep up with their breastfeeding.

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