

PREPARING TO CARE FOR YOURSELF AFTER BABY COMES

My own experience has taught me how easy it is to forget who you are as new parents, especially as nursing mothers. Leo Buscaglia says "We cannot give what we do not have." If you want your children to develop the capacity to care for themselves, model it for them. Sandra McDonald, Houston area Certified Professional Midwife, notes that, as a mother, you are the most important thing in your child's life. She also says "It is never selfish to make sure that the most important thing in your child's life is in good working order."

Children are the most precious of joys, but they also require lots of time and commitment and attention and energy. Make a point of providing yourself with these same resources by integrating your personal interests with parenthood.

- ❖ Write down five activities, pursuits or interests that you feel are important to maintain in the year following childbirth.
- ❖ Put the list away for now, but make a note to yourself on your calendar to take it out in the months after baby comes.

Adapted from Mother' Nature:
Timeless Wisdom for the Journey into Motherhood
by Gosline and Bossi, with Beanland
Debbie Hull
10/2015