



## January E-Newsletter, 2010

### Topic: Top Five Resolutions for Pregnancy

**Happy New Year!** I hope that you had a wonderful holiday season. As we welcome in 2010 and reflect back on the highs and lows of 2009, there is a lot of excitement and anticipation with all the hope and promise that a new year holds. This is also a great time to make (and break) resolutions. This month we will take a look at some realistic resolutions for this season for your life, as well as how to actually keep those resolutions and incorporate them into new life habits.

Enjoy,

*Nurse Wendy*

If you are expecting in 2010, then you already know that this year will hold great things for you! Moving forward, this is the perfect time to make some resolutions for the remainder of your pregnancy. The key to making a resolution you can stick with is to make your resolutions realistic. Far too many people resolve to make changes they simply cannot abide by. Keep in mind that realistic promises are much easier to keep, and they practically guarantee your success. Here are my top five resolutions for pregnancy:

1. **Eat Well.** This is the time to pay attention to your nutrition, without becoming militant about it. It is important that you get all your nutrients (including fats) on a daily basis, as well as taking a high-quality prenatal vitamin as an added insurance policy. Eat quality foods and organic fruits and vegetables whenever possible so you can give your baby the best start in life. While pregnancy burns only an extra 300 calories (you aren't exactly "eating for 2"), it is important to use those extra calories to provide optimal fuel for you and your baby. That being said, if cravings take over and you go on a Ben and Jerry's bender don't be too hard on yourself...just start fresh the next day and try to eat a little better.
2. **Stay Hydrated.** Even more important than fueling your body with good foods, you must stay well hydrated! It is ideal to take in at least 64 ounces of non-caffeinated fluids per day. Studies have shown that dehydration is the number one cause of pre-term labor, and adequate hydration not only helps prevent an early delivery but allows your body to function optimally. If you struggle with getting in all your fluids on a daily basis, try adding a squeeze of lemon to a water bottle, or diluting 100% fruit juice with water to make it easier for you.
3. **Move Your Body.** While it is true that pregnancy is not the best time to begin a new and strenuous workout program, it is the perfect time to build your stamina and get moving! If you are already participating in a regular exercise routine, don't stop. You will want to continue on and make minor modifications as your body shape and size changes to accommodate your little passenger. However, if you are more of the couch potato ilk, all is not lost. Begin by adding a

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moderate 30 minute walk every day. Don't push yourself, you should be able to carry on a conversation and breathe easily while you are exercising. Daily activity will help keep your weight gain and swelling in check as well as make it easier to get back to your pre-pregnancy weight post delivery. Labor Day is coming and it is a marathon, not a sprint...increasing your stamina now will help you make it through the day with energy to spare!

4. **Dump the Bad Habits.** Pregnancy is the absolute best time to get rid of your bad habits... never before have you had such a great motivator! Take a close look at your lifestyle and honestly look at your daily habits that are unhealthy for you and your baby...things like smoking (even regular exposure to second hand smoke), excessive caffeine intake, lack of exercise, and living on burgers and fries can all do damage to your body and your baby. Develop a realistic plan to make changes and put it in writing. Post your plan in places where you will see it throughout the day along with your ultrasound photos of your baby for added motivation. Don't forget to reward yourself for your successes as you transition into a healthier lifestyle.
5. **Pamper Yourself.** You are an amazing woman who is carrying, growing and nurturing a life inside your body. This is an incredible feat that should be honored every day! Make it a point to pamper yourself and your body for all that it is accomplishing. Schedule some time to treat yourself every week with a pregnancy massage, manicure and pedicure, lunch with your partner or girlfriend, or buy yourself a cute new outfit (check out our resources section for some great places to pamper you and your body). This season goes so quickly and should be celebrated as one of the most special times of your life.

If you have *already* given birth then you know the joys (and sleep deprivation) of motherhood. You may find that moving into 2010 might lead you to some slightly different resolutions. As with all resolutions, being realistic will help here, too. You have to remember that your daily schedule is no longer your own, and can change at the drop of a hat based on your little ones needs, so remaining flexible will help you to keep your resolutions and move into a healthier year for you and your new family. Here are my top 5 resolutions for *new* moms:

1. **Go on a Date.** Get out your calendar, and schedule regular date nights with your honey. In the hustle and bustle of new mommyhood we tend to put our partners on the back burner. The best gift you can give to your baby is a strong relationship with your partner. Get out of your mommy sweats, brush your hair and go out on the town...a couple hours of time invested into your relationship will keep you both connected and give you a needed break from diaper duty. If finding a sitter is a problem, get creative. When I was a young mom resources did not allow me to hire sitters on a regular basis. So a friend and I swapped childcare every other week so

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we each could have date nights. Another option is to go on a date at home. Put baby to bed and break out the candles, bottle of wine, rent a movie and go on a couch date.

2. **Sleep More.** I know this sounds ridiculous, but your body needs sleep on a daily basis. While sleep with a new baby is not easy to get, it certainly is possible. Now is the time to lower your expectations and get into survival mode. The house does not need to be spotless, but you do need your sleep. Studies show that adults should get 7-9 hours of sleep a day for optimal functioning. As a new mom this may feel like an impossible task, but it is important to sleep when the baby sleeps. Enlist the help of friends and family to do some of the other tasks so you can stay healthy, well rested and recover from the rigors of childbirth.
3. **Move.** While a new baby can put regular gym visits on hold, this is not an excuse for letting your body down and avoiding exercise. During the postpartum period your center of gravity changes quickly, your hormones are making gigantic swings, and your weight is fluctuating greatly. This can take both a physical and emotional toll on even the best of us. The best way to meet these challenges head on is to get yourself moving. This is not as impossible as it might seem...incorporate your baby into your routines and make it a great time for bonding for you both. There are many options for exercise with a new baby that will also allow you to meet other new moms and form new friendships. Groups that offer stroller fitness and mommy and me yoga (see our resources section for referrals) are great options to help regulate your hormones, control your weight and provide some much needed adult conversation.
4. **Nurture your Relationships.** Once again get out that calendar and plan a “girls night out” at least once a month. The purpose for this is two fold...most new moms complain of being over tired, over-worked, and unconnected. One night a month, make it a priority to stay connected with your girlfriends and eat a meal uninterrupted. This is a great way to take a mental break from the demands of motherhood, while staying close and connected with your friends. The second benefit gives your partner some alone bonding time with baby, so that they may deepen their relationship and increase his or her baby care skills. Your partner will also get the added benefit of a happier and re-charged you when you come home!
5. **Learn Something.** Take a little time for yourself this year and learn something you always wanted to learn. It can be as simple as taking a class online or at a community college, where you may learn a new craft, hobby, skill, language, or sport. The transition into parenting can stifle our creative energies and cause us to feel stale. Our brains need to continue to be challenged and you need the mental escape. This is the perfect time to try something new and expand your horizons!



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I do know that even these resolutions may seem overwhelming when you look at tackling them all at once. Trying to take on too much all at once will result in failure so set yourself up for success by adding them in at a rate that seems right to you. You must ground your resolutions in reality and take your personal lifestyle into account. Remember, you have an entire year to incorporate these into your life to create new and healthier habits for you and your family! I hope that the new year brings each of you much joy and success and a wonderful year as a new and growing family.

All the best,

*Nurse Wendy*

### QUESTIONS?

Email me at: [AskNurseWendy@PacifiCord.com](mailto:AskNurseWendy@PacifiCord.com)

### RESOURCES:

- The Knot Stop: [www.theknotstop.com](http://www.theknotstop.com)
- Stressbusters: [www.stressbustersspa.com](http://www.stressbustersspa.com)
- Spa Gregories: [www.spagregories.com](http://www.spagregories.com)
- Stroller Strides: [www.strollerstrides.com](http://www.strollerstrides.com)
- Stroller Fit: [www.strollerfit.com](http://www.strollerfit.com)
- Tight Bod with a Pod: [www.tightbodwithapod.com](http://www.tightbodwithapod.com)
- Yoga Works: [www.yogaworks.com](http://www.yogaworks.com)
- Dress for the Nines: [www.dressforthenines.com](http://www.dressforthenines.com)
- One Hot Mama: [www.onehotmama.com](http://www.onehotmama.com)