

Help! I'm a New Mother

Hints, helps and practical advice

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TEN WAYS A NEW MOTHER FINDS TIME FOR HERSELF

From Help! I'm A New Mother

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10. Plan time for yourself with your baby—out of the house and away from routine.
09. Plan to be gone only for short periods of time. Consider your leaving from Baby's point of view.
08. Realize attitude is half the battle.
07. Don't expect things to be "normal."
06. Try to keep up at least one hobby or interest.
05. Cultivate flexibility in time and planning.
04. Ask God for help. He promises guidance.
03. Don't be afraid to ask other mothers and others for suggestions, help.
02. Don't be afraid to explain how you feel. Your little ones sense it anyway. Sharing can lessen their anxiety that something is wrong or that it is their fault.
01. Finally, give yourself the gift of forgiveness when you aren't perfect—no one is.