

HAVE YOU GOT POST BBB? BABY BODY BLUES

Having a baby is a wonderful time in any woman's life. Your dreams of a warm, cuddly, sleepy bundle in your arms eventually arrives and so does the reality of learning to cope with their needs. While many books and resources outline strategies for sleeping and feeding and even hormonal changes, guidance for the new mother with her changed body is not as obvious. While some women may easily and rapidly lose their extra baby weight, others find it can take months, even years.

One Australian study has found that actual post-natal weight proved the most important predictor of psychological well-being following birth. Here are some tips on how to attend to your emotional body image needs following the arrival of your baby.

Tip 1: Remember that this is a time of adjustment for you and it takes a little time. Try to speak more kindly to yourself and give yourself credit for everything you are doing.

Tip 2: Prioritise some time each day for yourself, even if it is only half an hour to do something nice.

Tip 3: Try to fit in some regular exercise. Make some time to meet with friends and instead of making it a sedentary

coffee at the shop or a sit down at home, make it an invigorating walk in a nice environment.

Tip 4: Don't be fooled by the celebrities in the magazines who look like they never had a baby a week later. Set some reasonable goals about your body shape and work towards what you want. Focus on being happy and healthy rather than on weight loss.

Tip 5: Remember that everyone is different about the way they feel about being a mum. Some people love it and it's their life's ambition to be home and focus on children. For others they need to still feel a sense of achievement in work or their career to feel good about themselves. There is no right or wrong in this. Don't beat yourself up or feel guilty if you need other things in your life too.



© 2008 Terri Sheldon and Peta Stapleton.

www.petastapleton.com

www.terrisheldon.com.au