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Managing Fatigue After Your Baby Is Born

By Sarah Veda

Those days right after your baby is born can be grueling. You're likely in some pain from the delivery, and the baby is keeping you up all night. Here are some tips to help you cope in those first few weeks.

Let some things go Prepare yourself ahead of time to focus on yourself and the baby, and let some things go undone. If you need a clean house in order to relax, have someone come in and clean for you. The last thing you need to do is try to keep everything going, plus care for a new baby.

Rest Send the visitors away if you need to and take the time to rest. Everybody will tell you "sleep when the baby sleeps", but for me that was a real problem. No matter how tired I am, I cannot necessarily "sleep on command". But, I did learn that half an hour on the couch with a magazine helped me feel better, even if I didn't sleep.

Ask for help Having some help around the house can be a godsend. My husband took two weeks off work after our daughter was born, and it was wonderful. He totally focused on taking care of the both of us, making me feel much less guilty about getting some rest. But, even if you can't have someone with you full time, there are certainly people in your life that would be glad to come and spend some time helping you out with the baby and with household chores.

Take a shower and get dressed Sounds crazy, I know, since all you feel like doing is lying in bed in your bathrobe. But, if you get up in the morning and get dressed for the day, fixing your hair and makeup the way you normally would, it's likely to leave you feeling more like your old self.

Eat and eat well You may not really feel like it, but getting back to a healthy diet as soon as you are able will help you regain your strength. Drink plenty of fluids, to reduce swelling and help you get your system functioning normally again.

Finally, slow down and enjoy. The time will come, and very soon, when you won't believe your baby was ever this small. So, just rest and enjoy this special time, and let your body heal.

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Sarah is a 41 year old wife and mother of two boys and one girl. She spent many years as a manager in the corporate world, and gave it up to be a stay at home mom. Go to

<http://www.infantresources.com>

now and get her incredible baby minicourse - absolutely free.

Tips For Preparing For Your New Baby

By Gabriel Adams

When you first find out that your wife is pregnant with your first baby, you are usually very excited. Then slowly this excitement starts to turn to anxiety and fear. Having a baby is a huge step in your life, and you need to prepare for it as much as possible before the baby arrives. Once the baby is here, you will be amazed at the lack of time you have for anything except taking care of the baby. Here are a few tips to help you prepare for your baby's arrival.

The first thing that you need to do is to set a doctor's appointment to get tested to make sure that your wife is definitely pregnant. The home pregnancy tests are usually very accurate, but the test at the doctor's office is almost perfect. Your wife needs to start taking prenatal vitamins as soon as possible to make sure that your baby is getting enough of the right nutrients. After visiting the doctor to make sure mom and baby have all that they need to be healthy, it is time to start working on your house.

Make sure that you have the nursery ready before the baby is born. If you find out the sex of the child before birth, then you can completely have the nursery decorated before the child arrives. If you do not want to know the sex of the baby, then you can use neutral colors, so that it will not matter what the sex of the baby is. Either way, make sure that the nursery is ready for your new baby, because you will not have anytime after the baby is born to work on it.

Another way to prepare for your new baby is to read as many magazines and books as you can. Also talk to as many parents as you know to help prepare yourself for your baby's arrival. Nothing will fully prepare you for your baby's care, but this knowledge will get you out of some trying situations. Once you are prepared try to relax and take it one day at a time, because at first it will be a struggle.

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