



Moms in training: 3 sanity-saving tips for new mothers

(BPT) - From feeding to diaper changing, new moms and dads are flooded with information to learn and decisions to make for their new bundles of joy. A recent survey conducted by Harris Interactive found that nearly 75 percent of moms plan to return to work post-maternity leave. What many new moms may not yet fully realize is that becoming a mother is a full time job in and of itself. Like any profession, new moms deserve training, breaks and lots of support!

Tammy Gold, parenting expert and author of the new book "Secrets of the Nanny Whisperer," shares some easy tips mothers can use to help ease the transition into their new parenting role:

Fill yourself up

"No mother can give 100 percent of herself, 100 percent of the time, to her children or her partner," Gold says. "Mom needs to remember what makes her who she is and what she needs emotionally and physically to live a complete life."

Filling yourself up can come from work, volunteering, taking classes, joining online groups, being in a book club, reading, hiking, walking or working out. Do whatever it takes to "fill you up" emotionally, mentally and physically - apart from your children and family. Remember: happy mommy equals a happy baby!

Crack the crying code

When your baby cries, it can frustrate you, prevent you from sleeping, or even make you feel like crying yourself. Figuring out why your newborn is crying can ease a lot of stress.

The main causes for infant crying typically include a dirty diaper, hunger, fatigue or being too hot. However, if these are not the issues, your baby could be suffering from gas, colic or reflux. Switching to the right baby formula or modifying your own diet if breastfeeding can fix all these issues.

If you're formula feeding, try switching your baby's formula to a "sensitive" or "gentle" type formula. These formulas have less lactose and can help to reduce gas and colic. Remember: the Food and Drug Administration (FDA) strictly regulates infant formula to keep all babies safe. So, Store Brand Formulas like Wal-Mart's Parent's Choice and Target's Up & Up are nutritionally equivalent to name brands like Enfamil and Similac. By switching to store brands, families can save up to 50 percent, or up to \$600 dollars a year, which can certainly help with mom's stress level.

Don't compare

"You are the best mother to your children," Gold says. "It does not matter which moms work full time or which moms stay at home to run the 'perfect' home. Your children do not care what 'other moms' can manage or complete; they only care about you."

Believe in yourself and know that you are the best mother to your children. Be aware of the advice of others, but always trust your own gut, because you know what is best for your own children.

Learn more

For more information about Store Brand Formula, visit www.storebrandformula.com.