

"Baby Blues"

Many women get the "baby blues" after having a baby or weaning a baby from the breast. It is often caused by hormonal changes and is very normal. Symptoms may include crying for no apparent reason, restlessness, anxiety, irritability, and impatience.



Talk with your doctor, nurse, or WIC staff if you experience any of these symptoms for more than a few days or if you feel very troubled after having your baby. Medical attention is very important.

If you want more information on the "baby blues" contact:

- Postpartum Support International
www.postpartum.net
<http://www.postpartum.net/>
- The Online PPD Support Group
www.ppdsupportpage.com
<http://www.ppdsupportpage.com/>
Click on "Postpartum" at the top of the page.
1-800-PPD-MOMS or 1-800-773-6667
- National Hopeline Network 1-800-SUICIDE or 1-800-784-2433
- National Suicide Prevention Lifeline
1-800-273-TALK or 1-800-273-8255

If you are feeling unsafe or uncomfortable with your partner, contact the National Domestic Violence Hotline at 1 (800) 799-7233 or on the Web at www.ndvh.org

Weight Loss

Getting back into shape after pregnancy takes time. If you want to lose weight, aim to lose one pound a week. Even after you lose weight, your body may not be the same shape as it was before you had the baby.

Sleep

Meeting your new baby's needs can be tiring. Get the rest you need by:

- sleeping when your baby sleeps;
- skipping housework;
- limiting guests;
- sleeping with your baby close to you; and
- asking family and friends to help you with chores.



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Healthy Moms

for Healthy Babies



As a new mother, your life has changed. Taking care of your baby probably fills most of your day. You may find that you have very little time left for yourself.



Use your time well. Decide what really matters and let the rest go.

Your health is important. This pamphlet has tips to keep you healthy. They include tips on:

- healthy eating
- physical activity/exercise
- weight loss
- getting enough sleep
- the “baby blues”

Eating Well

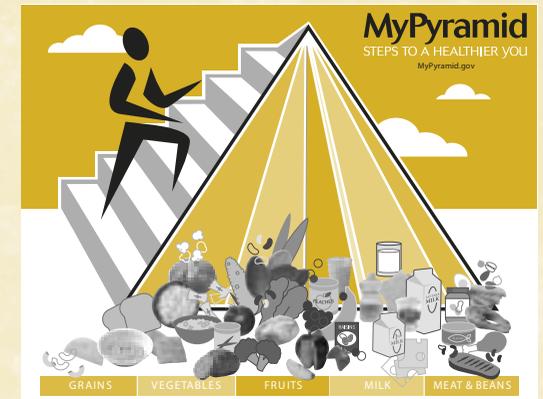
Food gives your body energy to take care of your new baby.

- Do not skip meals. You need to eat.
- Eat at least five fruits and vegetables a day.
- Finish taking your prenatal vitamins. They have iron, folate and other nutrients your body needs.
- If you are breastfeeding, you do not have to avoid any foods, unless they bother your baby.

Physical Activity/Exercise

Talk to your doctor about physical activities you can do safely after having your baby. As your baby gets older be active 30 minutes or more most days of the week, doing activities such as:

- walking
- bicycling
- gardening
- playing in the park with your family



2200 Calories a Day —

Enough for most women 19 to 25 years of age who get 30 minutes of exercise most days.

Grains:
Have 7 ounces a Day

1 ounce equals
1 slice of bread
1 cup of dry cereal
½ cup cooked cereal
½ cup cooked rice
½ cup cooked spaghetti
½ cup of cooked pasta
1 – 6 inch tortilla
1 – 2 inch biscuit
5 whole wheat crackers
3 cups popcorn, popped
1 mini bagel

For Your Health Pick:
Whole Grain Products

Vegetables:
Have 3 cups each day

1 cup equals
1 cup of vegetable juice
1 cup of any vegetable, raw, cooked mashed or chopped
2 cups of raw leafy greens

For Your Health Have:

- dark green vegetables such as collards, spinach, broccoli or bok choy
- orange vegetables such as sweet potatoes, carrots or hard-shelled squash
- beans such as black-eyed peas, pinto, black or garbanzo beans

Fruits:
Have 2 cups each day

1 cup equals
1 cup fruit, cut into pieces
1 cup grapes
1 apple
1 – 8 inch banana
3 medium plums
1 – 1 inch thick piece of watermelon
1 cup fruit juice
½ cup of dried fruit

Talk to your WIC nutritionist or go to the www.MyPyramid.gov website to find out more about the foods and activity level you need for your health.

Milk:
Have 3 Cups a Day

1 cup equals
1 cup yogurt
1 ½ slices American cheese
3 domino sized pieces of hard cheese
½ cup ice cream
1 cup calcium enriched soy milk

For Your Health Pick:
Low Fat or Non-Fat Milk Products

Meats and Beans:
Have 6 ounces a Day

A serving of lean meat, chicken, turkey or fish the size of a deck of cards is about 3 ounces

1 ounce equals
1 egg
¼ cup cooked beans such as refried, black, kidney, pinto, chickpeas, lentils
¼ cup tofu
2 tablespoons hummus
1 tablespoon peanut butter
½ ounce nuts or seeds

You also have:

- 6 teaspoons of oil (canola, olive or vegetable oil) or margarine. Put these on vegetables and breads to add flavor.
- 1 healthy snack such as 1 cup skim or low fat milk and ½ of a peanut butter sandwich or as a special treat some days, a piece of cake and ½ cup milk.

Remember to:

- eat a variety of foods
- eat the amounts listed here
- limit foods with lots of fat and sugar

Have a goal in mind. Keep working each week to add in a little more exercise, another healthy food, or cut back on foods you body does not need. Get healthier step by step.