



MOM'S TIME OUT



We all have days when we feel anxious or “stressed out.” On days like that, it’s good for you to *take some time out for yourself*. Your child’s behavior may push you into reacting in a way you will later regret if you don’t take this time for yourself.



Remember, mom has to stay healthy so she can raise a happy, healthy baby.



After you have put your child down for a nap, forget what you “should” be doing. Take some time for yourself. *Read, sleep, listen to music, take a leisurely bath* whatever makes you feel relaxed and ready to face the world again.

Below are some suggestions for mom’s time out:



Count to 10, then put your child in a safe place (a crib, playpen or child-proofed room) and go to another room or outside for about 5 minutes. Take some deep breaths, think positive thoughts and enjoy your few moments of solitude.



Have a special, quiet plaything/ toy to be used by your child only at certain times. This special plaything will be a treat for your child, and it will give you some quiet time when you need it the most.



Lie down on the floor with your feet up on a chair. Place a cool washcloth on your face. Spend the next 5 minutes thinking about *the most peaceful scene* you can imagine.



A daily routine of eating three healthy meals per day (at regular times), having a regular bedtime and getting 8 hours of sleep per night, and enjoying some form of exercise will help keep your nerves less frazzled. Remember, mom has to stay healthy so she can raise a happy, healthy baby.

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Lovingly take care of yourself, just as you lovingly take care of your child.

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