

OH, SWEET SLEEP—moms dish on what really works

# babytalk

STRAIGHT TALK FOR NEW MOMS

**hug me,  
kiss me,  
chat me up!**

simple tips to help you  
bond with your baby

**MOMS WHO  
ROCK!**

everyday women  
who wow us

**ka-ching! save  
on diapers,  
formula + more**

\* Plus: help for  
moms of  
multiples



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## you pumped where?

An airport bathroom, office supply closet, the backseat of a car—these are just a few of the unusual places where new moms pump. Next time you find yourself in an awkward spot, try the Easy Expression Hands-Free Pumping Bra Bustier (\$34; [easyexpressionproducts.com](http://easyexpressionproducts.com)) or the Simple Wishes Hands-Free Pumping Bustier (\$35; [simplewishes.com](http://simplewishes.com) or Target stores). They both zip in front, so they're a cinch to slip under a blouse. —BETH HOWARD



## ◀ mood food

After your baby is born, "the levels of estrogen, progesterone and serotonin in your body drop to your normal, prepregnancy levels," says Jackie Keller, nutrition expert, author of *Body After Baby* and founder of Nutrifit. This process can leave you feeling depressed and stressed and can inhibit your weight loss. "Complex carbohydrates such as whole-wheat bread, brown rice and steel-cut grain increase the brain's production of serotonin to elevate your mood," advises Keller. —SJ



## this little piggy enjoyed a pedicure

Now that sandal season is here, it's time to dress up your toes! Piggy Paint nail polish comes in an assortment of bright, fun colors that are chic for you and your little one, and they're perfectly safe, even for babies. (They're nontoxic, hypoallergenic and water-based.) Mommy-and-me pedicure, coming right up! (\$9; [piggypaint.com](http://piggypaint.com)) —SJ

## how to wrangle your worry

Is my baby eating enough? Why is she crying? With so many potential sources of stress, it's no wonder recent research suggests that postpartum anxiety is more common than depression. To keep worry in check, experts suggest the following:

**beware of catastrophic thoughts** If you find you're worrying that your baby might stop breathing, for example, try to ask yourself what the likelihood is that this could happen, advises Amy Wenzel, Ph.D., clinical associate at the University of Pennsylvania. "Then take a step back to identify the most realistic outcome," she says.

**create a distraction** Engage your senses to divert anxiety. Try listening to music or sniffing a favorite fragrance. "These seem like little, superficial things," says Wenzel, "but they do the trick to distance people from their distress and help them get centered."

**do something** A yoga class is great, but simply stretching or going for a walk also can make a big difference in your emotional well-being.

**talk to your doctor** If you're cleaning excessively, checking on the baby nonstop or just not feeling like yourself for a noticeable period of time, talk to your doctor and ask for support. Counseling might help. —BH

