

# SELF CARE

## FOR THE NEW MOM

Self care is not only important for you it's important that you take care of yourself for your child and family. It might be the furthest thing from your mind, but taking time to connect with yourself is important.

### READ

I'm sure you've read plenty of baby books and mom books, but when's the last time you read something you enjoyed for fun?

### TAKE A WALK

When I was stuck in the house in those early days I remember how being stuck in 4 walls all day felt.

When you have a moment get outdoors...alone. Even just to walk around the block.

### ENJOY A MEAL

Most of my early motherhood involved me eating whatever I could find as fast as possible. Take time to find a meal you want to try that you've never made or pick up something fresh and delicious from your local market.

### TAKE A NAP

I refuse to be that mom that says, "Sleep when the baby sleeps" because I NEVER could. But I also know that naps are awesome and if you can relax your mind enough take one just for the sheer joy of it.

### QUIET TIME

Before I had children I was constantly on the move with work, school and volunteering. I wasn't used to having quiet time, alone. Take time when you have a moment to enjoy the quiet during nap time.

### LAUGH

I took being a mom super serious and a lot of the time I forgot to laugh. Take a moment to read something funny or watch something funny. Mom memes and funny YouTube videos didn't even exist when I was a first time mom.

### TRY SOMETHING NEW

Take these moments to try something new that you'd enjoy. It doesn't have to be a full-blown hobby, but take a moment to make a list of new things you've always wanted to try. Then try one!