

babytalk

WEEK 2



Love Your New-Mom Body!

Stop Pinching the Inches, Mama!

QUOTE OF THE WEEK

"My post-baby body image is pretty darn good, but it's mostly out of sheer practicality. I don't have time to have bad hair days or fat days or any other kind of low self-esteem days. Before having Maya, those days could easily suck up an hour or two of my time as I tried on outfit after outfit and obsessed over, or otherwise lamented, the way I looked in my clothes, the way my thighs rubbed together, the newest pockets of cellulite I caught a glimpse of in the mirror, etc. My priorities have shifted in such a good way. These days, I feel my best when I get to work, and I realize that my socks match and that I made it out the door without a single drop of spit-up on my outfit."

--Trish Figueroa
Madison, WI

Slow and steady is the way to go

"I always tell women to skip fad diets, since there is no evidence that they work long-term," says Rene Zweig, Ph.D., a licensed clinical psychologist and the director of the Eating Disorders and Weight Management program at the American Institute for Cognitive Therapy in New York City. "Some [diets] can be harmful, especially for a new mom who is breastfeeding." The old-fashioned way -- eating healthier and exercising a bit more -- may not be glamorous, but it's safe and it works.

4 instant confidence boosters

- Put the kibosh on pinching the inches.
- Steal the power of your skinny clothes. If they taunt and tempt you to repeatedly try them on, toss them.

- Treat yourself to a few new pieces that show off your curves. Baggy clothes just look baggy.
- Stand tall and walk with your head held high. Smile!

"Each of these moves project confidence," say Zweig. "And when women act confident, they feel confident." And if you have to fake it at first, who cares? That attitude will become second nature before you know it!



Pass on love-your-body pride

"Scrutinizing what you eat, reading every label, having strong ideas about 'good' foods and 'bad' foods -- all that can get passed on to children," says Maria Rago, Ph.D, a psychologist at Linden Oaks at Edwards Hospital in Naperville, Illinois. "The next thing you know, your 5 year-old is asking, 'Mommy, how come you never eat cookies?' or telling their teacher they're fat. Body acceptance and acceptance of yourself is one of the best gifts you can give your child and yourself."

Celebrate action!

Rather than focus on how jiggy certain parts may have become, think about all your body can do. You walk, you dance, you work, and you prepare extraordinary organic culinary creations for the whole block. Pretty amazing!

For more advice, check out the Love Your New-Mom Body discussion forum at Parenting.com/babytalk.

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