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Baby Bits - July 2007

top 5 exercises for expectant moms

With your doctor's approval, try these relaxing exercises aimed at helping you maintain a fit pregnancy.

1) Pelvic Floor (Kegels)

Sitting in a chair, engage the pelvic floor by squeezing as though to stop yourself from urinating. Hold through one long exhale, then release and inhale. Repeat the engagement on each exhale for 10 - 20 reps.

2) All-fours Opposition Reach

Start on all fours, keeping abdominals lifted against the belly, long spine, shoulder blades down and wide. Reach one leg back and the opposite arm forward, lifting both straight out, keeping in line with the torso. Hold for three breaths then switch sides, lifting the opposite leg and arm. Repeat for a total of four on each side.

3) Side-lying Push-up

Lie on your left side, both knees bent, right leg behind the left. Place the left forearm on the belly so that you are lying on the upper part of the arm. Place the right palm on the ground in front of the breastbone. Press into the right hand to straighten the arm and lift the torso off the ground. Bend the elbow to lower the torso back to the ground. Repeat seven - 10 times on each side.

4) Squat on the Wall

Start with the back against the wall, feet hip-width apart, heels approximately one foot in front of the hips. Bend the knees, keeping them in line with the feet, sliding down the wall. Hold at the bottom, not allowing the knees or hips to bend more than 90 degrees or the knees to go past the toes. Press back up to straight knees, keeping the back on the wall. Repeat 10 - 20 times.

5) Side Legs, Butterfly

Lie on your left side with both knees bent and legs stacked so that heels are in line with the torso and the knees are in front. Rotate the right thigh out to open the right knee towards the ceiling while keeping the feet touching. Turn the leg in to bring the legs back to a stacked position to finish. Perform 15 reps on each side.

Source: Erika Bloom's *Pilates Plus*

The Baby Owner's Starter Kit

Here's a fun shower gift sure to be popular with new moms and dads. The Baby Owner's Starter Kit by Louis Borgenicht, M.D. and Joe Borgenicht (Quirk Books; \$24.95), comes in a handy box containing all kinds of cool stuff. Flip the keepsake box lid to find The Baby Owner's Manual, a growth chart and stickers, an operating instructions poster, a babysitter's manual and a nifty magnet. Available at amazon.com, Target and at specialty shops online.

Baby Prep 101

Getting ready for baby is more interesting when you read about it. The Moms on Call Guide to Basic Baby Care by Laura Hunter, L.P.N., and Jennifer Walker, R.N. (Revell; \$17.99) covers baby care during the first six months. Written by two pediatric on-call nurses, this terrific book includes loads of information to help soothe the new parent anxiety — it also comes with a handy instructional DVD

Eat Well and Lose Weight While Breastfeeding by Eileen Behan (Ballantine; \$14.95) is newly revised and helps new moms understand their own nutritional needs while nursing and how to optimize weight loss potential while remaining strong and healthy

Two new books help working nursing moms in *The Nursing Mother, Working Mother* by Gale Pryor and Kathleen Huggins, R.N. (Harvard Common Press; \$12.95) and *The Nursing Mother's Guide to Weaning* by Kathleen Huggins, R.N. and Linda Ziedrich (Harvard Common Press; \$11.95). Both titles make the tricky aspect of returning to work while still breastfeeding more doable.

what's new in baby chic ...

1 Gabby Baby Shirts and Onesies

New moms can grow weary of answering strangers' questions. Let Baby do the talking before she can talk with Gabby Baby's new

Nashville, TN

68°F
Cloudy

Hour-by-hour | 10-day

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