

## MOMMY CARE

As mothers of multiples, we spend so much time nurturing our families that we often forget to take care of ourselves. During the first few months of our children's lives, we may find little opportunity for anything besides catering to their needs. Just being able to take a shower during the day can be difficult to manage. Most of us are too tired to even think about pursuing the interests we used to take pleasure in before we became mothers. However, it's important that Moms find at least a few moments for themselves each day in order to do something that they enjoy.

Being a mother of multiples can be very demanding and stressful at times which makes it necessary to find outlets for relieving tension. Moms need to seek activities that provide them with personal satisfaction even though it may be difficult to schedule them into a hectic day. They could ask their husbands and family members to watch the kids in order to get a break. If this isn't possible, then hiring a babysitter on a regular basis should be considered if it's affordable. Pre-teens are often willing to baby-sit at a much lower rate and can entertain kids so that Moms can get some personal time even if they don't leave the house. Forming a co-op babysitting service with a neighbor or friend is another inexpensive childcare option since mothers take turns watching each other's kids.

There is nothing wrong with pampering yourself yet many women feel guilty about pursuing leisure activities. They sometimes fail to realize that taking care of personal needs is important to their well-being and will help them function better as wives and mothers. Finding the time for relaxation can prevent Mommy burnout and may allow mothers to meet their children's demands with more patience.

Listed below are some simple ways that could help Moms to unwind and nurture themselves:

1. *Reading a book or magazine* (unrelated to parenting) sometimes provides a good escape from daily chores and demands.
2. *Taking a bath* and using aromatherapy oils or bubble bath products can help to rejuvenate tired Moms.
3. *Keeping a journal* about one's innermost thoughts and concerns is sometimes very therapeutic.
4. *Taking a walk* for just 20 minutes a few times a week can clear your mind and get you back into shape.
5. *Signing up for a course* in adult education gives you an opportunity to do something for personal growth and achievement.
6. *Joining an exercise class* could help keep your body toned and relieve tension. Many centers such as the YMCA offer free babysitting.
7. *Gardening* is a fun hobby and lets you enjoy the calming effects of nature and fresh air.
8. *Practicing Yoga* at home or taking a Yoga class can help you relax while increasing physical strength and flexibility.
9. *Going shopping* or just browsing around in your favorite stores can provide you with a change of scenery and an excuse to get out of the house.
10. *Playing a musical instrument* is a great way to express yourself and release pent-up emotions.
11. *Calling a friend* to chat (even if it requires hiding in the bathroom for privacy) gives you an opportunity to laugh, cry, and gossip. Other Moms can usually relate to your feelings and are a great source of support.
12. *Enjoying a SPA activity* such as a manicure/pedicure, facial, or massage is a wonderful method of pampering yourself. Since Spas are often expensive, you could request this treat as a gift certificate from your hubby.

Happy Mother's Day and please find the time to do something nice for yourself!!!

Sources:

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