

YUMMY BUBBY NUTRITION AND HEALTH FOR MOTHERS OF NEWBORNS

So here you are, you are finally home with your newborn baby. You are thinking “how on earth am I going to do this, I don’t know what to do!” You have, of course, read all the baby books and listened to heaps of conflicting advice. Somehow you muddle through the days and nights.

Nothing, however, prepares you for just how much work there is to do caring for your baby. All the feeding, nappy changing, endless washing, somehow trying to keep the housework done, it is amazing just how busy you are. How can one tiny little person create so much work! Then there is the terrible sleep deprivation to cope with.

It is so very common in this situation to put yourself last, and to neglect your own meals and health.

It is so very important that you as a new mother keep as well nourished as possible. The tiredness you feel leads to drops in your blood sugar levels and that in turn has you reaching for the packet of chocolate biscuits with your cup of coffee for a quick pick-me-up. Unfortunately this leads to another drop in your blood sugar levels when it wears off and the tiredness is back.

The first step in making sure you are eating enough healthy food is to make sure there is some in the house. Write a shopping list for healthy grainy bread, organic eggs, cheese, cottage cheese, milk or soy milk, cereal, crackers, hummus, salad vegetables, meat, cold meat such as ham or pastrami or turkey slices or chicken slices. Send your husband off to the shops to get the supplies, or send your Mum.

Hard boil six of the eggs and keep them in the fridge. If you are starving and in a rush eat one of them with a slice of toast, or by itself if you have no time to make toast.

If any kind friends ask what they can do to help you, ask them to make you a big pot of soup which you can freeze in portions. Or ask for some dinner casseroles or bolognaise sauce that can be whipped out of the freezer to save you the trouble of worrying about an evening meal.

The most important thing about eating healthily to keep up your strength and mental wellbeing is to eat regularly. Just remember how important you are in your role as a new mother.

I know you want to lose the extra weight you have put on but starving yourself in the early days coupled with sleep deprivation leads to feeling very low emotionally.

Don’t let more than four hours go by without eating something.

Eat breakfast, hot porridge and milk or soy milk is quick, or toast with cheese and tomato, or an egg. The protein will help sustain you and ward off feelings of tiredness.

At morning tea sit for 15 minutes and have a cup of something and eat some cottage cheese or hummus on rice crackers or rice cakes. Have a piece of fruit as well

At lunch have some soup and a piece of bread, or make a sandwich with your salad vegetables and some meat.

For afternoon tea eat something similar to morning tea, or if dinner is a lot way off, a boiled egg for afternoon tea does wonders.

If you are feeling very tired the best advice of all is, whenever the baby goes to sleep, you go to sleep as well.