

hip mama

mom's health * girl talk * laugh it off



body after baby

If you're looking for a new workout, consider Pilates with your little one. "It's ideal for new moms because it targets ab muscles that get overstretched during pregnancy," ▶▶



▶▶ says Sarah Picot, a certified instructor and developer of Postnatal Pilates (pilatesforyou.com). The following move, called the Bridge, lets you play with your baby while you exercise.

Bridge: Lie on your back, legs bent and hip-width apart, feet flat on floor. If your baby can sit up, place him on your pelvis and support him under his arms. Inhale as you pull your navel in toward your spine, then exhale as you peel your behind and back off the floor, one vertebra at a time, until your body is aligned from your knees to your chest. Pause, inhale, then exhale and slowly roll down. Repeat five to eight times. —BETH HOWARD

here's a genius idea! InStyleBelly, an online maternity consignment boutique, offers trendy moms-to-be designer clothing for less. New moms can also make money consigning gently used maternity wear. instylebelly.com —SJ

modern mommy cards!

A new study finds 63 percent of moms are active on online networking sites (like Facebook and Twitter), compared with 11 percent in 2006. Many claim to have two distinct social circles: real life friends and online ones. So how do you encourage the new mom down the street to add you to her "friend" list? Give her your "mommy card"! With modern designs and the ability to add URLs, your friend and follower list will grow overnight! mommy-cards.com or shutterfly.com —SJ



sleep solutions for tired moms

If round-the-clock baby care has you daydreaming about more sleep, these simple strategies can help.

- 1 work out a shift system** To get a five- or six-hour stretch, try sharing night duty: For example, feed your baby before you go to bed, then let your partner (even if he works!) handle the next feeding using pumped breast milk or formula.
- 2 make sleep a priority** Let the housework slide so you can get more shut-eye. "If you're home with your child, grab naps. If you're back at work, go to bed early and catch up on the weekends," says Joyce Walsleben, Ph.D., associate professor of medicine at the NYU School of Medicine Sleep Disorders Center.
- 3 let your mother-in-law visit** If a relative offers to come and help, say yes—especially if she won't mind pitching in with feedings, cooking and cleaning.
- 4 turn off the monitor** You don't need to listen to every gurgle—if your baby is upset, you can bet you'll hear it. —BH



CLOCKWISE FROM TOP: AMY SMITH, CORBIS, JON WHITTLE