

BABY YOURSELF TOO!

Relax.

It's common to feel stressed or down after having a baby. Give yourself time to adjust. Try some of the things listed below to reduce your stress. If your feelings of stress or sadness don't pass or they get worse, talk with your doctor. He or she can help.

Get Enough Rest.

You need to rest so that you have energy to take care of your new baby. Ask your family and friends to help you with cooking and cleaning. Try napping when your baby does.

Be Physically Active.

Finding time to be active can be hard. Try taking a walk or dancing with your baby. Aim for 30 minutes a day, on most days of the week. New moms might find it easier to do 10 or 15 minutes at a time, two or three times a day.

Eat A Healthy, Varied Diet!

Eating well isn't always easy when you have a new baby. But, without the right foods, you might not have the energy you need to take care of your family. Besides taking your vitamin with folic acid every day, you should drink plenty of fluids (water is best) and eat a healthy diet.



Developed in Collaboration with
North Carolina Folic Acid Council
and National Birth Defects Prevention Network
www.cdc.gov/folicacid

CONGRATULATIONS, MOM YOU HAVE A BEAUTIFUL BABY





While you were pregnant, you took prenatal vitamins for your health and the health of your baby. Keep up the good work! Just switch from a prenatal vitamin to a vitamin with folic acid, and take it every day.

FOLIC ACID: A VITAMIN FOR LIFE

Why Folic Acid?

- It is very important after childbirth, too. It helps with cell growth and repair, something your body does every day!
- Getting enough folic acid every day can help prevent serious birth defects in babies you may have in the future.
- Some studies have found that there might be other important health benefits from taking folic acid.



How can you get it?

- Folic acid comes in many forms and sources. There are small folic acid pills and both liquid and chewable multivitamins. Choose the form you like best!
- The easiest source of folic acid is a **daily** vitamin with folic acid. Most multivitamins have all the folic acid you need. Many store brands are as good as name brands and often cost less.
- Breakfast cereal is another easy way to make sure you get enough folic acid. Many brands have 100% of the Daily Value (DV) of folic acid in each serving. Check the nutrition label.

Mom, set a great example for your family by taking a daily vitamin with folic acid and eating a healthy diet. To take care of your family, you need to take care of YOU!

