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 multivitamin with folic acid every day, you should drink plenty of fluids (water is best) and eat a healthy diet.

NORTH CAROLINA FOLIC ACID COUNCIL

NATIONAL BIRTH DEFECTS PREVENTION NETWORK NBDPN SURVEILLANCE · RESEARCH · PREVENTION

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 regular multivitamin with folic acid, and take it every day.

MULTIVITAMINS

TAKE THEM 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.
- Folic acid may help prevent heart disease, stroke, and some cancers.

How can you get it?

- The easiest source of folic acid is a **daily** multivitamin that has folic acid in it. Many store brand multivitamins are as good as name brands and often cost less.
- Folic acid comes in many forms. There are small folic acid pills and liquid and chewable multivitamins. Choose the form you like best!
- 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 adding a daily multivitamin with folic acid to a healthy diet. To take care of your family, you need to take care of YOU!