

MOTHER'S DAY

New moms need some rest

With the birth of a baby come many added responsibilities and often some hectic times for mothers.

For mom, some of the best times are quiet times, those moments when she can rejuvenate her body and spirit. Here are a dozen ideas to inspire mom, provided by Peggy Kline, wife, professional, mother of two young children and professional consultant. You'll probably discover some favorite ideas of your own.

- **Locate your caring connections** — Don't be afraid to call on the people who make quiet moments possible, such as your husband, relatives and friends. In addition, try to line up a few reliable babysitters.
- **Have a haven** — Find a special place in or around your home — under a tree in your backyard, a comfy old chair, a rocking chair or even the bathtub — for relaxing and enjoying peaceful moments of solitude.
- **Baby your body** — Your body needs pampering too. Luxuriate in a warm, relaxing bubble bath, ask your partner for a back rub or just put your feet up for a few minutes. If you've had a particularly rough day, try the breathing relaxation techniques you used during labor.

- **Take a walk with your thoughts** — A pleasant walk, with or without your baby in tow, can be a great change of pace and is good exercise, too. Walking gives you an opportunity to let your mind wander or even to plan ahead.
- **Nuzzle up with a novel** — Take pleasure in the wonder of words while baby takes a snooze. Pick up a copy of that book you've been wanting to read, and don't

Accessory can be a great gift

If you don't quite trust your sense of your mother's size or taste in apparel, then you can take refuge in any of countless accessories that "dress up" or "dress down" her every outfit when looking for a gift this Mother's Day.

A scarf or 'kerchief' of the right proportions, pattern or color can make an outfit look "serious" or "playful."

A handbag can convey a sense of formality, a business-like purpose or a "devil-may-care mood."

Lightweight gloves can be for dressier occasions or just to cover up rings, bracelets and other jewelry worth protecting from prying eyes and hands.

For the hair, there are flowers, combs, barrettes and ribbons. And they serve the double purpose of fashion and function by stylishly doing the job for which they were designed.

How about a pair of one-size-fits-all house slippers? Not only practical and fashionable, but very, very soothing for the working mom — and what mom doesn't work, whether at home or in the workplace!

All you need is a little imagination and knowledge of your mom and the lifestyle she leads. As for cost, you can fit your idea of a "different gift" into just about any budget or pocketbook. Shop early or shop late — but don't forget to shop for your Mother's Day gift.

Grandma honored

Grandmothers enjoy their grandchildren without the responsibility of constant care and discipline.

However, grandmothers enjoy everything from bottle-feeding to baby-sitting. Their loving guidance and helpful hands are much appreciated, especially by working mothers.

This Mother's Day, don't forget to recognize how great your grandmother is with a special card or gift. It is sure to brighten her day.

forget a bookmark.

- **Take a visual vacation** — When you're having a tense day, close your eyes for a moment and think about a warm, sunny beach with cool waves splashing up on the shore or a romantic mountain hideaway for two. Take a mini get-away. You'll find yourself refreshed and ready to face reality again.
- **Stay in touch** — Make an effort to keep in contact with friends and relatives. Remember, they were an important part of your life before the baby arrived.

- **Communicate your concerns** — Share your feelings and worries with other moms. Consider joining a mother's support group, which you can locate through

your hospital, YWCA or family services agency in your area.

- **Rest without guilt** — Sometimes it's harder to get mom to take a nap than to get baby to sleep. Acknowledge that fatigue is part of your new role, but also understand the benefit of rest.
- **Buy yourself a "birth" day present** — You should be proud of your accomplishment. Celebrate by buying yourself a special present like a new blouse or a pretty hair clip.
- **Plan a special "Mother's Day"** — Arrange for a day away from your normal baby-care routine. Plan a romantic rendezvous with your husband, go to a movie solo and munch on popcorn, or get together for a good gab with a friend.
- **Build your own stages and phases** — One of mom's best teachers is time, so be patient with yourself. It's also a good

idea to set some specific goals.

For example, when you're ready, sign up for that foreign language class you've wanted to take or start on that re-decorating project.

Set some family goals, too, such as seeing your parents more often or strengthening your relationship with your in-laws. By focusing on your own well-being, you'll also add to the dimension of motherhood.

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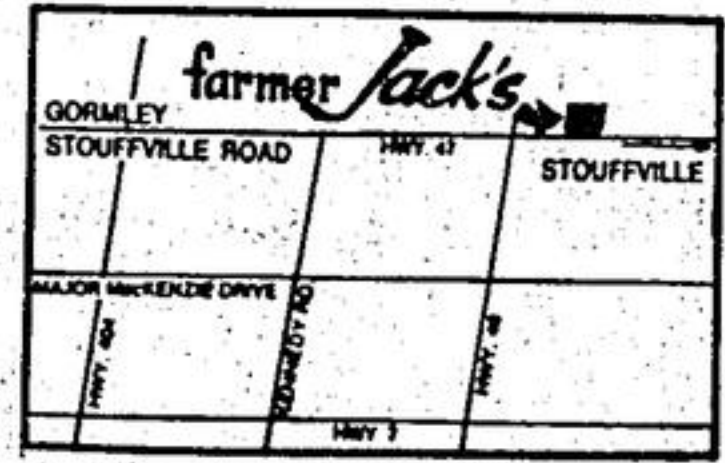
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