



DR. ALISON'S 5 Quick Self-Care Tips for Busy Moms



Hi! I'm Dr. Alison Mitzner—board-certified pediatrician, family wellness expert, and fitness/lifestyle enthusiast who loves to help moms of all types—*new, single, stay-at-home, & working*—create healthier lifestyles, happier families, and safer environments to take care of their kids.

I also love to write and my parenting articles have appeared in *The Huffington Post, Today, Shape, Self, Aaptiv, The Everymom, Parents, Reader's Digest, Mamapedia, and more!*

*As moms, we dedicate our lives to our children.
But often, we forget about taking care of ourselves!*

Self-care is SO important to being a healthy, rested, and happy mom. And the more healthy, rested, and happy you are—the better you can care and give back to your child!

And guess what? Even just 15-20 minutes of self-care each day can make you a more patient, positive, and balanced parent!

SEE NEXT PAGE FOR MY 5 QUICK SELF-CARE TIPS! —>

MY 5 QUICK SELF-CARE TIPS:

FITNESS

Once you get approval from your OB - it's time to *move, move, move!*

- Fitness can help you lose baby weight, give you more energy, and increase your mood.
- Fitness doesn't have to be a "full workout class" — it can be any type of movement. This can be a 15 minute walk around the block, a yoga class, or a 12-min HIIT workout (find easy workouts on Youtube)
- Schedule it! What gets scheduled, gets done. I like to do my workout in the morning (to wake me up and also get it done before life gets in the way).
- Try to schedule at least 15 minutes wherever you can. Instead of spending 15 minutes on Instagram, go walk for 15 minutes!

SLEEP

Good sleep = good sanity!

- Being well-rested is a core component of staying calm and sane throughout the day.
- I know this is different for different moms (especially new moms or moms with many kids).
- If you're a new mom, or your kid is sick, or wakes up at night (and you got very little sleep), the best thing to do is nap!
- Turn off all electronics at least an hour before bed. The blue light from LED can be very disruptive to your sleep patterns.
- Try to go to bed at the same time each night! I know it's tough, but it helps.

NUTRITION

Good nutrition is *vital* to your energy and well-being. The worse you eat, the worse you feel.

- Moms are often so concerned about ensuring what to feed their children that they put themselves on the back burner.
- Go to a supermarket or a health food store and grab some essentials: Protein (salmon, tuna, tofu, chicken) and Superfoods: (broccoli, asparagus, edamame - [see my article](#)).
- Plan out your meals like you would your fitness. Otherwise you're always on the go and grabbing crappy snacks on the way.
- Carry healthy snacks for you too — moms often carry healthy snacks for kids and then snack on unhealthy things.

YOU Time

Just because you're a mom does not mean you need to stop caring about yourself.

- You need to prioritize some time away from your kids.
- That may sound selfish, but you'll actually come back more present and be a better mom.
- "You time" is your personal preference. Make time to do something you love — whether it's alone or with friends or community.
- Take some time to meditate, go on a walk alone, or hire a babysitter for a workout or a night out with friends.
- A lot of parents feel guilty about not being with their kids but it's actually QUALITY time not the QUANTITY time that matters.

MORE TIPS ON NEXT PAGE! →

MY 5 QUICK SELF-CARE TIPS *continued*

DISCONNECT

You need to give your brain a break. We're in an age where everyone is tied to their cell phone.

- Even if it's just once during the day, take 15-20 minutes to disconnect from the phone when you're with your kids. You'll be more present with your children.
- People at first might wonder where you are, but once they know you disconnect at certain times, they'll know not to reach out unless urgent.
- This presence and quality time is so valuable.

BONUS: FORGIVE YOURSELF

My most important bonus tip... Forgive Yourself!

- You're a mom, but you're also a human - you've got one of the hardest jobs in the world and you have to forgive yourself.
- Some moms think self-care or taking time for themselves can be selfish.
- It's not selfish to take care of yourself as a mom... it makes you more selfless.
- Without caring for yourself, you can become an overstressed, impatient, anxious mom —now you can be a more calm, present, patient, and better parent.

Want more tips on family wellness, health, sleep, postpartum, and how to be a happy and fit mom?

Go to my website for more of my articles, blogs, and resources!

www.DrAlisonMitzner.com

Or reach out to me at alison@dralisonmitzner.com

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