



Your Connection

Patient Care

Nurses Station

Managers

Departments

Human Resources

Total Rewards[New Employee Information](#)[Learning Services](#)[Performance Excellence](#)[Recruiting and Retention](#)[Internal Communications](#)[Personal & Tax Information](#)[Careforce Chronicle](#)[Strong4Life](#)[Working Mothers](#)[Forms](#)[For Department Staff](#)[Recycle Bin](#)[All Site Content](#)[Careforce](#) > [Departments](#) > [Human Resources](#) > [Working Mothers](#)

Working Mothers

Being a working mother is a juggling act between taking care of work, family and yourself, and we'd like to make life easier for you. Browse these pages for informative articles on relevant issues to busy families, as well as direct links to helpful resources at Children's. If you have suggestions on topics for future articles, e-mail [WorkLife](#).

Feature Story

Getting Healthy Post-Pregnancy



As any new mom can tell you, it can be challenging to lose the weight you gain during pregnancy and maintain a healthy lifestyle, especially when you are exhausted from caring for a newborn. However, pregnancy weight gain doesn't have to stay for good. Children's now offers a class that makes post-partum exercise fun. Here is more information about the Mommy and Me classes, as well as additional tips for getting back in shape, whether your child is 6 weeks old or 6 years old.

Walk it Off

Once you get the go-ahead from your doctor, walking is an excellent way to get out of the house for some fresh air. Invest in a walking or jogging stroller, and you can easily upgrade to a jog when ready. Take it slowly at first, but try to increase your distance and speed each week. Use your pedometer to monitor how many steps you walk and challenge yourself to increase your steps. There are also stroller walking groups, like [Stroller Strides](#), throughout the city that you can join for company, as well as motivation.

Drink Lots of Water

If you are breastfeeding, you are already drinking lots of water to maintain your milk supply. Drinking water throughout the day will help you avoid dehydration, prevent bloating and fill you up so you avoid unnecessary snacking.

Strengthen Your Core

You might not recognize your stomach right now, but with a little cardio and a focus on your abdominal muscles, you can get it back in shape. Focus on simple movements, like basic crunches, at first and then expand to more complicated exercises to strengthen your core muscles. Yoga and Pilates movements are great ways to focus on these muscle groups.

Keep Nutritious Snacks Handy

When your child gets older, you'll always be prepared with snacks for your child. Don't forget to purchase healthy snacks for yourself as well. Mini-meals throughout the day can keep you satisfied and prevent you from stopping for fast food or eating junk food.

Take a Mommy and Me Class at Children's

Children's is now offering [Mommy and Me classes](#) at The Park. As a new mom, you can learn how to incorporate your baby in everyday physical activity, increasing your bond and health at the same time. The classes are held every Tuesday and Thursday from 2:30–3 p.m.

Our instructor will lead you through a 30 minute, low impact total body workout specifically tailored for you and your new little one. You'll use multi joint movements to burn fat, build muscle and strengthen the core. The workout is straightforward, and simplistic yet reasonably intense. You can bring your baby to class or just come and observe to learn the movements. The class is structured for you to mimic at home as you like.

Seek Advice

Talk to a [Children's Nutritionist](#) for advice or join [Weight Watchers at Work](#) for some guidance on losing those last few pounds. It took you nine months to gain the weight, so you won't lose it overnight. Also, it's important to lose the weight safely.

As you work to get back in shape, remember to focus on your health. Your child will be walking soon, and you'll want to have the energy and strength so that you can enjoy an active lifestyle together.

Check out the [Strong4Life Hub](#) and the [Strong4Life Online Library](#) for additional wellness tips and resources.

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- [4 Activity](#)
- [4 Nutrition](#)
- [4 Fun](#)
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- [Concierge/At Your Service](#)
- [Educational Assistance](#)
- [FLEX Options](#)
- [Your Time Off](#)

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- [Child Care Centers and Credit](#)
- [Sitter Service](#)
- [Adoption Assistance](#)
- [Infertility Assistance](#)
- [College Savings](#)
- [Convenience Services and Discounted Memberships](#)

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