

## New Moms

No time to cook? Life can be so busy with a new baby, lots of laundry, and visitors too. Make mealtimes easy.

Here are three easy meals for busy moms:

### Enchiladas

- 1 Roll cooked chicken or beef, refried beans, rice and shredded cheddar cheese in tortillas.
- 2 Place in a baking dish. Cover with canned enchilada sauce. Bake in an oven until warm.
- 3 Serve with shredded lettuce and salsa.

### Baked Potato

- 1 Bake a potato in the microwave until soft.
- 2 Cut the potato open and top with your favorites – cooked broccoli and cheese, leftover taco meat and salsa, or chili.
- 3 Try a baked sweet potato instead of white potato. Sweet potatoes are packed with Vitamin A.

### Grilled Ham & Cheese

- 1 Make a sandwich with chopped ham or turkey, and a slice of American cheese.
- 2 Lightly spread butter on the outside of the sandwich.
- 3 Cook in a skillet on both sides until browned.



## Comfort with Love

Toddlers can become upset or scared at times. Your child needs you to comfort him. Do not comfort your small child with a bottle, sippy cup or food. Comfort him with love.

### Prevent meltdowns:

- Limit situations that upset or scare your child.
- Have a routine for your child with a bedtime and naptimes. Children who are tired are more likely to become upset or scared.
- Offer 3 meals and 2 to 3 snacks at about the same times to your child each day. Hungry children are more likely to become upset or scared.
- Schedule appointments or errands after breakfast or lunch.
- Know your child. Some children can handle an hour in a store or office. Some children can only handle 15 minutes.
- Do not tease your child. Do not let others tease or scare your child.
- Be calm. Children need to see their parents and others being calm, not upset or scared.



## If your child does become upset or scared, be calm.

Your child is watching you and learning how to be calm.

- Give your child a hug and smile. Let your child sit on your lap. Let your child feel the comfort of your arms hugging him.
- Talk to your child in a soft voice. Explain what is happening. Be honest with your child. If something might hurt, tell the truth to your child. He will learn to trust you.
- Offer a favorite stuffed animal or blanket.
- Do not offer food. Your child will learn to eat when he is upset. This is not a healthy habit.
- Do not give a bottle or sippy cup to your toddler. Bottles and cups are for food, not to comfort.
- If your child can not calm down, move away to a quiet area.

You will help your child learn how to cope.

You will feel better and so will your child.



## Will breastfeeding often spoil my baby?

No, breastfeeding will not spoil your baby. Your baby needs to eat often, and that's why he wants to breastfeed often. It's also good for moms. The more your baby breastfeeds, the more breastmilk you will make.

Babies should be kept close to their mother or other care provider when they are little.

**Babies need to be cuddled by those who love and take care of them.**

Breastfeeding comforts your baby and provides the human contact he needs.

You won't spoil your baby by breastfeeding and holding him often.

Babies who feel loved will cry less and sleep better. They grow up to be happy and healthy, not spoiled.

If your baby cries when he is scared, sad or lonely, he needs you to hug him, and love him.

We all need hugs sometimes!

Babies and Toddlers need hugs too!