

#MomLife

Telling signs it's a day home with your baby

- Your clothing choices are yoga pants or yoga pants.
- Putting on a bra means you're expecting company.
- Time on social media is considered catching up with friends.
- Nursing on the toilet isn't totally out of the question.

BUMP OF THE MONTH

We teamed up with Mederma to help you score a big win! Vanessa France, of Westminster, Massachusetts, won \$1,000 for this hilarious bikini-clad pic, snapped last winter in the snow.

- For a chance to get your bump in the mag, go to americanbaby.com/bump-photo.



Our contest winner!



Find More Free Time

Between diaper changes, feedings, tossing in that load of laundry, and attempting a few hours' worth of sleep, it's safe to say your plate is full. Laura Vanderkam, author of *I Know How She Does It: How Successful Women Make the Most of Their Time* and mom of four, knows what you're going through. She shares her three strategies for stealing minutes (even hours!) from each day for grown-up fun:

► CREATE SHORTER TO-DO LISTS

Post-delivery, add only one thing to your daily agenda besides feeding your baby and sleeping. Then, slowly add two or three more things. It may not seem like much, but that's three things a day and 21 things a week. *Go, Mama!*

► PLAN EACH DAY WITH INTENT

Having a goal for every day increases the chances that you'll spend your time well. If the weather forecast predicts sun, for instance, hitting the park with your munchkin gives you something to look forward to and enjoy.

► MAINTAIN IMPORTANT TIES

Seeing people who energize you makes a difference in the long run. Taking 45 minutes to meet a pal for coffee on a Saturday may be just enough to refuel your stamina to make it through the rest of the weekend. —*Jenn Sinrich*

your
votes
are in!

When you think back to giving birth...

57%

I'd love to relive meeting my baby.

29%

I'd do it over, even the contractions!

14%

Ouch. No, thank you.



you tried it

What: Psi Bands, for nausea relief. Target, \$15

Verdict: "Thumbs up! I just had to wear them tightly or my morning sickness returned."

Hannah Hackett, of Marblehead, Massachusetts.