

Eating after the baby

**How do you go about feeding yourself?
Is that the way you plan to feed your
child when he is bigger?
Do you want your child to eat the
way you do?**

Whether you breastfeed or formula-feed, you have to eat. Both mothers and fathers need to be strong and steady to be good parents. If you are hungry or try to go without food, you will be tired, cranky and discouraged.



Before the year is over, your baby will be ready to eat from the table. Start having family meals now, so you are ready when the time comes.

Here is what to do—and not do—to keep taking good care of yourself with your eating:

- **Have meals with food you enjoy. Cook easy and tasty meals.**
Don't forget to eat. Only cook foods that are fancy or take a lot of time if it's fun for you.
 - **Plan ahead. Know you will get the next meal—and the next!**
Don't wait to get hungry, then grab food. Don't scare yourself by not having food around.
 - **Eat both good and good-for-you food. Sneak up on new food and learn to like it!**
Don't eat just anything to get filled up. Don't be so worried about nutrition that you eat food you don't like.
 - **Pay attention and enjoy your food. Trust your body to tell you how much to eat.**
Don't be absent-minded when you eat. Don't eat less than you want. Don't eat more than you want.
 - **Eat until you feel satisfied. Stop. Do it again the next meal—and the next!**
Don't diet. Don't try to lose your baby weight in a hurry.
 - **Drink milk. Learn to like milk if you can.**
Don't drink sodas, tea or juice instead of milk.
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