



Parent Talk

Katy parents share tips on
common topics we all face

Baby Edition!



Need Advice? Have helpful tips to share?
Katy parents share advice and tips for common kid issues. Follow us on Facebook and be a part of our Katy parent panel.

What is your advice for a new mom going back to work after having a baby?

"The first few weeks, you'll be in survival mode and a schedule won't exist. Don't feel like you need to do it all. Ask for help. There may be things others can't help with, but picking up the house, dishes, laundry, etc., are things that others can do. Let them!

As far as balancing life, it will be an adjustment and you'll find your new normal. It's important to allow yourself some "me time" from time to time. While your world is now different, don't let it stop completely because you have a child.

Going back to work is tough. I'm a mommy of two with a full-time job. Sure, I have those days when I feel guilty and mad (especially when I see my stay-at-home-mommy friends posting all their fun middle-of-the-day outings with their kids to the zoo, museums, and the pool), but I knew before and after I had my kids, I didn't want to give up my career. Not only for financial reasons, but because my professional life keeps me driven, learning, and aspiring to make a difference. And that makes me a better person and therefore a better mommy.

And lastly, remember you're doing a great job! There will be rough days, sleepless nights and times you think you aren't cut out for this, but take a deep breath and relax. It will all be okay, and you're a great mommy! And hug and squeeze on that baby as much as possible...they grow up way too fast. Congrats and enjoy!" - *Kayce Reina*

"Be flexible, and know things happen. Brush them off easily and know that a schedule you set will work for a time, needing to be altered as you and your infant get more comfortable with each other. Go with the flow and love parenting!" - *Elaine B. Hoffman*

"Take every offer of help. Don't have the unrealistic expectations that you should do everything yourself. And sleep every chance you get." - *Kim Huddle*

"Start a routine, stick to it, and find an excellent learning center." - *Cathy Marrero Santamarina*

What must-haves are included in your mommy emergency kit?

"Snacks, wipes, sippy cup, diapers, tissues, extra pacifier, extra outfit for the youngest, including socks and undies, hand sanitizer, band aids, tissues, travel size sunscreen, and hand lotion, chapstick, changing pad (I used the rubber pads covered in flannel, much more compact than a regular changing pad), a clean shirt for mommy, and a travel size hair brush." - *Felicity BeMent*





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What are your tips for soothing a colicky baby? What were your go-to methods?

"Patience. It will be over before you know it, and you'll miss these days. Trust me." - *Tessie Prejean Jackson*

"Gripe water! Works wonders!" - *Erin Lynn Williams*

"Riding in a car can often settle them down. Sometimes changing bottles and formula helps, too. If you're breast feeding, try changing your diet as well."

- *Kelley McElmurry*

What are your baby-proofing tips for new moms?

"Crawl around at your child's level to see what corners they will hit or items they can reach." - *Daneen Rivera*

"A crawling baby is inevitably going to end up opening cabinet doors in the kitchen, bathroom, etc. To keep them from getting too close to dangerous chemicals and objects, you can either invest in a magnetic locking system or just start storing all of your household cleaning and bath items above the reach of little hands."

- *Ashley Lancaster*

Thank you for participating in this issue's parent panel. Visit *Katy Magazine's* Facebook page and watch for parent talk questions posted regularly!

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