

10 Tips for an Expecting Mother

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I just came home from a perfectly wonderful baby shower and I'm in a fantastic mood. We celebrated with my friend in high style. In addition to the food, drink and gifts, we even made her an original quilt (each guest made a square).

After she unwrapped all the gifts the guests sat together in the living room and talked. Instead of playing a traditional shower game, we went around the room, each sharing a piece of advice for the mom-to-be. Here is what these smart and savvy women said:

1. Your baby will inevitably cry for attention whenever you brush your teeth or take a shower. Continue to do these things anyway.
2. However tired you may be, get out of the house within the first two weeks of having your baby.
3. You will have the worst fights with your husband in the first few months of your baby's life. Once you get more sleep, the fighting will diminish.
4. Give your husband the book "[The Happiest Baby on the Block](#)," and encourage him to learn the 5 S's: swaddling, side/stomach position, shhh sounds, swinging and sucking.
5. Leave the baby with your husband while you leave the house. He has to figure out how to handle the baby without your help.
6. Join a support group for new moms



7. Your husband may have his own way of doing things, from changing diapers, to playing to soothing. His way isn't wrong, it's just different.
8. You can read all the books on babies and you still won't know what to do. That's normal. The books don't answer the hard questions.
9. Take a vacation with your husband at least once a year *without* your child.
10. When you're both up in the middle of the night because baby was up and now you're anxious and can't fall back to sleep, have sex.

(For help planning a baby shower, use ViaCord's [baby shower planner](#) on Facebook.)

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What tips would you give to an expecting mom? Please share!

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