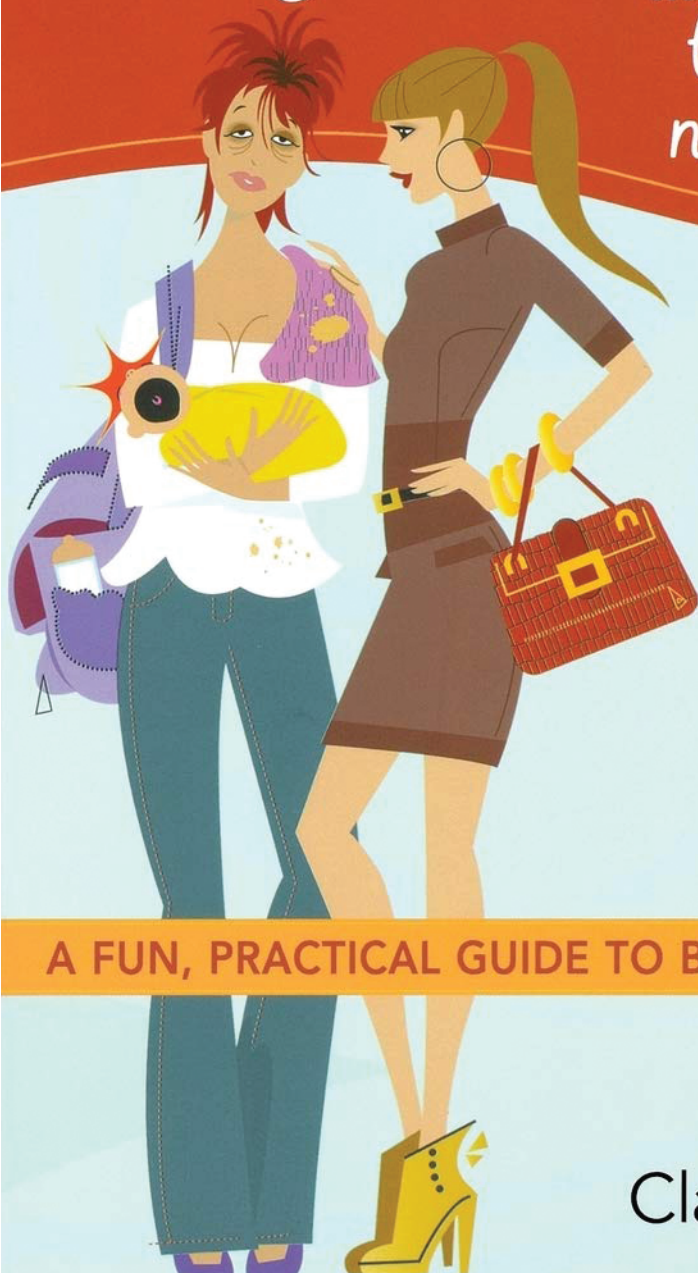


It gets easier!

...And other
lies we tell
new mothers



A FUN, PRACTICAL GUIDE TO BECOMING A MOM

Claudine Wolk

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New Mom Glossary

Ok ...so this is not a glossary of technical terms like you might find in other baby books. This is more like a collage of words and phrases that emerge as you go about your daily life as a new mom. Enjoy!

- * *at-home mom world* — The new frontier: a world of play dates, strollers, mall walking, new friends, playgrounds, and jungle gyms. Unlike any world you have known before.
- * *Baby's Cry 101* — The imaginary course that I should have attended before I brought my baby home. Seriously, I had no idea that the baby would cry so much. I thought something was wrong. That's what you get for doing your research on cable TV.

- * *baby schedule* — In some circles this word is taboo. (Did you catch the *Brady Bunch* reference?) In a new mom's world, it is a godsend. Simply stated, a baby schedule is feeding your baby and putting him down for naps at certain times of the day. Embrace it, love it, make it your own!
- * *BB* — Before baby — need I say more?
- * *Brady Bunch* — A 70s sitcom that I believe encapsulates almost any life lesson. Remember the famous “Bobby runs away from home episode” when Bobby feels that his new stepmother, Carol, won't love him because he is a stepchild? He packs a little suitcase to run away and she meets him at the bottom of the stairs with her own suitcase to run away with him! Are you kidding me? I'm crying as I am typing this! Great stuff. Clearly, I didn't go out much in the 70's as a child.
- * *bionic hearing* — The superior hearing a new mother has the moment she returns from the hospital.
- * *breast nazi* — Any nurse or lactation specialist who puts on a full-court press for a new mom to breast-feed.
- * *counts* — When doing “it” will hopefully result in a pregnancy.
- * *demand feeding* — The industry term for feeding a baby whenever he is hungry. OK, I'll bite. How do you know if a baby is hungry? Ahh, here is the problem. Truth is, in the beginning, you don't know when a

baby is hungry — at least I didn't. So for the first few weeks you would be feeding the baby 24/7 — hence my dislike of demand feeding. Come to the light, start a baby schedule.

- * *full of soup* — My nana's favorite saying. Same as "full of shit."
- * *good baby* — A baby that sleeps a lot and doesn't cry a lot. (I hear they exist but I have never had one of my own.)
- * *housewife* — Who knows? The definition of this word evolves with each generation. Suffice to say, a wife who takes care of the house and everything that that entails. Can be a working or nonworking woman. Similar to the Bionic Woman. She has a regular career by day and turns into a superhero type spy when needed.
- * *ice pack pads* — Made for new mothers, these may be the best invention next to the epidural. Note: Can also be used after the big event for any injury requiring the use of an ice pack.
- * *La sombra* — Spanish for "the shadow." A concept that recommends you stay close by your baby but not in his face so he can learn on his own.
- * *mother-guilt* — The guilt all mothers feel if not "doing" for her child and family 100 percent of the time.

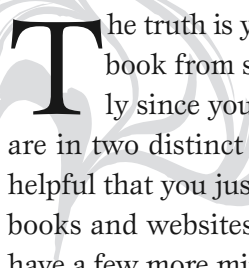
- * *mommy wars* — The term used to describe the ongoing battle, real or perceived, between the “working” moms and stay-at-home moms. Do I believe it exists? You betcha!
- * *new deafness* — The ailment that befalls a husband the moment he returns from the hospital with a newborn.
- * *ready* — Our generation’s barometer by which we decide to procreate.
- * *respect bucket* — A term of measurement, specifically measuring how much respect you have from your children at any given point in time.
- * *scary chapters* — Well-meaning but scary information regarding childbirth and what happens after childbirth. These stories are everywhere — in books, in magazines, and within each and every woman who sees you are pregnant. My advice, don’t read (or listen to) them unless you have a good reason to.
- * *self-actualization* — Maslow’s concept of the process by which each person achieves her best self. Kind of like the movie *Groundhog Day* when Bill Murray has to live the same day over and over until he gets it right. Each of us has the right to reach our potential.
- * *strange older women* — Complete strangers who will comment on your pregnant self and later, the behavior of your children. Best remedy: politely smile and move on.

- * *superman* — The anesthesiologist who administers your epidural.
- * *super pads* — Made especially for new mothers, these are the queen of all feminine protection.
- * *the talk* — When you finally decide to sit your husband down on the couch and really talk to him about all those issues you’ve been avoiding before the arrival of the baby. I like to call it the talk when the hairs on the back of his neck stand up. Hopefully, the talk has come prior to the little bundle; however, it is not uncommon to have the talk after the arrival.
- * *TLC’s A Baby Story* — The Learning Channel is a cable channel that shows real-life experiences. You are no doubt familiar with *A Wedding Story*. You will now graduate to *A Baby Story* and then *Bringing Home Baby*.
- * *trying* — Doing “it” in the hopes of making more people.
- * *Third child syndrome* — The effect that a third child has on your parenting technique. Once the third child comes along, the things that used to worry you don’t worry you so much anymore. “Wanna watch TV, little guy? Knock yourself out.” “What’s that? You want to have some M&Ms for breakfast? Go for it.”





Resources



The truth is you are not going to have much time to read any book from start to finish. You must pick and choose wisely since your time is limited. The resources I include here are in two distinct categories. First are the resources that are so helpful that you just don't want to miss them. The second are the books and websites that you might want to check out when you have a few more minutes in your day.

Read These First!

Books

- * *Doctor Spock's Baby and Childcare*, 6th edition, by Benjamin Spock and Michael Rothenberg. This is *the* "baby bible." In this book you will find answers to your baby and childcare questions. It is written succinctly and

with the kindness that a new mother needs. There is absolutely no guilt to be found here. The book contains a great index, making it easy to use as a reference book when you need an answer fast. Amazingly, it can also be read cover to cover.

- * *The Mask of Motherhood* by Susan Maushart. My favorite “motherhood” book. If you are looking for honesty about motherhood, you’ve found it. This is a book you can read by topic as you are experiencing the different phases of motherhood. Ms. Maushart takes the “mask” off of motherhood, revealing the feelings women sometimes hide for fear of being termed a bad mother.
- * *Siblings Without Rivalry* by Adele Faber and Elaine Mazlish. This is *the* parenting book, hands down. You may not ever need to read another parenting book — okay, so I’m exaggerating a bit. Truly great insights on how the child’s mind works. It is easy to read, simple, and it makes sense with practical applications.
- * *On Becoming Babywise*, by Gary Ezzo and Robert Bucknam, M.D. This is a terrific book for the mom who is looking for a flexible feeding and sleep schedule for her baby. The authors include an interesting look at the history behind different parenting techniques. The techniques for the breastfeeding and bottle-feeding mom are detailed and easy to understand.



Websites

- * *www.Help4NewMoms.com* — My website has all the help a new mom could ask for. Get the advice you need regarding all new mom issues to make your life easier. Check out “true mom confessions” where moms get real about their motherhood experiences. Feel free to contribute your thoughts and ideas for the mothers who will come after you. Download a free baby schedule. Take a break for a laugh or two.
- * *www.justmommies.com* — This is a great website for moms who are interested in message boarding. You can sign up to be able to write on the message board or simply read the boards for every imaginable baby and mommy topic. If you are interested in a particular topic and wish to ask a question, the website sends emails with the answers provided by the gals in the group. The women on Just Mommies are very helpful and supportive.
- * *www.babycenter.com* — I love this website because it has lots of free stuff for new moms. There is always a calendar or a planner available and fun ways to chart your pregnancy and baby’s growth. The site also has a message board. Their helpful, on point articles are some of the best on the Internet.
- * *www.cafemom.com* — This is my favorite message boarding website. It has a “social” message boarding feature where you can sign up with a group of friends at the same time to chat by yourselves, much like

Facebook. The site is very slick and has the latest and the greatest graphics, icons, and widgets.

- * *www.hybridmom.com* — This is a great website for those of you who consider your self a “Hybrid Mom.” You are a mom but you are a bunch of other things, too. The folks at Hybrid Mom understand and have provided a vehicle for you to be heard and to read up on what other women like you are doing. Hybrid Mom has some pretty intense bloggers on staff, as well as a quarterly magazine available nationwide.
- * *www.pantley.com/elizabeth* — Elizabeth Pantley’s website. She has some great ideas for baby and child-care, especially on the topic of sleeping. She offers some free downloadable blank sheets that can be used to write out a schedule. The site offers moms tons of help for their babies and toddlers.
- * *www.drspock.com* — You know I am a Dr. Spock fan. What I like most about his site is the great question and answer section for advice at your fingertips. Sometimes you have a specific question and you want an answer fast.

When You’re Ready

Books

- * *The Inappropriate Baby Book*, by Jennifer Stinson
- * *Sippy Cups Are Not For Chardonnay*, by Stephanie Wilder-Taylor
- * *The Rookie Mom’s Handbook*, by Heather Flett
- * *The Colic Chronicles*, by Tara Kompare

- * *Mothers Need Time-Outs, Too*, by Susan Callahan
- * *Mojomom*, by Amy Tiemann
- * *Mommy's High Heel Shoes*, by Kristie Finnan
- * *Absolutely Organized*, by Deb Lillard
- * *The Second Nine Months*, by Vicki Glembocki
- * *Peeing in Peace*, by Beth Feldman
- * *Baby Laughs*, by Jenny McCarthy
- * *The Feminine Mystique*, by Betty Friedan
- * *I Was a Really Good Mom Before I Had Kids*, by Tricia Ashworth and Amy Nobile
- * *The Price of Motherhood*, by Ann Crittenden
- * *The Prophet*, by Kahil Gibran
- * *The Red Tent*, by Anita Diamant
- * *The Right To Be Human: A Biography of Abraham Maslow*, by Edward Hoffman

Mom Blogs

- * www.babyonbored.blogspot.com — Stephanie Wilder-Taylor's mom blog. Taylor blogs honestly and humorously about everything: her life, her twins, her marriage, her doctor's appointments and everything in between. She involves her audience with different contests and questions. Her blog is always entertaining.
- * www.Mom2My6Pack.blogspot.com — Mother of five shares her life's ups and downs in hysterical posts day after day. She includes pictures of things she finds in her yard or on her roof. Her life is the mirror of so many moms out there that she offers moms a big sigh of relief. I don't know how she does it, but she always makes me laugh.

- * *www.mom-101.blogspot.com* — Funny blog filled with real-life mom issues. Liz is a talented writer who knows her audience because she is living motherhood right along with you. You'll enjoy a break in your day with her anecdotes.
- * *www.literarymama.com* — Writings by other mothers on all kinds of topics, sometimes very serious. If you are interested in writing yourself, this might be an avenue for you to submit some of your work.
- * *www.mojomom.blogspot.com* — Interesting site for mothers and their issues. Amy Tiemann is the author of *Mojomom*. Her blog is terrific and keeps moms informed on the latest issues related to them. She does the work on current affairs so we don't have to. Check out her blog to get informed on the latest and the greatest in politics, new movies, new books, and the media.

