

Motherhood is a life changing experience and having a baby is one of the most precious moments in a woman's Life. The first few months have probably flown by and now the professional in you wants to return to work and focus your attention on your career and work towards enhancing all that you have achieved on the professional front. Naturally you would feel some anxiety and your heart will turn somersaults at the thought of leaving your little one behind in the care of others. Just a little planning and focus could help you make this transition much more smoother for you, your baby and your family members.

Maternity Leave :

- Ensure that you spend enough time at the onset to get breast feeding well established.
- Invest in a good breast pump and start using it to store milk for when you will go back to work.
- Establish routines that will make the transition smoother.
- Help the baby get accustomed to care givers.

Child Care :

Plan your child's care at home and ensure it is reliable. This could be either a family member, a trustable nanny or a day care centre. Establish your points of contact and checks with the care givers in advance so that you are able to touch base with them while you are at work.

Getting Back to Work :

- Prior to the actual return, discuss your roles with your Manager and ensure that you familiarize yourself with any changes.
- Understand company policies on nursing breaks and how you would be able to express and store milk to carry home.
- Understand all policies for new mothers and if there are flexible working options which would suit you as you transition.

At Work :

- Express milk at least 2 to 3 times a day as this will help you to feel comfortable and ensure that you have enough to take home for the next day.
- Take care of your diet, making sure that it is healthy and wholesome. A diet which is not adequate can cause you to feel tired and lethargic.
- Plan a week's meals in advance and complete a little pre-cooking over the weekends to avoid stress on work days.
- Take on as many commitments as you can manage realistically in the first few weeks and gradually add to your work load.

How to ensure that you are spending Quality time with your Baby ?

As a new mother who is just returning to work, one of the biggest concerns is anxiety at not being able to devote enough time to your little one. Here are some quick tips which will help you to spend Quality Time with your baby along with focusing on your career.

1. Always say “Bye” to your baby when you leave for work. This sets the pattern in the child’s mind that Mom will be leaving for work and will not cause anxiety. Do not be afraid of the few tears and tantrums that you face in the first few days.
2. Stay in touch with your baby, you can do this by maintaining contact with the care givers as well as through baby cameras and monitors.
3. When at home devote full attention to your baby. Resist the temptation to switch on your lap top or spend time on your phone.
4. Do not let guilt get in the way of discipline, never over indulge a child to compensate for your being away at work.

Remember Quality Time is not Quantity Time.

Being a Mother and a Professional does not make you less of a Person hence do find some time every week to focus on doing things which you enjoy. Spend time with your spouse, meet friends, focus some attention on a hobby, pull on your shoes for the gym workout or simply spend time pampering yourself at the spa or the salon. Giving yourself some Tender Loving Care will ensure that you do not get bogged down between being a Mother and your Career. It will help you to approach each day with a smile and enjoy each role that you have chosen to take on.

(The above material has been prepared by Sonali Shivlani who is an Internationally Certified Pregnancy and Post Partum Counselor. She is the founder of www.baby360degrees.com. This material is merely a guide with suggestions on how to make the transition into motherhood simpler and should not be taken as personalized professional advice. The material cannot be replicated without explicit permission from the writer.)