

The truth about SEX after baby

# babys talk

STRAIGHT TALK FOR NEW MOMS

it's our best  
breastfeeding  
guide ever

it's the  
**BIG 1!**

fresh ideas for baby's  
first birthday

**FEVER, EARACHES—**  
natural cures that work

\* Plus: the swim  
safety tip that  
**SHOCKED US**

august 2010

# let's go easy on each other!

I pumped every three hours for the first six months of my son's life. As most of you know by now, he spent a lot of time in the neonatal intensive-care unit early on, so I had no choice. If I wanted him to have my milk later when he was strong enough to take it, I was going to have to do the ol' pump-and-store.

Fortunately, he latched on easily once I was finally allowed to breastfeed. All that time spent pumping with no baby, however, left me with a pair of confused tatas. It was as if my brain could recognize there was no baby on the other end of that sucking machine. At six months, I was down to a dribble, and no matter how much water I drank or how much I tried to prompt the let-down of my milk, my doctor told me I had taken my girls as far as they could go.

I was disappointed, but honestly, I also felt like a rock star. Even with a sick baby in the hospital, I had managed to give him breast milk for six whole months!

Interestingly, only 14 percent of 6-month-old babies are still nursing exclusively, according to the Centers for Disease Control and Prevention, though the American Academy of Pediatrics recommends doing so for the first year. Some women don't produce enough milk, some adopt and still others choose to exercise their legal right to forgo breastfeeding.

We never really know the full reason why moms opt out of nursing, so I say we give each other the benefit of the doubt

and respect a mother's right to choose what she thinks is best for her family, even when it conflicts with our own values. I have always believed that motherhood is a sisterhood, and while I have a passionate commitment to breastfeeding, alienating moms who make different choices is not helping anyone. We can't force each other into action, but we can inspire, comfort and nurture one another—it's what

moms do best. So let's take it easy on each other, and put that energy into celebrating the diversity among our glorious sisterhood.

—ANA CONNERY, EDITOR-IN-CHIEF



Me and my boy, Javier



## stuff I'm loving right now!

For moms with Y-chromosome tots, **Boy Mom T-Shirts** (\$38; boymomdesigns.com) are so apropos. This sassy **necklace** jazzes up any new mom outfit (\$34; missbetylou.etsy.com).

## meet the team

Shawn Bean  
**EXECUTIVE EDITOR**

**Dad to Jackson, 6, and Tanner, 4**

**How did having children affect your love life?** "All the red wine and lingerie in the world can't forge the kind of intimate connection that having a baby together does."



Amanda Bardwell  
**ART DIRECTOR**

**Favorite children's movie:** "Swiss Family Robinson because I always wanted to live in a tree-house and ride a zebra."



Sabrina James  
**LIFESTYLE EDITOR**

**Mom to Kaia, 4**

**How did having children affect your love life?** "Although we may be more crabby, tired and stressed at times, having Kaia brought us closer together."



Kim Hays

**MANAGING EDITOR**  
**Mom to twins Rhett and Veronica, 3**

**What did you do for your tots' first birthday party?** "We threw a pool party and invited three of the twins' friends. Five toddlers plus water equals one nervous mom."



## BABYTALK'S AUGUST SWEEPSTAKES

No purchase is necessary. The contest and sweepstakes are sponsored by *Babytalk* magazine, a division of Bonnier Corp. Prizes and retail values are indicated throughout the magazine where you see the "Win it!" icon. The sweepstakes are open to adult (over 18) residents of the 50 United States and the District of Columbia and are void where prohibited by law. For official rules and to enter, go to [babytalk.com](http://babytalk.com). Contest and sweepstakes end on 8/23/10.

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