



Avoiding Mommy Guilt When Returning To Work

(NAPSA)—Motherhood is a great joy, but caring for a child brings many tough choices and decisions that can lead to stress and feelings of mommy guilt. One of the largest stressors many new moms have to deal with is attempting to re-enter the workforce. According to a recent survey conducted online by Harris Interactive, 75 percent of new moms return to work post-baby. Moms re-entering the workforce face a variety of obstacles and pressure including balancing fulfilling duties at home and performing in the workplace.

Michelle LaRowe, a return-to-work expert and the author of “Working Mom’s 411,” shares tips and tricks to help every busy mom ease back into working.

If you don’t take care of yourself, you can’t take care of anyone else. Set your alarm 15 minutes before everyone else’s to have your coffee in peace. If you can’t hit the gym, take a brisk walk during your lunch break. If you aren’t meeting your needs, you won’t be able to meet the needs of others.

Guilt is mommyversal. Whether you are a working mom, stay-at-home mom or work-from-home mom, guilt is mommyversal. Just because you feel guilty doesn’t mean you are. If you’ve made the right choice for your family, do yourself and your baby a favor—let go of the guilt.

A momtourage is a necessity. Now is the time to find out who and what can make your life easier (especially child care you can trust). Whether outsourcing the pet walking or ordering groceries online, find dependable ways to give yourself more time in your day to spend with your family.



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According to the survey, 42 percent of new moms who plan to return to work are worried about feeding their child. A great way to alleviate this stress is to formulate a feeding plan. Some moms also find that substituting or supplementing breast milk with infant formula can make the transition into a working mom much easier.

If you decide to choose that route, be smart about it. In the case of baby formula, skimping on price does not mean skimping on quality. The FDA strictly regulates infant formula to keep babies safe. Moms can rest assured knowing that store brand formulas, like Walmart’s Parent’s Choice Infant Formula, have to meet strict FDA guidelines and regulations.

Parent’s Choice and other store brand formulas can cost up to half of what brand-name formulas cost and are nutritionally comparable. This switch alone can save moms up to \$600 a year and maybe even pay for some of that momtourage!

Visit www.parentschoiceformula.com and www.storebrandformula.com for more information.