



# Blue Sky Pediatrics Asheville

Making every Child's day brighter by.....

**Newsletter**

helping you return to work after maternity leave



We want to welcome the newest member to our Blue Sky family. Dr. Preston and her husband welcomed a healthy and active baby boy on December 12, 2011. Welcome Silas James and congratulations to the Preston family!

We also want to say a special 'thank you' to our staff, our families, and to Dr. Kowa for helping us to continue to be the best Pediatric practice in Western North Carolina during Dr. Preston's maternity leave.

As Dr. Preston is now going through the process of returning to work, we thought this would be a good time to give some information about returning to work after maternity leave to help some of our new mothers and our future new mothers.

## **MATERNITY LEAVE: BEFORE YOU RETURN TO WORK**

When you have a baby, the thought of returning to work is stressful and something that seems so far in the future that you don't have to think about it. Unfortunately, maternity leave passes quickly. Working mothers face many challenges, but you can make your transition back to work a smooth one with careful planning. Some things that will help you to make a smooth transition are as follows: Let go of the guilt—working outside the home doesn't make you a bad mother and it's OK to look forward to returning to the excitement and challenges of your job. Find dependable child care—You should start looking at your options before your child is even born. Look for a safe environment and qualified caregivers. Trust your instincts and always check references. It is also a good idea to do a "trial run" before returning to work. Leave your baby with the caregiver for a few hours at a time in the last couple weeks leading up to your return to work. This will help the transition for both you and your baby. Prepare to continue breast-feeding—Plan breaks into your day and talk to your employer about your plans. About two weeks before returning to work, adjust your nursing schedule at home so you're pumping two or three times during the day and nursing before and after your future work hours. Have someone else feed your baby a bottle of stored breast milk to help your baby adapt to the bottle before you return to work. Set a return to work date—If possible, plan your first day to be late in the week so your first week back to work will be a short one.



## **MATERNITY LEAVE: ONCE YOU'RE BACK TO WORK**

When you are back at work, expect ups and downs as you and your baby get used to your new routine. These things can help: Get organized—Make a to-do list and divide the list into tasks for work and tasks for home. This will help you identify what you need to do and what can wait for a later time or what others can help you complete. Stay connected—Develop a good relationship with your caregiver and remember to ask about any important events or changes that happened during the day when you go to pick your baby up to go home. Most caregivers will also welcome a daily phone call or text message for new mothers to check on their baby throughout the day. Make a backup plan—Have a plan in place for what you will do if your baby or your caregiver is sick. Some backup options could be taking the day off yourself, asking your spouse to take the day off, or calling a friend or relative to care for your baby. Either way, you should already have your plan in place before you actually need it. Seek support—Accept and ask for help from those around you. Don't try to do everything yourself. Take time for yourself to unwind by reading a book, playing soft music or cutting down on unnecessary commitments.

If you strive to maintain a positive attitude, your baby will pick up on your emotions and you will both be happier people.



## **STAFF CHANGES**

We want to wish our LPN, Samantha, good luck as she continues her nursing career by going to work for an adult patient office. We want to welcome our new nurse, RN Kandria. We think Kandria will make a great addition to our Blue Sky family.