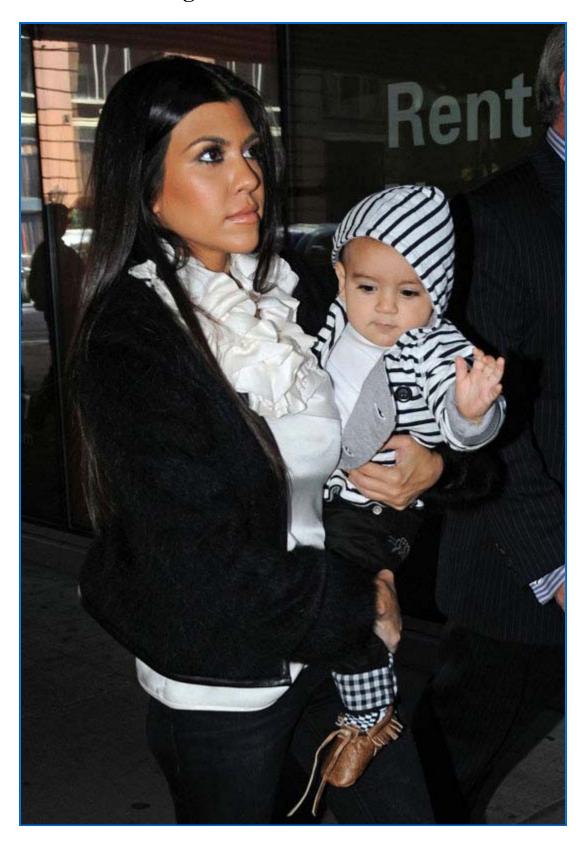
# **Kourtney Kardashian Tweets SOS For Energy Tips! We've Got** 'Em For Nursing Moms!



## The mom of 11-month-old Mason admits she's a tired mamma and asks for some healthy tips. We've got your back, Kourtney!

Hot mamma **Kourtney Kardashian** took to Twitter this week to ask for tips for how to get more energy (in ways that are safe for a nursing mother). We decided to give one of our favorite Hollywood moms a hand and rounded up some expert advice. Do you other nursing mammas need help boosting your energy, too? Read on!

"Not even 10am and I'm ready for bed. I need to wake up! Any tips? Healthy ones only please, I'm a nursing mama." Kourtney's tweeted call for help is a common one among moms who are also nursing their babies. Experts tell HollyBaby.com that the most important thing is to not focus so much on losing the baby weight, but eating the right food while getting a chance to rest any time you can!

### From Vonda Dennis, CLE, CNCS, CPI at TheBabyGuru.com:

- New moms must at least for the first few months while mommy's body is adjusting behave as if they are still pregnant. Get some rest!
- Breastfeeding moms need to take in 2,000 calories per day and eat the proper foods during this time. Stay away from sugars and empty calories as much as possible.
- You should sleep while the baby sleeps to help your body to deal with your demanding schedule (nighttime feedings and feeding every 2 to 3 hours).
- Breastfeeding moms should continue to take their prenatal vitamins.

#### Wendy Haldeman MN, RN, IBCLC from Pumpstation.com says:

- Learn to feed the baby while lying on your side. This allows you to relax and nap while the baby is feeding and napping.
- Get help from family and friends as often and as much as possible.
- Try to participate in some type of exercise program. There are many mommy and me yoga classes, stroller strides, etc. Exercise helps moms feel more energized and better about themselves.
- Try to find some time for yourself!

You heard the experts. Get some rest and keep those calories coming, mommies!

#### -Jenna Mullins

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