

## 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 mamas 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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