HI Mommy! Welcome!

HI (Hawai‘i) Mommy:

- is a resource site for O‘ahu moms, especially, new moms.
- provides info on self-care, postpartum self-care, and maternal self-care.
- offers ideas on self-care activities for mom and also activities with keiki.
- offers resources on organizations to help mommy, keiki, and family.

About Self-Care

Whether it’s taking a 10 minute break to journal or an hour to workout, you need to take some time to take care of yourself. Caring for yourself is important for you and for your baby.

Activities for Mom

You’re due for a timeout mommy (and it’s the good kind), even if it’s just for a moment. Find activities that you can do at home and ones that you can do outside.

Activities with Keiki

Want to spend more time with your little bundle of joy but need to get out of the house? Look at some of the activities that will take you and baby out and about.

Finding Support

Find info on support groups available in O‘ahu, (like breastfeeding support and finding a community for new moms), especially if you’re new to the island!
About Self-Care

**WHAT is Self-Care?**
- A deliberate activity that we do in order to take care of our physical, mental, and emotional health.

**WHY is Self-Care Important?**
- Practicing self-care can improve our well-being and improve our health.

**HOW Do I Practice Self-Care?**
As a mom, the first step is to take some time for yourself and not feel guilty or selfish for doing so.

You can take a look at the suggested activities for mom on HI Mommy as a starting point towards your self-care.

Check out additional info on:
- Postpartum self-care and
- Maternal self-care on this site.

**How Can HI Mommy Help Me with Self-Care?**
- Provides suggested self-care activities that you can do with or without your child.
- For activities for you to do sans child, take a look at Activities for Mom.
- For activities that you can enjoy with your child, take a look at Activities with Keiki.
- There are activities that you can do at home or outdoors in O'ahu.

Take a look at the suggestions to see if any of them interests you and fit your schedule. In fact, you can already do a few of the suggested activities at home.

One last note as you explore this website: Be kind to yourself. You deserve some mommy "me" time. And lastly, don’t be afraid to ask for help.
Postpartum Self-Care

**WHAT** is Postpartum Self-Care?

- New and experienced moms who just birthed may think that the term only applies to caring for oneself in a more medical, physical way (like resting if one had a c-section), but postpartum self-care is more than just that.

  - It is caring for your mental, physical, and emotional health after giving birth.

**WHY** is Practicing Postpartum Self-Care Important?

Taking care of yourself after giving birth will help you become a better mother to your child. Do not feel bad or guilty about caring for yourself. Postpartum self-care is NOT a selfish act.

- New moms may feel the mental, emotional, and physical stresses after giving birth, with the 24/7 baby watch, the feedings, diaper changes, and everything else in between.

- Experienced moms (those with a baby and/or more than one child), can also feel the mental, emotional, and physical drain.

**HOW** can I practice Postpartum Self-Care?

**Physical.** Other than the required physical self-care given to you by your medical provider (hospital, midwife, etc.), you can start by doing little things, like:

  - brushing your teeth (yep, sometimes this is overlooked),
  - taking a bath,
  - taking a nap (if possible),
  - eating a meal (snacking doesn’t count mommy!), and
  - maybe listening to your favorite songs.

These little actions can reinvigorate you and make you feel refreshed.

If you’re up to it, you can go for a walk or do lightweight exercises at home.

**Breastfeeding** also falls under postpartum self-care. If you are having trouble and need help, get info on breastfeeding assistance on the Finding Support page.

**Mental and Emotional.** With your hormones trying to get back to normal, your emotions may go on a roller-coaster ride, up and down, happy then sad and then happy again. You may want to write your feelings down, or share your feelings with your partner, or a trusted family member or friend.

Don't feel guilty, ashamed, and embarrassed if you are feeling this way.

- If you need to talk to someone or need a helping hand, take a look at the Finding Support page.
- Healthy Mothers Healthy Babies (HMHB) also has info on O‘ahu Postpartum Depression Support Group.

**Where Can I Find Postpartum Self-Care Ideas on HI Mommy?**

HI Mommy offers suggestions on activities that you can do to practice postpartum self-care.

Check Activities for Mom to see if any of them interests you and fits your schedule. In fact you can already do a...
When you have that extra time... (and you will)

...Watch Kristina Kuzmic's Hilarious and Informative Videos on Being a Mom (10 to 15 mins.)

Need a little laughter to help lift up your tired self? Take a look at Kristina’s hilarious videos on mom life. She takes common scenarios experienced by moms and talks about them in a way that will make you laugh! You might end up spending more than 15 minutes watching her videos!

- Kristina Kuzmic's YouTube Homepage

...Take a Moment to Read One of These Articles (30 to 45 mins.)

Research Study
This qualitative study addresses postpartum self-care and asks new moms if they know why it’s important to practice self-care, and what keeps them from doing so.

- The Role of Maternal Self Care by Jennifer L. Barkin, PhD, and Katherine L. Wisner, MD

E-zine Article
This article from Motherly...

- The Self-Care Checklist that Will Refresh New Mamas by Julie Burton

Excerpt from "The Role of Maternal Self-Care"
"One mother described her struggle to balance infant care and self-care: ‘Because I really didn’t pay attention to myself. Like my main focus was on him. Making sure he was eating every hour. And as far as me, when a counselor came in and she was like, ‘Well, are you eating breakfast?’ ‘Are you eating lunch?’ And you really have to stop and look back and think like okay, yes, I need to take care of myself as well as the baby. But you don’t really think about that until someone brings it to your attention.’"

Excerpt from "The Self-Care Checklist that Will Refresh New Mamas"
"The postpartum phase is not the same for every mom, but most often the above-mentioned euphoria sends a new mom into caretaker action without much thought or effort. Until... the exhaustion, residual pain from childbirth and the sometimes abrupt realization that you do in fact have other responsibilities outside of the baby set in.”
**WHAT** is Maternal Self-Care?

- Taking the time out of your role as a mom to care for yourself mentally, physically, and emotionally. This is especially difficult for **new moms** to do.

**HOW** is Self-Care, Postpartum Self-Care, & Maternal Self-Care Different?

- They aren't much different from each other since all three calls for you to take care of yourself, however:
  - **postpartum** is recovery and caring for yourself **right after** birth, and
  - **maternal** is caring for yourself **beyond** the postpartum stage as a mom.

**WHY** is Maternal Self-Care Important?

**Maternal self-care is not a selfish act.** In fact, taking care of yourself will help you become a better mother to your child. How? By doing little things that can make you feel refreshed.

While taking care of your kids, you may have overlooked the importance of taking care of yourself.

- For **experienced moms** (those with a baby and/or more than one child), can also feel the mental, emotional, physical drain.

**3 Reasons Why** Maternal Self-Care is Difficult

An article on a study conducted by Barkin and Wisner (2013) asked mothers what keeps them from practicing self-care, or why they don’t often practice it. Mothers in the study gave three reasons:

1. **Time**
2. **Limited Budget**
3. **Difficulty Accepting Help and Setting Boundaries**

It is difficult to carve out time for yourself and doing so may make you feel guilty, maybe even selfish. But you need to realize that you must also take care of yourself, even if you take 15 minutes to just sit down, close your eyes, and think of nothing.

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**When you have that extra time... (and you will)**

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**...Get Advice on Feeling "Mom Guilt"**

(10 to 15 mins.)

Excerpt from "7 Ways to Deal with Mom Guilt"

“Guilt becomes a problem, however, when you spend too much time sweating the small stuff and lose the big-picture perspective (like how adorable your baby is and how it doesn’t matter if you didn’t get all the laundry folded). Unchecked guilt can even be dangerous, leading to unhealthy behaviors and depression.”

Excerpt from "How to Deal When the Mom Guilt Comes for You"

URL: [https://rsenoren.wixsite.com/hi-mommy/maternal-self-care](https://rsenoren.wixsite.com/hi-mommy/maternal-self-care)
7 Ways to Deal with Mom Guilt

"Mommy and daddy guilt... we’ve all experienced it. Did you ever ask yourself, “Am I making a big mistake?” or, “Am I forgetting anything important?” How about: “Am I being too hard on my child?” “Will I regret my decisions later?” Yup, we’ve all been there.”

SUGGESTIONS ON ARTICLES OR VIDEOS FOR MOM TO VIEW?
Activities for Mom

The suggested activities below are ones that you can do at home or outdoors. You can do these activities by yourself or you can invite your spouse/partner, or maybe even your friends, to join in!

There is a note for each activity that gives you an estimated time of how long each activity will take. The length of each activity can vary and will depend on you and other factors (like wait times) so plan accordingly!

**Note:** Click on the desired activity to view more info. Have fun!

Filter Activities by Duration

- [ ] 2 to 3 hrs.
- [ ] 20 to 30 mins.
- [ ] 30 to 45 mins.
- [ ] 5 to 15 mins.

Filter Activities by Location

More Info

- Pen Your Feelings (5 to 15 mins.)
- Put A Little Makeup On (5 to 15 mins.)
- Relaxing Bath or Shower (20 to 30 mins.)
- Getting Zen (30 to 45 mins.)
- Get Your Caffeine Fix! (30 to 45 mins.)
- Podcasts, Anyone? (30 to 45 mins.)
- Read or Listen to a Book! (30 to 45 mins.)
- Strut Your Stuff - Get Walking (30 to 45 mins.)
- Get Your Nails Did! (2 to 3 hrs.)
- Spark It Up w/ Your Spouse (2 to 3 hrs.)
- Sightseeing - Be a Tourist (2 to 3 hrs.)
- Paint & Sip Some Wine (2 to 3 hrs.)

Sort by

More Info

SUGGESTIONS ON OTHER FUN ACTIVITIES

URL: https://rsenoren.wixsite.com/hi-mommy/activities-for-mom
Activities with Keiki

Spending time with baby is a great way to bond with him or her, but you don’t always have to stay at home to do this. The activities below suggest fun, active ways to bond with your baby. Whether it’s a stroll around your neighborhood, getting fit with other moms, or dancing around in your living room, you’ll be sure to find something that accommodates your schedule.

**Note:** Click on the desired activity to view more info. Have fun!

Filter Activities by

Duration
- 1 to 2 hrs.
- 2 to 3 hrs.
- 30 to 45 mins.
- 5 to 15 mins.

Location

- Cosmic Kids Yoga (5 to 15 mins.)
- Mom & Baby Zumba (5 to 15 mins.)
- Get to Walking w/Your Keiki (30 to 45 mins.)
- Hang & Workout w/Other Moms & Keiki (30 to 45 mins.)
- Play & Music Class @ Gymboree (30 to 45 mins.)
- Parks and Recreation Activities (1 to 2 hrs.)
- Yoga w/Baby on the Lawn (1 to 2 hrs.)
- Hike & Look for Menehune! (2 to 3 hrs.)
- Weekend Fun (2 to 3 hrs.)
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Finding Support

It’s okay to ask for help, especially if you are a new mom or a mom who just needs extra support. The resources and support information on this page are just a few of what’s available in O‘ahu. The brief descriptions for each resource gives you an idea of the support that each one can provide.

Family Hui Hawai‘i:
- is a great resource and provides intimate peer support group for new parents. Yes! This includes your husband, wife, or partner.
- have groups that meet in person or online.
- also “encourages, & empowers families to meet the challenges of raising children by providing a safe and nurturing environment for them to grow, thrive, and learn from each other.”

Healthy Mothers Healthy Babies provides:
- many different programs for mothers and new parents.
- helpful resources before, during, and after pregnancy.
- programs and services like
  - Piko Pals new parent support program (babies age 0-4);
  - MothersCare Services (e.g., trying to conceive, postpartum depression and anxiety, parenting, loss, and other support resources).

Moms Club of Central Oahu
- Their mission is “To provide support and reach out to Stay-at-home & Part time working moms”
Breastfeeding Assistance

Nursing your little one can be tough on you and your body. You may find these resources helpful if you have questions on breastfeeding or have concerns about your milk supply.

Breastfeeding Assistance Resources

- Hawaii Mothers Milk
- WIC Program
- Hawaii Pacific Health (Kapiolani) Breastfeeding Hui
- Castle Hospital Mommy & Me Hui
- Best Birth Hawaii Listing of Lactation Consultants

Suggestions on a few child care ideas in O'ahu that you may want to look into and use.

- Care.com
- 808Nanny.com
- AlohaSitters.com

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