

## How To Be A Stay At Home Mom

Written by Rachel Roland

Friday, 06 January 2012 09:15 - Last Updated Sunday, 08 January 2012 07:51

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Rachel Roland is a mom on a mission - exploring the Valley with her two little companions in search of the best restaurants, attractions, and products for you and your children. See what she has in store for your family today!



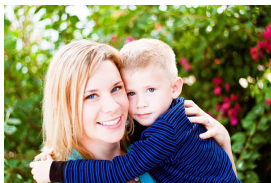
(Photo Credit: [Andrea Whittle Photography](#))

Today, I'd like to take this column in a different direction - one that I've lived, experienced, and hope that I can offer some guidance for moms who have recently made the decision to stay at home with their little ones.

I was 26 when Jeremiah was born and I went from being a working woman to a stay at home mom. To say that it's a totally different world is not a stretch - I went from being completely independent to being in the service of a completely dependent little being. One thing that definitely changed was that my friends, most of whom worked, were not available during the day like I was, and I didn't know what to do with myself or my little baby.

So, what's a mom to do?

How To Be a Stay At Home Mom Tip #1: **GET OUT!** As soon as you feel comfortable taking your little one out of the house, do it. Even taking a walk with your little one in the stroller or in a [moby wrap](#) just to get out of the house can be refreshing and calming. It can be tiring to be at home all day with a little baby. Walking around the mall is a great alternative during the unpleasant weather, too, and a little window shopping never hurts. Are you a jogger or a runner? Invest in a good jogging stroller and, once your baby is old enough (usually 6 months), get to jogging!



How To Be a Stay At Home Mom Tip #2: **Get connected!** Are you a member of a religious organization? Contact someone to find out if there's a mom's group in your religious community. It's a great way to get to know other moms and find support when you sometimes feel overwhelmed or stressed. Other groups like [Moms Club](#) or [MOPs](#) (which I'm personally involved with) can be so helpful and connect you with other moms if you're not part of a religious community.



How To Be a Stay At Home Mom Tip #3: **Don't be shy!** Visit your local library for baby storytime - it's a great way to meet other moms with children around the same age as yours, probably going through the same milestones and challenges as you. And the chances are great that they live in your neighborhood, too! Another great thing to do as your children get older is visit local parks, as well as get memberships to museums, zoos, etc that you can visit easily. Our [Phoenix Zoo](#) membership was invaluable when Jeremiah was a baby, allowing me to visit whenever I wanted for as long as I wanted.

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How To Be a Stay At Home Mom Tip #4: **Reach out.** This one may be the most important. When Jeremiah was 5 months old, I was diagnosed with post-partum depression. I didn't understand why I was feeling the way I was feeling, and finally told my husband that I needed to see a doctor. After getting some help, I felt like a normal person again. Don't be afraid to reach out and tell someone if you're feeling really sad, overwhelmed, helpless, or depressed. **If you are feeling like this right now, and don't know what to do, email me:** [rachel@smallstepsonourjourney.com](mailto:rachel@smallstepsonourjourney.com). You are not alone!



I'm Rachel - a mom, wife, and 'green' blogger at [Small Steps On Our Journey](http://SmallStepsOnOurJourney.com). If you have any suggestions for future articles or any questions on this one, please contact me at [rachel@smallstepsonourjourney.com](mailto:rachel@smallstepsonourjourney.com) or tweet me [@rachelroland](https://twitter.com/rachelroland)!