Mom's Moment: Stress-Free Holidays

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Holidays can be stressful. Let me rephrase- they are stressful. There's really no flawless holiday season- perfection is a facade. With that being said, it's the happiest time of the year, right? So why not jump on the jolly bandwagon and treat yourself to holiday cheer.

I've connected with [WaterWipes](#), a company that's excellent for new moms, providing tushies pure, chemical free wipes for every diaper change. WaterWipes was kind enough to share some insight on keeping cool during a hectic holiday season, especially for new moms.

- **Give Some Thought to Travel:** We all love to think about going "home for the holidays," but air travel this time of year can be a significant challenge with a new baby. (Delays, winter weather, and packed planes.) Having family visit you and the baby may be a better plan. And if they don't choose to come, their loss! Have an intimiate celebration in the comfort of home.

- **Manage the Gift-Giving Madness:** Even if you live for holiday shopping, this may not be the year for marathon shopping trips searching for the perfect gift. Give yourself a break and consider online shopping. Another idea- gift stuff for the whole family, rather than individual presents.

- **Keep Baby Care Consistent:** Motherhood is the best gift of all, so don't forget to spoil your little one with skin-to-skin contact. Due to holiday plans, you might push aside this quality time, but if you can help it, don't. Try to stay consistent and use skin-to-skin before nap and nighttime, around bath time, and after diapering and see your natural ability to soothe your baby.

- **Ease Up on Holiday Prep:** While we strive to create the perfect holiday celebration, it becomes a sure-fire way to increase stress – something a new mom doesn't need. This year, explore ways to streamline holiday prep, such as considering a potluck buffet instead of a sit-down dinner, or using store-bought items instead of cooking from scratch.