

healthy Mom & Baby

PREGNANCY | BIRTH | LIFE



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DELIVERS
FAMILY
HEALTH
GOLD

MENTAL
FITNESS
FOR
LABOR

Fast Fixes For
Pregnancy
Aches

GROUP
PRENATAL
CARE

Sunny Kaitlin
& HUBBY ROB
ON BECOMING NEW PARENTS

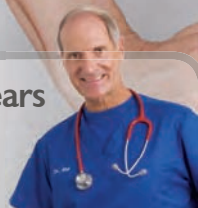
(SAFE SLEEP STRATEGIES)
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PREMATURITY
LUCK, LOTTERY OR
LIFE CHOICES?

GEAR GUIDE

AMAZING MONITORS
SAFE CRIBS

Dr. William Sears
"BONDING IS SO
ESSENTIAL!"



AWHONN
Association of Women's Health,
Obstetric and Neonatal Nurses

Promoting the Health
of Women & Newborns

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expert columnists



For You

DRS. MICHAEL ROIZEN & MEHMET OZ

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Dr. Roizen is a professor of internal medicine and of anesthesiology, Chief Wellness Officer, and Chair of the Wellness Institute at the Cleveland Clinic. Dr. Oz is a professor and vice chairman of surgery, as well as director of the Cardiovascular Institute and Integrated Medical Center, at New York's Presbyterian-Columbia University. Their latest best seller is *YOU: Having a Baby, the Owner's Manual to a Healthy & Happy Pregnancy*.



Evidence Doc

DR. CAROLYN CLANCY

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Dr. Clancy is head of the federal Agency for Healthcare Research and Quality. She writes about navigating the healthcare system in her column Evidence Doc. Look for it on Health4Women.org.



Sex Matters

DR. ANNE KATZ, RN, PhD

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Dr. Katz counsels women and men in her clinical practice at CancerCare Manitoba about how sex changes throughout our lives, especially when health events change our bodies and how they function. She's the author of several best selling books, including *Sex When You're Sick*, and the popular series *Woman Cancer Sex* and *Man Cancer Sex*.



Health Sense

CATHERINE RUHL, CNM, MS

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Catherine Ruhl writes about women's health in Health Sense at Health4Women.org. She is Director of Women's Health at AWHONN and a certified nurse-midwife with 26 years of experience caring for and counseling women through their pregnancies and beyond.

Buy a Safe Crib



Your baby will spend more time in her crib than any other place, including your arms, during the first years of her life. Buying your baby's first bed, or beds

if you also plan to use a bassinet when she's born, is one of the most important purchases you will ever make. It pays to do your homework. With all of the recent recalls, you may be wondering how it's even possible to buy a safe crib these days.

But did you know that your baby is actually far more likely to suffocate or be injured in an unsafe sleep situation than in a recalled crib? Statistically, it's more so the older cribs, the cribs that have been modified or reassembled time and again or the items added to cribs that can entrap babies that end up injuring a baby or sadly, causing infant death. That means that unless you have an heirloom crib that meets today's rigorous safety standards for cribs (including slat spacing and hardware requirements) hand-me-downs are out, as are garage sale cribs and those listed in pristine condition on Craigslist.com.

It's possible to buy a wonderfully safe crib that your little one can snuggle into for years to come, and in our crib buying guide on page 50, we show you how. And don't miss the great advice in *Sleep Safely* on page 52 regarding co-sleeping and bed-sharing with your baby. What sleep habits are you planning to use to help your baby get the best rest possible? Write to me at Health4Women@awhonn.org; I can't wait to hear about your plans.

Until next time,

Carolyn Davis Cockey, MLS
Healthy Mom&Baby Editor-in-Chief
AWHONN Director of Publications

Health4Women@AWHONN.org



AWHONN's mission is to improve and promote the health of women and newborns and to strengthen the nursing profession through the delivery of superior advocacy, research, education and other professional and clinical resources to nurses and other health care professionals.

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ONLY WEEKS
BEFORE SHE GIVES BIRTH
TO HER FIRST CHILD,
ACTRESS KAITLIN OLSON,
TALKS TO US ABOUT HER
PREGNANCY AND HOPES
FOR THE FUTURE.

Kaitlin's *Always Sunny*

BY SOPHIE HULL

“I am taking better care of myself now than I ever have,” says Kaitlin Olson, bubbly and positive as always despite being near the end of her first pregnancy.

Best known as Deandra “Sweet Dee” Reynolds in *It’s Always Sunny in Philadelphia*, Kaitlin Olson’s pregnancy was written into the script for the sixth season, which premiered September 16.

Her TV career has included appearances in *Curb Your Enthusiasm*, *The Drew Carey Show* and *Miss Match*. Recently, she began making a name for herself in top movies, including the romantic comedy *Leap Year* as the best friend to Amy Adams’ character Anna and in the indie fav, *Weather Girl*, winner of the Best Film Award at the 2009 Vail Film Festival.

Hubby Rob McElhenney is one of the creators, directors and stars of *Sunny*. They met on the show and married in 2008. When *Healthy Mom&Baby* talked to Kaitlin just before she gave birth she was excited about becoming a mom.

“Rob and I started trying for a baby a while ago and it took a bit longer than we thought so we were really excited when I got pregnant. It ended up being perfect timing, as I was able to shoot the show when I had the most energy.”

Kaitlin credits staying busy and exercising with maintaining good energy throughout pregnancy. “Even when I am tired I exercise and it revives my energy. It is also important to plan time in your day to rest, especially if you are working. A balance of exercise and forced rest has been really good for me.”

Carrying her first child, she describes really enjoying every step of pregnancy. Any problems along the way have been helped by her supportive mother and her company, Earth Mama Angel Baby, which specializes in organic teas and beauty products for pregnancy and beyond.

EMAB was founded by Melinda Olson, Kaitlin’s mother, when she discovered that personal care products for mamas and babies weren’t always as pure and safe as they sometimes claim to be. EMAB uses highest-quality, organically grown herbs and oils for their teas, bath herbs, hand-

made soaps, salves, lotions and massage oils. All products are 100% toxin-free, cruelty-free, vegan, and free from all artificial preservatives, fragrances and dyes. Packaging is eco-friendly recyclable or reused/reusable packaging.

Kaitlin drank EMAB teas for every stage and used the Natural Stretch Oil to prevent stretch marks.

“I feel very lucky. It has been a wonderful and easy pregnancy. I am walking a lot and feeling really healthy. I am really loving it.”

Like many moms, she juggled work with her pregnancy, in Kaitlin’s case that was her hectic filming schedule.

“Working by second trimester was the biggest challenge. I just took one day at a time and tried to get enough rest. It wasn’t as bad as I thought. I work long hours, so I thought I would be exhausted. One advantage in being married to the executive producer is that he has control over me not having to come in first thing! When it was possible, I have not had to be there for the first scene, which would mean getting up at 5am. I need some sleep!”

Although busy throughout pregnancy, Kaitlin spent a lot of time planning her pregnancy and thinking about how she wants to raise her first child.

“I am an information gatherer. So I have been preparing by doing lots of research. I have done HypnoBirthing class for a natural birth, breastfeeding class and baby CPR. I have planned to have the baby naturally, at home with a midwife and doula. The number 1 plan is to prepare as much as I can and go with it when the time comes!”

Her research has led her to deciding to breastfeed her baby.

“I am planning on breastfeeding. I don’t have a backup plan as I am just hoping it goes smoothly. My mom breastfed and a lot of my friends do and I have a lactation consultant if there are any issues. I know it is the best food for a baby, so that is what I decided to do.”

Rob and Kaitlin have also planned how they want to raise their child together. They chose to find out the sex of their baby but would have been happy either way.

“Rob and I have talked a lot on how we want to raise our kid. Often children are raised in an environment of fear, that it is a big world and their parents know best. Our philosophy is to raise our child in safety, confidence and happiness; to teach him that the world is a good place, rather than a scary place. I don’t think you can spoil a baby!”

Like most mums, Kaitlin has been inundated with tips and advice on being a mom. She says the best tip was when asked about the due date, to give a general date a few weeks after you are actually due.

“This helps as everyone keeps asking how you are near the end of your pregnancy and it tricks you into relaxing. So far it isn’t working as I am still wondering when I will be due!”

SOPHIE HULL is a journalist and copy editor with a background in childcare.



On September 1st Kaitlin and Rob welcomed Axel Lee McElhenney at their home in Los Angeles, weighing in at 8 pounds, 7 ounces. Congratulations!