

no bones about it

A new study found weight-bearing exercise, such as squats using handheld weights, helps to minimize bone loss in breastfeeding moms and decreases the risk of osteoporosis later in life.

“During lactation, women transfer around 200 mg of calcium per day from their own stores to their breast milk,” explains researcher Cheryl Lovelady, Ph.D. If you’re breastfeeding, add strength training to your weekly routine.

tote your tot

Your little one is your best accessory, so why not wear him in style with one of our favorite eco-chic baby carriers?



Rockin’ Baby Perfect Day Organic Pouch

This patterned carrier has a fun Earth-mama look and adjusts easily to four varying sizes using hidden zippers, so you can wear your baby in a few different ways from birth up to 40 pounds. (\$65; rockinbabysling.com)



Belle Organic Moss Baby Carrier

Made of hemp and cotton and available in several colors, this carrier comfortably distributes baby’s weight to your hips instead of your back and shoulders. Angelina Jolie has one, so it must be fabulous. (\$110; babiesrus.com)



BabyBjörn Active Organic Baby Carrier

This brand revolutionized the baby-wearing movement and made it cool for daddy to jump in on the action. This version provides the same support as the original, but is better for the environment. (\$150; walmart.com)

prone to PPD?

Feeling a little blue in the weeks after giving birth is normal. But if you’re shedding buckets of tears or you’re awash in feelings of inadequacy or guilt, you might be experiencing postpartum depression (PPD). Here are a few factors that may increase your risk.

not sleeping enough A University of Toronto study showed that mothers with depression were more likely to sleep less than six hours in a 24-hour period or to have a baby who woke them three or more times a night. Once home, take up those generous offers of daytime help—and take a nap or two, even if it’s just a short snooze.

conception assistance Investigators at the University of Melbourne found that mothers who conceived via in vitro fertilization (IVF) were four times more likely to be admitted to a depression treatment program. Why? Researchers think mothers who undergo assisted conception may idealize parenthood and underestimate the difficulties of caring for a newborn. Reaching out to other new moms may help you to learn that challenges in the first weeks are normal—they don’t call it “the trenches” for nothing!

keeping quiet Women who avoid social situations or keep their feelings to themselves, and who appear anxious and sensitive, are at greater risk of becoming depressed after birth, according to a study from the Netherlands. If you’re the shy type and experience PPD symptoms, you shouldn’t try to tackle it on your own. Contact your doctor and ask for help. —BETH HOWARD



A healthy state of mind will help you enjoy bonding with baby.