

Tips for Bed Rest

- Eating Healthy- Call in the cooking help early. Have a partner, family or friends set up a cooler next to your resting area with healthy foods and snacks.
- Have more than one area- two inside and one outside if possible. Always open the curtains, weather permitting open the windows too!
- Make the area comfortable and attractive. Bring over your favorite blankets and pillows, hang pretty artwork, have cut or planted flowers near by.
- Have someone clean for you.
- For older children- a nanny, babysitter, or playdates.
- With Caregiver permission- bed rest workouts. Ask for a physical therapist recommendation.

Battling Bed Rest Boredom

- Start the day in fresh clothes!
- Television Learning Channels- history, discovery, arts, nature, etc.
- Write a journal, novel, letters, dreams and wishes.
- Catch up on your reading! Babycare, parenting books, fiction, non-fiction, etc.
- Word and math puzzles.
- Do volunteer work over the phone.
- Rent educational DVD's from the library- learn a new language.
- Long distance college classes.
- Use the internet to purchase baby gear.
- Paint, draw, sculpt, knit, be crafty.
- Organize pictures, coin collections, computer files, etc.

Emotional/ Social Support

- See if friends and family can stop by during the middle of the day to chat.
- Make phone dates.
- Join a bed-rest support group.