

## Beating the Bed Rest Blues: Top Nine Things to Do

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*Being on bed rest didn't mean Nicole was taking it easy. After undergoing her laser procedure, she found ways to distract herself from counting the days until her babies reached 32 weeks.*

**Check out her advice for staying busy while on bed rest — and still obeying the doctors' orders.**

### **Find strength in friendship**

Visit with friends before the babies arrive, because you'll be booked up once they're here. Call, write letters and invite friends over to keep you company.

### **Nest while you rest**

Get your home ready for your babies without leaving your bed. You can design the nursery on Pinterest, fold baby clothes, select paint samples and shop for the essentials online.

### **Start (and stick to) a routine**

If your doctor okays a daily trip around the house, plan how you'll spend it. Whether it's a chance to water the plants or make snacks, it can give your day structure and help you find your rhythm.

### **Stay busy**

Knit, crochet, scrapbook or draw. Pick up hobbies that keep your mind and hands busy.

### **Exercise your mind**

Stay sharp by reading books and completing puzzles like crossword or Sudoku.

### **Keep it light**

Forget about anything serious; watch feel-good movies and TV shows.

### **Prepare for parenthood**

Use this time to become a parenting expert. Watch childbirth classes, virtually attend Lamaze, browse mom blogs, and read parenting books and magazines.

### **Say no to search engines**

Going down the Google rabbit hole will make you stress, not rest. Switch to parenting blogs instead of searching for medical advice online.

### **Get ready for your babies' arrival**

You can make your birth plan, sort through insurance, find a babysitter, pick a pediatrician and handle all of the new baby logistics – without leaving your bedroom.

**Contact Us**



**855-41-FETAL**



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