



News, Trends & Cool Tips



HIRING A HELPER?

If you plan to hire a caregiver, here's need-to-know financial and legal info from Brette McWhorter Sember, a former attorney and author of *Your Practical Pregnancy Planner*.

Get car coverage. If your caregiver is going to drive your car on a regular basis, consider adding her to your insurance policy. Otherwise, the company would likely refuse to cover her in the event of an accident.

Employ her legally. If your helper is injured on your property, your homeowner's insurance may not provide coverage since she is technically an employee. To be

completely safe, hire her on the books so she's covered by your state workers' compensation insurance. Hiring legally also lets you open a flexible spending account and set aside tax-free money for child care.

Prepare a medical care form. Have your caregiver carry a consent form stating that she's authorized to obtain necessary medical care for your child. While most hospitals will treat a child to save life or limb without this, they may withhold treatment for less serious injuries until they get your permission. —Katherine Lee

•• Reader moms' smart survival tips for working through pregnancy

Carry snacks with you to munch on throughout the day. I found that protein, like cooked chicken, was especially helpful in quelling nausea during my first trimester. —*Jamie Lew, professor of education and sociology, Rutgers, NJ*

Watch for those hormonal changes. They can make us more sensitive, so we may have temporary feelings of vulnerability. I recall being very sensitive to what coworkers said. Reminding myself that this was probably due to my pregnancy made it easier to cope. —*Afshan Tabazadeh, senior manager at a global financial services company, Seattle, WA*

Invest in a stylish water bottle and refill throughout the day to stay hydrated. Also, keep a pad of paper handy to jot down baby-related to-dos when you think of them. —*Laura Baldwin, employee assistance counselor, Muskego, WI*

Find a quiet, peaceful place to nap for at least 20 minutes each day. At my workplace, there was a nurses' office where I was encouraged to go for a daily nap. —*Joya Coates, business process consultant, Atlanta, GA*

Make and freeze multiple meals on the weekend so you don't have to be on your feet a lot at the end of the workday. —*Judy Tozzi, office manager, New Paltz, NY*

•• **Curb Those Cravings** Next time you're stuck in a meeting or in traffic, munch on a Bellybar. These clever new nutrition bars for expecting and new moms are yummy but not too vitamin-y, which can trigger or aggravate nausea if you're already feeling queasy. They also contain omega-3 and omega-6 fatty acids, folic acid, protein and other great pre- and postnatal nutrients (\$2.50 each, www.nutrabella.com).

