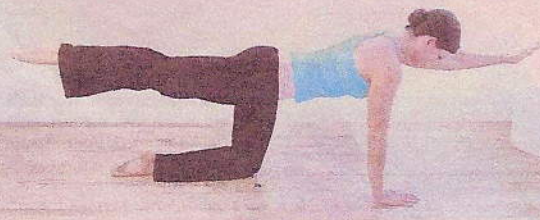


Pregnancy

Pilates for Pregnancy?



Left Opposition Reach

Expectant moms can do Pilates, too! Pregnancy exercise specialist ERIKA BLOOM has devised the Plus Method. As with all exercises during pregnancy, check with your doctor first.

TOP 5 EXERCISES FOR EXPECTANT MOTHERS:

1. Pelvic Floor (Kegels): Sitting in a chair, engage the pelvic floor by squeezing as though to stop yourself from urinating. Hold through one long exhale, then release and inhale. Repeat the engagement on each exhale for 10-20 reps. *Muscles worked: pubococcygeus muscles.*

2. All-Fours Opposition Reach: Start on all fours, keeping abdominals lifted against the belly, long spine,

shoulder blades down and wide. Reach one leg back and the opposite arm forward, lifting both straight out in line with the torso. Hold for 3 breathes then switch sides, lifting the opposite leg and arm. Repeat for a total of 4 on each side. *Muscles worked: abdominals, back extensors, glutes, hamstrings, deltoid, lower trapezius.*

3. Side-Lying Pushup: Lie on your left side, both knees bent, right leg behind the left. Place the left forearm on the belly so that you are lying on the upper part of the arm. Place the right palm on the ground in front of the breastbone. Press into the right hand to straighten the arm and lift the torso off the ground. Bend the elbow to lower the torso back to the ground. Repeat 7-10 times on each side. *Muscles worked: obliques, chest, triceps.*

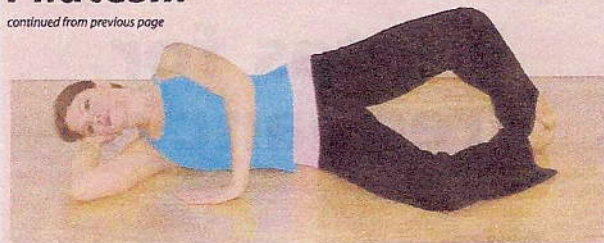
4. Squat on the Wall: Start with the back against the wall (or a physio-ball on the wall), feet hip-width apart, heels approximately one foot in front of the hips. Bend the knees, keeping the knees in line with the feet, sliding the back (or ball) down the wall. Hold at the bottom, not allowing the knees or hips to bend more than 90 degrees or the knees to go past the toes. Press back up to straight knees, keeping the back on the wall or ball. Repeat 10-20 times. *Muscles worked: quadriceps, hamstrings, glutes.*

5. Side Legs, Butterfly: Lie on your left side with both knees bent

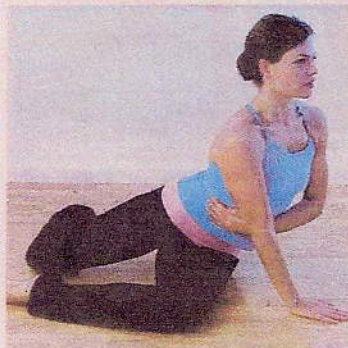
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Pilates...

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Right Butterfly



Left-Side Pushup

and legs stacked so that heels are in line with the torso and the knees are in front. Rotate the right thigh out to open the right knee towards the ceiling while keeping the feet touching. Turn the leg in to bring the legs back to a stacked position to finish. Perform 15 repetitions on each side. *Muscles worked: External rotators, glutes, abductors.*

ERIKA BLOOM PILATES PLUS is located at 795 Madison Avenue, NYC. (212) 288-3410; www.erikabloom.com.

Tantrums...

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is upset, but also convey that there is a better way of handling it. Then when she calms down, give her those tools. Show her better ways of expressing her wants and needs.

—The Talk. Do not try to talk or reason with your child when she is in the throes of a tantrum. It does not work. It also increases both your frustration levels. When the tantrum has run its course, discuss her behavior. Use this time to teach her positive ways to handle anger and frustration. Give her phrases to use when asking for help and sharing her emotions. In time, she will begin to express her needs in a manner that is more productive and clear.

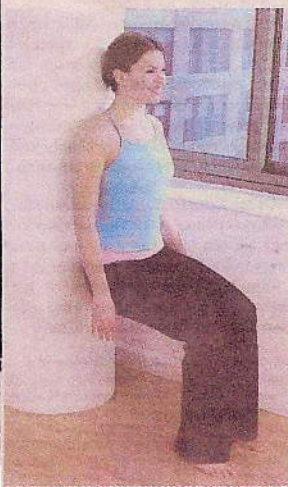
—Hold On. An out-of-control child can be a danger to herself or others. If this is the case, calmly take your child into your arms until the tantrum subsides. Speak to her in a soothing voice. Acknowledge her anger and tell her you will hold her until it passes. This approach is often very comforting to children. The fact is, they don't like to be out of control. It scares them. It also makes them feel more secure to know

an adult is taking the situation in hand.

—Head Them Off. By studying your child's tantrums, you may identify certain patterns. This can help you avoid some trigger situations. When and where do they occur? What happens directly beforehand? Are specific people present? Use this information to keep tantrums to a minimum. Also, having a routine and reasonable limits helps children know what to expect — so they are less likely to be taken off guard emotionally. In addition, carefully monitor your child's activities. Do not present her with tasks that are above her skill level. This will only lead to frustration, which leads to tantrums.

—Offer Comfort. Tantrums can take a toll on children. Often when it is over, they are not even sure why they were angry in the first place. Offer your child a warm hug and some reassurance. Let them know you disapprove of tantrums, but that you love them.

DR. CARON B. GOODE is the founder of the Academy for Coaching Parents International (www.acpi.biz), a training and certification program for parent coaches. Dr. Goode is also the founding editor of the website InspiredParenting.net; and the author of 11 books, the most recent of which is 'Help Kids Cope with Stress & Trauma', which includes several chapters on the use of storytelling strategies.



Wall Squat