

# Christina Applegate Says It's Been Rough to Work Post-Baby



Christina Applegate's new sitcom on NBC, *Up All Night*, mirrors that of her own life these days. The show centers around a couple with a new baby trying to balance parenting with their careers. Being a new mom herself, Applegate gave her thoughts on the topic to [People](#). "It's a really hard thing to do because you miss them. But I'm doing well," said the 39 year old new mother, admitting that it's "been so rough" since giving birth to her daughter Sadie Grace. Though her career is important to her, Applegate admits, "Parenthood just changed me in the sense that nothing really matters but [Sadie]. None of it really matters. The importance I placed on things prior to this moment, they don't matter anymore. All that matters is I get to go in there in the morning and see her face. She smiles at me and my life is better."

**How do you know when it's time to go back to work after having a baby?**

## **Cupids Advice:**

**1. Evaluate:** Giving birth doesn't mean that you have to throw away all other dreams and goals when it comes to your career. Weigh the pros and cons of staying home and make an educated decision when deciding whether or not to go back to work.

**2. Think about your happiness:** Realize that being a stay-at-home mom may not be for you. While some women are natural housewives, giving up the career you worked so hard for may cause resentment toward your child or spouse.

**3. Finances:** Be realistic. Babies are expensive. If you can't afford to take years off to stay at home with your

child, then don't do it. You'll be doing your baby a favor by having the money to give him or her a secure life.

**How did you know you were ready to head back to work after giving birth? Share your experiences with a comment below.**