

Parenting Tips: How to Feel Sexy After Motherhood



By Kayla Garritano

No matter what your age, there was a time in your life you felt confident and sexy. When you have children, you begin to lose that confidence because you're so focused on taking care of them. You aren't paying attention to yourself. [Parenting](#) is not an easy task! Eventually, your kids start their own lives, and now you have time to focus on yourself. You just want to feel confident again. Take some of this advice, and you will be sure to feel sexy!

These parenting tips will help you feel sexy after motherhood!

1. Love your body: Not too happy about the weight you've put on? Go for a run, join a gym, or do something that will shape your body into what you want it to be. If you can't sculpt it to how it used to be before children, don't worry! Just make sure you can feel confident, and realize your dedication will show some changes.

2. Eat the right food: If you eat cleaner and healthier, your body will thank you. Instead of rushing to eat since you never had time, you now can take the time and make the right food. No junk food or quick meals. You're going to feel the big difference.

3. Go shopping: Buy some clothes that make you feel like a million dollars. Try some outfits on, and if you like it, buy it. What styles make you look at yourself and smile? Don't think about if anyone else would like it. It's your style and your body. Feel sexy!

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4: Have the right mindset: Don't be so negative when things don't always go right. It takes a lot to make you tell yourself you're sexy. You didn't lose weight in a week? That's okay; don't give up. Be positive and that will help motivate you!

5. You have the mom power: You're a mother. You are an empowered, strong, tough woman who has birthed children, raised them, and helped them grow. That is a power that people who aren't moms don't have. You should feel sexy by just knowing you have power and there's something special about you. The look isn't everything; make sure you have the emotion to go with it!

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6. Put yourself first: Ever since you became a mother, your children came first. That's parenting, and it's normal. However, it's good to put yourself first every once in a while. Think about what you want and what you need. You have needs, and you cannot forget that.

7. Accept yourself: There's no such thing as perfection. You're going to have flaws, and that's okay. Your body may not be how you imagined it, or how you were expecting it to be. There's always going to be something you don't like about yourself, but that doesn't mean other people notice it. It's time to accept it, move on, and be happy.

What are some ways you got yourself to feel sexy after becoming a mother? Comment below!