

Kristin Cavallari Can't Wait to Put on Heels Post-Birth



By Nicole Weintraub

Former reality star Kristin Cavallari has decided to take on designing a shoe collection with the brand Chinese Laundry. According to [People](#), the new mom has toned down her wardrobe since welcoming her son with Jay Cutler. She stopped wearing heels in the latter part of her pregnancy but in reference to being reunited with her pumps she announces, "I'm looking forward to the first time." This designer isn't just stopping at a shoe line though as she has a jewelry line coming out in February and hopes for a maternity line in the future.

What are some ways to feel attractive after having a baby?

Cupid's Advice:

Having a baby is a huge ordeal, as caring for a newborn is a lot of responsibility and pressure. Here are some tips on how to feel more attractive after having a baby:

1. Go out: Just because you have a baby, doesn't mean you can't enjoy a night out on the town. Have a date night with your partner or a girls' night out to raise your spirits and give you something for which to look forward. The more fun you're having, the less you'll feel self-conscious. Having a baby does not change your identity – you're still the same beautiful person you were before your pregnancy.

2. Pamper yourself: You feel your best when you look your best. If you've been feeling a little low, treat yourself. Perhaps go for a nice relaxing massage or go for that pedicure you've been putting off because you can't find the time. Schedule some alone time in so that you can enjoy a little relaxation time. You deserve to indulge every now and then.

3. Be productive: Sometimes we feel unattractive when we feel unproductive and have nothing to do. Go to the gym, put the baby in the stroller and go for a walk around the park. A little movement and change of scenery does a lot, especially if you've been stuck in the house between the later stages of pregnancy and caring for a new baby.

What are some ways to raise your self esteem after you have a baby? Share your thoughts below.