

# Giving THANKS

As your belly grows, you'll likely be showered with good wishes all around—in the checkout line, on the train, at the bank. These small, thoughtful sentiments are a big part of what make lumbering through the last months of pregnancy more pleasant, and it's easy to recognize them with a smile and a simple "thank you."

But bigger occasions, like a baby shower or receiving a cute baby gift in the mail, call for giving thanks with a note. And we all know thank-you notes shouldn't be a chore. After the baby arrives, how can you turn them into

a pleasure, especially when what you long for most is a few more minutes of sleep?

First, take the pressure off. Save writing notes for the times when you're not peeling your eyelids off the floor. Change your mind-set: View the couple of minutes it takes to sit down and write a note as something you're doing for yourself as well as for others. Consider your thanks a way to cement memories—friends will love hearing about your baby's latest milestones, and you'll feel great getting those moments down on paper.

Michelle Nicastro, one of four moms who founded Southern California stationery company Truly Mom, reminds that people know how busy you are after baby's birth, so a thank you needn't be lengthy. "Make it short and sweet and thoughtful, not by rote," she says. "But don't worry—nobody expects you to have a half-hour to sit down and write the perfect note."

To make it easy to honor gifts and good deeds, keep your address book, stamps, a pen, and pretty paper or notes at the ready. Truly Mom's cheery Thanking Out of the Box card kit (\$28, [trulymom.com](http://trulymom.com)), gets you most of the way there, with enthusiastic sayings that help your own words flow.

—Abigail Peterson

