

**Dear Steven,**

I recently had a baby by C-Section. the scar tissue and discomfort still haven't healed satisfactorily even after 8 months. My husband and I are planing on buying a house. I have a good job. But my baby is sick a lot. I keep trying to get my husband to help out more with her, but I am doing almost all the work because his job keeps him real busy and tired.

Didn't know it would be so hard,

Kathy - St. Paul, MN

**Dear Kathy,**

A cesarean section birth is still a birth. It's just more assisted than a natural one. Any childbirth requires the mom to "let go" of the baby, and to give the child its independence as a separate being. Your baby, your husband and you are all in this together. Your daughter has needed to rely on you more because she has been sick. You rise to the challenge of taking care of her admirably, but be careful of having too much of an investment in proving that you are super mom.

Use bribes, tips, blackmail or counseling to get your husband more involved with the parenting process. Also find someone you can trust to take care of the baby some of the time(s) when she is sick and when your husband is working.

**Positive Thought To Manifest** (along with some light massage in the effected area): I accept the perfect support for my independence. I give others the perfect support for their independence.

Happy Freedom Hunting,

Steve