Mary Ann's Top Ten List: What To Do With Your Time While Bored in Bed!

(with apologies to David Letterman!)

1. Paint your toenails and fingernails...as often as you'd like!
2. Learn a foreign language with books or cd's.
3. Take a correspondence course through your local college or trade school.
4. Volunteer to make phone calls, or stuff envelopes for your place of worship or your kids' school.
5. Subscribe to the daily newspaper, and don't forget the puzzle page!
6. Teach yourself a new hobby: knitting, cross-stitch, calligraphy, etc.
7. Organize scrapbooks, or photo albums, and start new ones for your baby!
8. Create a new budget, adding in all the expenses your new baby will add!
9. Start designing your baby announcements! Buy the envelopes and address and stamp them all!
10. Create a bed rest journal, and make a commitment to writing something every day. Include photos, details about your doctor's appointments, visitors, etc.

Ideas taken from "Days In Waiting: A Guide to Surviving Pregnancy Bedrest" by Mary Ann McCann, a Sidelines e-mail volunteer.