

SIMPLY MOMMY

JULY-AUGUST | ISSUE NO. 04



TIGERNUT MILK RECIPE | THE NEW MOM AND BREASTFEEDING | THE GIRL CHILD

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Tigernut milk

Recipe



Tigernut milk is a dairy free alternative to cow milk that has amazing health benefits. Adding other ingredients such as coconut, dates, cinnamon and vanilla essence makes a delicious drink suitable for both you and your children

Ingredients

- Tigernuts

Method

- Soak tigernuts in some water for at least 24 hours (do the same to coconuts and dates if using them).
- Blend everything on high until creamy. (remember to remove the seeds in dates before doing this)
- Strain the milk through a small sieve or muslin cloth, squeeze as much of the liquid as you can from the pulp.
- Add some cocoa powder for a healthy chocolate drink alternative for your children.
- Serve with cookies, cake or just drink it alone!



LIFE OF NEMI



It's lunch hour. We are in the break room eating when I notice someone is missing. Idowu walks in at that moment and heads straight for my table - it's become a daily habit. "Nemi are you really going to eat all this?" he points at my food, his eyes open wide.

"Don't you think it's about time you started watching your weight?" He leans in and whispers in my ear. "A little advice, guys these days don't like big women."

"Idowu," I look up and smile. "I appreciate your concern, but it's none of your business." I continue munching on my chicken wings, and remember

how at first, when Idowu started this, I would lose my appetite and close in on myself. Now? I couldn't be less bothered.

At the close of work, Zuwaira begs me to drop her off at her mechanic which was totally off my way.

"Why didn't you ask Kate? She lives around there." I say as we drive off from the office. "I'm sorry for taking you off your way, Nemi," she says quietly and turns to look out of the window.

"Are you okay?" I ask. She never does anything quietly.

She continues staring out the window. Maybe she didn't hear me. I'm about to ask again when she suddenly turns to me and says, "how do you do it?" Do what?"

"Maintain your calm in an office like ours and act so unbothered especially with Idowu and his constant taunting about your weight?"

I laugh at the thought of being unbothered. "I get angry and overwhelmed, Zuwee. That's a normal reaction. I try not to let it get to me



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And as for Idowu," I wave my hand. "He's just projecting his insecurities onto me."

"But how do you do it?" she asks and throws her hands up in frustration.

"I love my body the way it is and I don't intend to live my life to please people but God. That's why Idowu doesn't bother me."

"Wow," she says and smiles with a defeated look on her face. "I wish I could be like you".

"What do you mean 'be like me?' " I laugh. "You are the hottest babe at work Zuwee. The guys are falling over themselves for attention from you and the girls will kill for a figure like yours and you are wishing to be like me?" "Look at me Nemi." I take my eyes off the road briefly to look at her. With an animated look on her face she continues. "The acclaimed hot babe is hitching a ride because her boyfriend says she's gaining too much weight so he suggests she should use public transportation for a while so that she can lose the extra weight."

"No way," I reply, thinking of how envious I was of Zuwee when I first started working at the bank. "You are perfect Zuwee and you have basically been the same size since I have known you."

"My boyfriend doesn't think so," she says and rolls her eyes.

We continue talking for a bit and don't even realize when we get to her house until she tells me.

"Oh Nemi, You really didn't need to bring me home" she says with tears in her eyes.

"It's okay Zuwee, it's not too much trouble. "

She stretches sideways and hugs me. "Thanks a lot".

"You're welcome. "

As she closes the door, she bends and leans into the car. " Drive safe Nemi."

"I will. And don't forget, God's the artist and you," I point at her. "Are the intricately designed and magnificent artwork."



Raising my lovely Ebua- Esther

Before being a mommy, I used to think I was a perfectionist. I would see a mom looking unkept or struggling with her naughty toddler throwing tantrums and I would give her that look that said "I would definitely be a better mom than this". Now I know better, my reality is not to be the perfect mom but to find a million ways, every single day of my life to be a good mom and I try to remember that in the eyes of my child, no one does it better. I'm the best mom in the world to her. The journey for me so far has been bittersweet. My struggles started during pregnancy. I had an unpleasant experience and I was worried I would have an unhealthy baby.

We pulled through the birth process and my babygirl refused to suckle, that feeling of rejection hit me so hard I felt I had failed at everything, and then she had colic and we all know how terrible life can be as a new mom with a colicky baby. We got through that and then Babygirl refused to grow teeth or even walk till she was 11 months and 15 months consecutively, then we had to struggle with feeding. Even in the midst of these challenges, I have chosen to see myself as strong and learn through every single process. Motherhood has taught me lots of lessons I didn't learn from all the books I read and the resources I had online;

you learn on the job and from your own experiences. I still struggle with handling work life and home responsibilities especially having a hyper baby who I home school. It hasn't been an easy journey. Most days I can only work when she's asleep but most importantly I take it one day at a time, plus I'd say I've got a super supportive partner and family who remind me of the vision and goals I had before being a mommy and they give me that constant reminder to push myself and be better. I'm so thankful for them. When things get overwhelming, I just know I got too busy for God. I allowed myself drown in my strengths and now I'm stuck. I take a step back, cry if I have to, ask God for help and strength to carry on, discuss my struggles with my husband, parents and siblings and things get better I tell you.

For my Babygirl

I want my daughter to believe deep in her heart that she is capable of achieving anything she puts her mind to, we want her to learn to do things better and differently.

New mom's, don't fret

New moms! Take it one day at a time, receive every help you can get around you. Do not allow yourself get too overwhelmed that you forget yourself and your dreams. Make sure you've got a passion/career you're working on, that drive keeps you going and makes you happy, a happy mama is a happy home.

**IN THE EYES OF
MY CHILD, NO
ONE DOES IT
BETTER.**

**I'M THE BEST
MOM IN THE
WORLD TO HER**





**I have chosen to see myself as
strong and learn through every
single process.**

ESTHER

ROUGH & DRY TO SOFT AND GLOWING HANDS

4 EFFECTIVE
DIY
SOLUTIONS

“Moisture is the secret to soft glowing hands.”

RAW HONEY

Apply raw honey twice a day for half an hour and wash off. The moisturizing and soothing effect of the honey leaves skin soft and glowing.

PETROLEUM JELLY

Apply on your hands overnight daily. Petroleum jelly is an effective moisturizer being the reason it is used as a lip balm. Daily use on your hands can make them soft again.

ALEOVERA EXTRACT

Apply a little all over your hands for thirty minutes and wash off thoroughly twice daily. This will leave your hand feeling soft in a short amount of time.

SWEET ALMOND OIL

Apply overnight or until oil gets soaked up by the your skin. Naturally occurring fatty acids in sweet almond oil leaves hands feeling soft.



A little heads up for the new mom -Breastfeeding



Many new moms assume they should be able to breastfeed right away but contrary to popular belief, breastfeeding is a skill you learn. It may come easy for some but not everyone.

It's completely fine if you feel a little awkward and uncomfortable at first but don't give up just yet.

Something new mom's might struggle with is getting your baby to latch. A wrong latch can make breastfeeding difficult and painful. Getting your baby to latch takes trial and error so don't fret. The key is to get both the areola (the dark area surrounding your nipple) and nipple into your baby's mouth. Your baby's gums need to compress the areola (though the entire areola won't get into baby's mouth and that's alright as long as baby latches on a good amount of it.

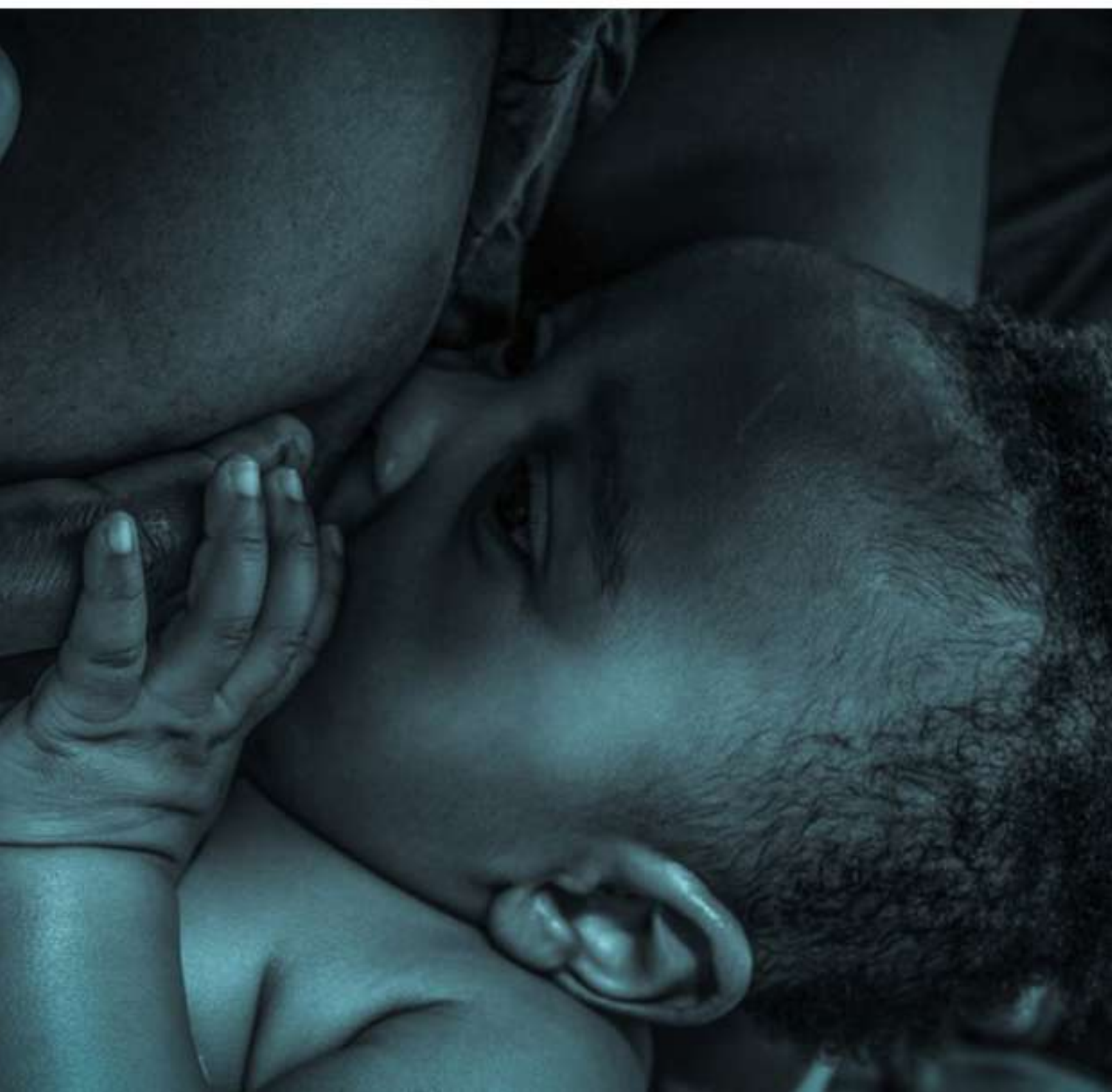
Another common issue is a lot of moms feel like they do not produce enough milk. Most moms produce enough milk however some reasons some women might have difficulties include a poor latch, poor positioning and not feeding baby often enough.

A couple of things that might help is to alternate between which breast you start with and offer both breasts at each feed. Expressing milk right after feeds when breastfeeding has been established can also make a difference. Remember to feed baby often and for as long as they want.

How do I know I'm doing it right?

Around day five your baby should have about eight feeds or more daily and should be relaxed and content during and after feeds. Feeding can go on for as little as five minutes and as long as forty minutes; you should be able to notice your baby swallowing frequently. Something else to look out for is your baby's diapers; you know things are going well when your baby has wet and dirty nappies.

**Don't attempt to go on this journey
alone. Getting breastfeeding
support can completely transform
your experience.**





SIBLING RIVALRY

BY AZEEZAH

Talking about sibling rivalry, I bet you would agree with me that this is a very sensitive topic. Tan and zizi my first two daughters are always at loggerheads, fighting about silliest of things. Sometimes I wonder, is it because they are both girls? I'm always the mediator between them which sometimes makes me worried sick and emotional. I'm full of guilt as though I'm not trying or doing enough as a mum, but guess what guys, you are not alone on this!!! It's ok for things like this to happen amongst siblings.

In this picture, I just finished settling a major fight that resulted to calling themselves names and other big stuff as a result of bottling too many things up. It felt like heaven was going to let loose. I knew it was time for me to step in as name calling is not accepted in our home. As parents, we need to set the rules and know how to come in when those rules are broken. It's very important to take charge as kids are very smart and when they see your weakness, they make it their own strength and will use it against you.



**I never take sides
as I do not want to
cause a never
ending grudge.
Even if I do, I call
them both
separately later on
and point out
their faults.**

How do you settle the rift . It's simple guys! I never take sides as I don't want to cause a never ending grudge. Even if I do, I call them both separately later on and point out their faults. I do a lot of listening to them. I allow them speak and pour out their minds. Communication is key guys. State your points when they are done. I always use words of God to preach to them. I go as far as looking for clips & opening verses in my holy book where God preaches love so that they know it's not just mum forming things up and boom! They apologise , hug and everyone is happy again. This trick works magic for me. No matter the grudge, once I show them about God, that's it.

Banana bread Recipe



Hello lovely Mamas, I hope we are keeping safe and taking every necessary safety precautions given by the authorities? Today, I will be sharing with us a banana bread recipe. This bread can be eaten with coffee, icecream and even on its own. While we enjoy this lockdown phase, learning a new skill won't be a bad idea for you and your loved ones.

Ingredients

- 2 bare bananas
- 1/4 cup sourcream
- 2 large eggs
- 1 tablespoon grated lemon or lime
- 1 table spoon vanilla extract
- 2 cups sifted cake flour
- 3/4 cup sugar
- 1 tsp cinnamon powder
- 1 teaspoon baking powder
- 3/4 teaspoon baking soda
- 1/2 teaspoon salt
- 10 tablespoon unsalted butter

Recipe

- Preheat the oven to 180°C
- Line a 8" by 5" loaf inches pan or any pan of choice.
- Whisk the dry ingredient in a bowl excluding sugar
- Mash banana with a fork and add lemon juice
- In a large bowl cream butter and sugar
- Add in flavours
- Add eggs one at a time
- Fold in banana till combined
- Add flour mixture alternating with the sourcream to the banana mix
- Stir gently to combine.
- Pour gently into the already lined pan and bake.
- Garnish as desired with coconut flakes, almond, cherries, groundnut or leave plain



Life of a twin Mom

Prayer, Strength, Hope and Patience have gotten me through motherhood so far. I did not step into motherhood completely unaware of what it entails. Before I got married, three of my sisters were already married with children and I learnt a whole lot from them and through aunty duties when I supported them. Pregnancy and its accompanying symptoms did not come as a surprise as well and there's no way to explain what labour pains were like and truth be told every mother's experience varies. In that time, I also joined different mum groups online that helped me a lot. I also registered on babycenter and that guided me through the helpful weekly emails they sent on baby's growth and what to expect. One of my memorable struggles that I can never forget was when I just got married and in less than a year my husband's job went down and I had to support him by selling neckless costumes.

I had to buy and go to companies to sell because I did not have shop. While doing this I got a job as a marketer which I grabbed with salary of forty thousand naira. During this period I got to realize I was pregnant with my first child on the same day I received a message to resume to the office, I was estatic two mircales found me on the same day.

Fast forward to when I gave birth, things were really tight and I could no longer go out to sell my products. My mother in law stayed with me for two months but had to leave because we could not afford to feed everyone well. I was left alone to take care of myself and baby while my husband had to stay with a friend and was gone sometimes for as long as two weeks, but we spoke a whole lot on the phone. After my maternity leave it was a struggle to find an affordable creche so I and my husband had to improvise

He had to come early in the morning as I had to be out by 5:30am and take care of our son while I was at work. Some days I had to leave my son asleep in the house and tell my neighbor to keep an eye out for him until my husband arrived. Some days I had to pet him and he would not stop crying. I would leave him to cry and lock the door once my husband says he's close by while I cried too on my way out to the bus stop but, staying home doing nothing wasn't an option at that point. I would meet my husband and tell him where I kept the key, and he would care for our child till I got back, and return to his friends place to keep hustling.

For a whole month we kept this up however it was way too difficult to keep up with. Any time I remember how everything happened, I am always grateful and wish I can tell my son how sorry I am for locking him up. Where I got the courage to lock a three month old baby inside still baffles me till date yet I am grateful nothing happened to him.

I worked at that office for two years and on the day I got another job I found out I was pregnant with twins. I cried so much and I was so scared because we couldn't take care of ourselves well as a family of three. How were we going to survive the increase. When I told my husband he was so happy and started dancing. I was so pissed but he said something that I feel God heard and changed our life. He said and I quote "God has just answered our prayer that hence HE will be blessing and providing for us in twos" that was when I remembered to thank God for the gift of the twins that many are still praying for and ever since things changed for good. Though we are not rich but we are grateful we are not where we used to be.

When I had my twins, my mum, mum-in-law, husband and I were able to manage ourselves without a maid for four months. It was a very tough one for me psychologically, physically, emotionally even spiritually. For the first month I had a lot of people around to help with many things but after that I had to start going to the kitchen and doing some house chores myself. I work as a sales person and on top of that I still work from home, responding to emails & attending to some customer requests. I used to sleep and wake up very tired and weak, so many times I would wake up in the middle of the night when the twins were crying. I would breastfeed, sing, dance and do all I can but they would not stop crying then I would also join in and cry until my husband or my mother-in-law rescue me while I get some sleep and in less than an hour am awake again. How was I able to cope? I found strength within me, a strength I never knew I had and another thing I have naturally is not giving up, I don't give up, I push myself more and more.



There were times my maids would leave because my 1st twin could cry for Africa as baby and that made many maids to leave. My twins are 2 ½ years now and if I should count how many maids I have changed it sure would be more than ten. Thankfully whenever my maids left my younger sister came around to assist until I got another maid.

When things get overwhelming I pray, cry and talk to myself then I come up with a solution. It might not be an instant solution but there will always be a way out. Another thing that has helped me so far is the fact that I don't like being disturbed. I don't like carrying a stressed look around to the extent people notice and ask what's wrong. Once I have something on my mind, I always sit down, talk to myself, come up with a solution, discuss with my husband and whatever solution we come up with, we stick to it and before we know it, we are fine. That helped us and is still helping us survive so many storms.



For my kids, I have it in mind to teach them to always pray, believe, never give up and above all, be contented. If there is something someone has and you like, believe it is their time to use or have. Your time will come and everything you ever wanted will be yours at the right time.

To new mums, don't expect too much from anyone, enjoy every single moment of your motherhood journey because it won't last forever but the memories will. Ask for help when you need it & join as many mum groups on Instagram especially in order to read the experience of other moms because whatever you are going through someone else might have gone through it and share her experience which might easily solve whatever you are experiencing. Whatever you feel like doing to keep you sane please do it, if you feel like crying or hanging out please find time to do whatever that can ease the stress off you.

Life of a twin mum isn't easy but worth every little stress and sacrifice that comes with it. If you are going through any difficult time as a mum, please do things that make you feel good BUT please don't ever give up as this phase too shall pass and your kids will not be kids forever.

Appreciate every moment, take pictures because those are the memories you will live to remember as they grow older and become your gist partners.

Different ways to serve your baby bread



Cut into stripes so they can grab and hold easily



cut into different shapes for added excitement



Top with things like butter, mashed avocado for variety



Toast lightly to make it firmer and less mushy



MY NAME IS CHIKA & I'M A GIRL CHILD

DEBBY YAKUBU



My name is Chika and I have committed a great offence. I am a girl child. Even worse I am the fifth child out of five daughters. It might interest you to have a little background information about me. I am eleven years old, my father is a teacher, my mother a trader. I am a girl child; I am an offence.

My full name is actually Chikairanyelu which means "we have committed it into God's hands" in Igbo. I guess it's a good summary of my life from conception. I've heard enough to know that my mother prayed day and night that I would come out as a boy, I was her last chance to be good enough and ever since I gained self awareness, I've prayed that one day I would be good enough for my

father, for my mother, for society, for myself.

Even now as I lie in bed, I say this prayer silently. Though a part of me can't help but wonder if God would be bothered to listen to a girl like me. My grandmother coughs from her room, she is my father's mother and has been living with us since her health declined two years ago. I hear the things she says to my mother. Things like "Of what use is a woman who births only female children? It would have been better if my son had married a man!

There is no greater insult on womanhood than this. My dad gently placates her " Nne, God is the giver of children. We can't question him if he has deemed it fit for us to bear this burden"

"who will carry my late husband's name now?" she would lament bitterly. I knew my father was trying to defend us but I didn't like being thought of as a burden. Raising my hand to inspect it in the soft glow of the room from the moonlight, I see that they are thin. I'm tiny but I work hard, I do the work of ten sons but no one sees, no one notices, no one cares.

It has occurred to me that my grandmother must have been a girl child too since she is a woman. Anger swells in my heart at the unfairness of it all. What right has she to make me or my mother feel inferior? Was she also made to feel inferior? What makes a boy better than me or a woman who has birthed sons better than my mother? Knowing from experience that this anger would lead no where, I sigh and try to dispel the familiar feeling from my mind.

"Chika won't you sleep?" Chidera my immediate elder sister asks sleepily. I guess I have disturbed her with my tossing and turning. I have disturbed myself as well with all these thoughts.

Sighing one more time, I close my eyes and pray that one day I would be good enough. As I say the last words, a steel like determination settles in my chest. I know it all too well. It is a reminder of the promise I have made to myself that one day, I would be better than good enough. My name is Chika and I am a girl child.



I'M TINY BUT I
WORK HARD, I
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NO ONE SEES,
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4 SIMPLE WAYS TO REMOVE NAIL POLISH WITHOUT NAIL POLISH REMOVER

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EASY PEASY

TOOTHPASTE

Apply toothpaste on toothbrush and scrub gently over nails. Leave it on for a few seconds and rinse while scrubbing the polish.

LEMON WATER

Soak nails in soapy water for five minutes. Afterwards take a slice of lemon and scrub nails gently until the nail polish comes off. Apply oil on nails afterwards to soothe nails.

HAIR SPRAY

Saturate cotton balls with hairspray and use gently over nails until it comes off. Apply oil on nails afterwards for nail health.

HAND SANITIZER

Spray in little bits, scrub nails with cotton balls until polish comes off. Rinse nails thoroughly with water afterwards

By Alexa Njoku

Miscarriage – A few things you need to know



Every pregnant woman dreams of a healthy nine months, safe delivery and a healthy baby. The truth is every pregnant woman deserves a healthy pregnancy and baby. Unfortunately, not all get to live this dream, some lose their babies even before they are completely formed in the womb, others lose theirs before they know they are pregnant and this is known as a miscarriage.

A miscarriage is one mishap in pregnancy that pregnant women are scared of. It haunts a lot of them especially those who have had miscarriages in the past. Miscarriages are abnormal and happen as a result of numerous reasons. If you have ever had a miscarriage in the past and you are pregnant again, you must understand that it is never something to be ashamed of. You must not panic as most women have just one miscarriage

and go ahead to have successful pregnancies later on. Therefore do not hide that knowledge from your gynecologist as you might need his or her help through the new pregnancy.

Before we move on, grab a sit and a cup of ice-cream let's get to know more about the term 'Miscarriage'.

What is a Miscarriage

A miscarriage, also called spontaneous abortion is the loss of a foetus before a woman's 20th week of pregnancy or within the first 23 weeks. According to www.webmd.com 80% of miscarriages happen within the first trimester, i.e. the first three months of pregnancy. Miscarriages are rare after the first trimester and if they occur, they are termed 'late miscarriages'.

Symptoms

- Vaginal bleeding
- Heavy spotting
- Severe abdominal pain or cramps
- Fluid or Tissue discharge from your vagina
- Mild/Severe back pain

Call your gynecologist right way once you notice any of these symptoms or any discomfort at all.

Do not hide previous miscarriages from your gynecologist as you might need his or her help through your new pregnancy.

Causes

Miscarriages can result due to different reasons but it is generally not a result of something you did or didn't do. Here are some of the different factors that can cause miscarriages.

- Genetic/Chromosomal abnormalities: These are sometimes as a result of fatal genetic problems such as Rhesus factor problems, blighted ovum (No embryo formation), Intrauterine fetal demise (embryo forms but stops developing) etc.
- Uterine abnormalities
- Infection
- Hormonal problems
- Immune system response
- Physical problems in mother
- Medical conditions in the mother such as uncontrolled diabetes, severe hypertension or thyroid disease
- Cervical Insufficiency: This is known also as weakness of the cervix
- Advanced maternal age
- Lifestyle habits such as drug and alcohol abuse

Prevention

Not all miscarriages can be prevented but there are few steps you can take to maintain a healthy pregnancy.

- Regular antenatal care throughout the duration of your pregnancy.
- Avoiding alcohol, smoking and drugs during pregnancy.
- A pregnant woman is highly vulnerable to infections therefore optimum hygienic practices will keep infections far away.
- Eat healthy meals; a well-balanced diet with lots of fruits and less caffeine is great for you.
- Take prenatal vitamins to supplement for nutrients





COCONUT RICE & FRIED CHICKEN, GLORIA DAMISI

For many parents, it would be much easier and simpler to forget about family dinners. Jobs, children, after-school activities all contribute to families being constantly on the go, thus feeling the need to eat on the run. But more and more parents are realizing the importance of shared family time at the dinner table. Often, this is the only time when all family members are all together in one place. They are different types of family meals, but today, I will be sharing with you how I make one of my favourite family meals which is coconut rice and fried chicken. This meal is so delicious and also easy to make.

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INGREDIENTS (CHICKEN)

- 1.5 pounds Chicken cut into the size of your choice
- 1 Tsp Thyme
- 1 Tsp Curry powder
- 1 Seasoning Cube
- 1 cup of any cooking Oil of your choice

INGREDIENTS (RICE)

- 3 Cups Rice
- 2 Cups Coconut Milk
- Chicken Stock From the Boiled Chicken
- 1 cup Green bell pepper diced. Orange, yellow or Red Bell peppers can also be used.
- 2 Tablespoons crayfish (optional)
- 1 cup of fried oil from your chicken

RECIPE

- Cut chicken into small portions, rinse and put in Pot.
- Season with salt, stock cube, thyme, curry powder. Add the Onions and water. Stir, cover, and cook for 15 minutes then separate chicken from stock and heat up frying pan, add some oil and fry chicken untill both sides are golden brown.
- In a clean pot pour a little bit of your oil from your chicken, add onion and stir fry (about 2 to 3 minutes on medium heat). Add coconut milk, chicken stock, crayfish and let it come to a boil.
- Add washed and drained rice and leave to cook for 15 minutes. Quickly throw in the green bell peppers. Cover it up immediately and let it cook on a low heat for 10 more minutes.
- Turn off the heat and leave to steam for 5 minutes before opening the lid. Stir together. Serve and enjoy

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