

ISSUE NO. 02 | MARCH-APRIL 2020

Simply Mommy

{FOR ALL SHADES OF MOTHERHOOD}



What's Inside?



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APPLE & CINNAMON PUREE 4m+

FROM THE SIMPLY
MOMMY TEAM

PREP TIME: 10 MINUTES

COOK TIME: 15 MINTUES

INGREDIENTS

- 6 APPLES (CHOPPED)
- 1/2 CUP WATER
- 1/4 TEASPOON CINNAMON

STORAGE

FREEZER : 3 MONTHS

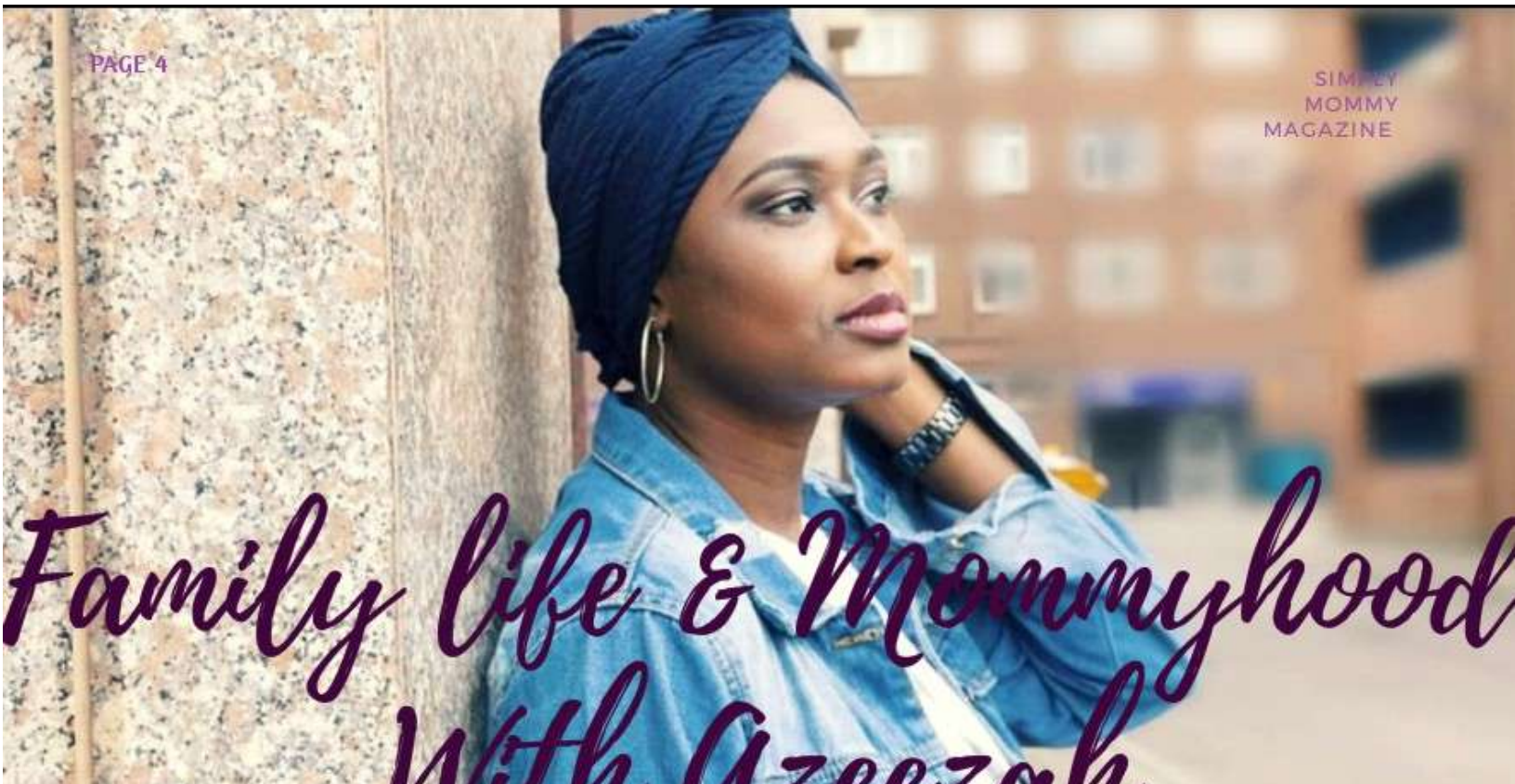
FRIDGE : 3 DAYS

RECEIPE

Place chopped apples, water & cinnamon into pot. Cover on medium heat for ten to fifteen minutes until apples are tender.

Use a blender or food processor & purée until you get your desired consistency.





Family life & Mommyhood With Azeezah

Labour & Motherhood

Motherhood is a journey that I will never be able to find the right words for. It's the best thing that has ever happened to me. I prayed and hoped for it to be memorable for me and I'm glad it has. It has been full of mixed feelings for me; being a mum is priceless and I won't trade it for anything. God has been good to me and I'm super thankful. Birthing a child has always been easy for me from my first child to my third. I could remember I almost had my first child at home because I have a stronger threshold for pain and I kept enduring thinking this can't be the pain people always talked about. I didn't realise I was far gone dilated until I got to the hospital and the nurses checked me. Alas! I was 8cm dilated out of 10. The only reason the baby had not showed up was because I still had my membrane intact. I had my baby just 10 minutes after I was admitted. Imagine that!

"Anything that stops me from spending time with my kids, I cut off. it's that simple. My family comes first"

I always knew I wanted a functioning family even before I got married. I wanted a very cordial relationship because family means a lot to me. I was ready to commit a 100 percent.

I am that intentional when it comes to my family. This act made it easier for me to balance my work life and home responsibilities. I prioritize a lot and anything that stops me from spending time with my kids, I cut it off. It is that simple. My family comes first.

I also learnt to delegate my house chores when I know it'll probably take all my time. I would rather spend that quality time with my kids than spend it on chores I know I can easily pay someone else to do.

From one child to two then three

Planning is a major thing for me. I have schedules for practically everything in my house. Events, food, naps, lessons & more.



Hubby and I always ensured we were ready whenever we decided to have more children. We made sure we made plans for it to prevent being caught unawares. With well laid plans, having my 2nd and 3rd children involved more of tweaking already existing lists and schedules and fitting it into plans. That made it an easy transition for me.

#MOMLIFE- LESSON LEARNED

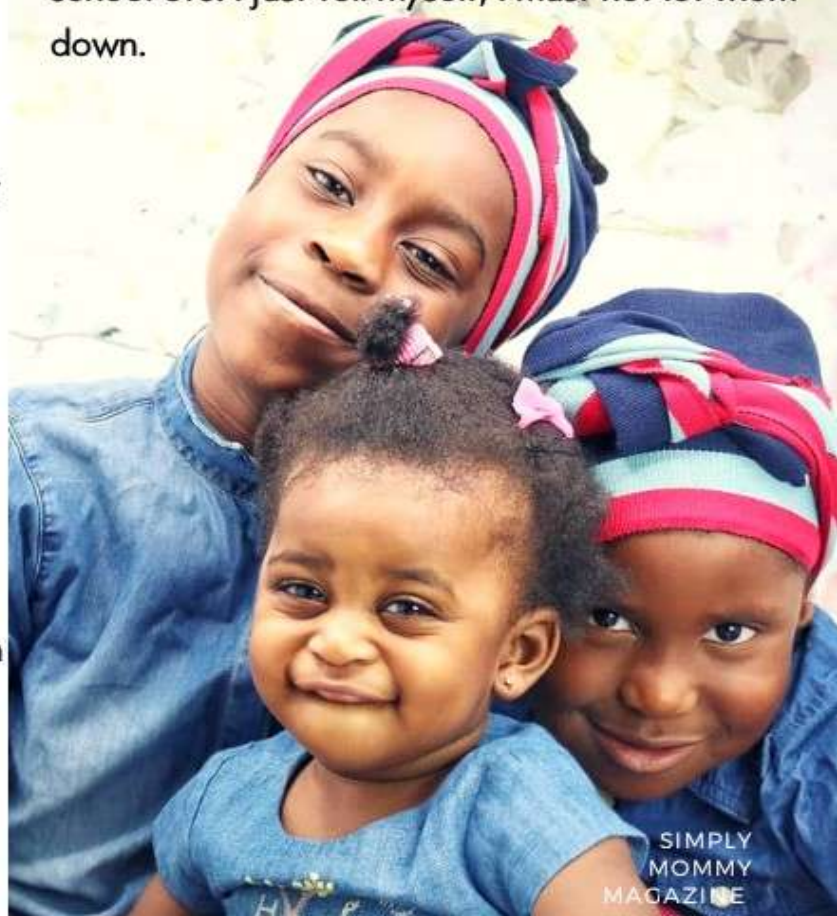
Through the years I have learnt to be of my best behaviour all the time. The kids see me as their role model and I do not want to let them down. If I did things previously on a scale of 5 out of 10, I have learnt to double it up now and give it my best shot. I need to be able to show my kids that I practice what I preach to them. I have also learnt to be more patient and tolerant. This has made me come up with a million and one strategies to approach things in life. If A doesn't work, then I try B and so on. Finally, I have learnt to accept failure not as a sign of my weakness, but as a learning curve to a better version of me.

Oh the Joy!

When I see my kids put into practice all I have taught them about love, respecting other people's opinions, self-care, self-esteem, Oh the joy! I know that I might have stressed myself trying to instill these qualities in them and being kids that they are, sometimes I feel they are not grabbing on, but when I see them put all those things to use, I am extremely happy. Basically, seeing my kids excel in all they do makes up for all the overwhelming days.

Raising Girls - Confident and Comfortable In themselves

Building my daughters to become confident is practically simple for me- by being the best version of myself. My kids tell me everyday how much of a super mum I am, how I help them solve all the problems they have, how I listen to them express their grievances when upset from school etc. I just tell myself; I must not let them down.



"My kids tell me everyday how much of a super mum I am, how I help them solve all the problems they have, how I listen to them express their grievances when upset"

We communicate a lot as a family. We have specific days of the month where we all express ourselves. Starting from the youngest to the oldest before mummy and daddy. We highlight practically everything like where they think mummy and daddy can improve or what they think we are doing great and they want us to keep up with. This way, we are boosting their self-esteem and confidence level.

I know the essence of letting a child express themselves but of course in a more respectful way and minding other people's feelings while they talk.

I remind them how beautiful they are and how people are willing and paying heavily to get what they have. I tell them they are unique in their own different ways and that whatever physical feature they have, that is exactly how God wants it to be.

FOR MY NEW MOMS STARTING THIS JOURNEY

I would advice aspiring mums / new mums to be very sure they are ready. They shouldn't let societal pressure force them into having a child. They must be

mentally, morally and physically

ready as having a child is tasking and challenging. You learn from it everyday and you must be ready to take on the challenge.

Unfortunately, no one can tell it all about the things you might find challenging about parenting. It's not like there is a manual that fits all kinds of family lifestyle.

You must just go with the flow. It's all about self-discovery and tailoring it round what suits your family lifestyle.





BODY IMAGE, WEIGHT, FOOD & THE TEENAGE GIRL

FROM THE SIMPLY MOMMY TEAM

One thing our teenage girls will probably struggle with is their body image. Today we have a ton of media images directly or indirectly telling women how to look and what an ideal image of a beautiful woman looks like. Where media fails peer pressure takes its place; our girls talk with friends about appearances, hear about it from their peers- what they deem acceptable and what isn't. The disturbing thing about what the media portrays and what society calls acceptable is that they are centered around unrealistic body expectations. This makes the average teenage girl at risk when it comes to eating disorders and a dissatisfied body image which can affect her self-esteem and in turn affect her life decisions & other areas of her life

WHAT ROLE DO YOU PLAY AS A MOM

- The way you look at yourself, feel about yourself, speak about yourself-they notice everything. You can't expect your daughter to have a healthy body image when you're dissatisfied with yours. So it starts with you.
- Always Always Always let her know she's beautiful & be specific. Tell her "your body looks lovely in that dress" "your lashes are really pretty" "Your legs are so long! Point out her unique features and even though she may roll her eyes at you, your words make a difference. Balance this out with letting her know she's much more than just a pretty face too. There's more to her than being physically beautiful.

IT'S NOT ENOUGH TO SAY THESE THINGS YOU ALSO HAVE TO WALK THE TALK.

Don't wait until she's a teenager to let her know she looks great. Get her comfortable in her skin as early as possible. Your words are a step to drowning out what society tells her everyday.

- Rather than focusing on dieting and counting calories that point at weight and size, promote positive ways to be healthy in order to remain fit and prevent diseases (heart health, diabetes & such) by eating healthy, drinking water and exercising.

Teach her to listen to internal cues such as eating when hungry and knowing when she's full & stopping, rather than external cues such as calorie counting.

- It's not enough to say these things to her, you also need to walk the talk.

I hope these few points will support you as you try to instill confidence in your daughter. Don't stop researching ways to do that. I'm sure there are many more tips.





Birth Spacing

DOES IT MATTER?

You & your partner probably have an idea of the number of children you want to have & the age range between each child. You may have plans concerning your finances and things like how to spilt time between work and home.

These plans are great but beyond these things birth spacing is also important for both mother and baby's health.

Research shows that an 18-23 month span between the birth of one child and the conception of another plays a positive role in the health & well-being of both mother and baby.

It lowers the risk of preterm birth and gives mom's body enough time to recover by replacing nutrients lost during pregnancy and breastfeeding.

Even though most mothers feel physically better six weeks postpartum, it takes even more time to return to a healthy weight & improve abdominal and pelvic muscles.



**SO WHEN MAKING
PLANS FOR THE
SIZE OF YOUR
FAMILY, TAKE THIS
INTO
CONSIDERATION**

MENTAL HEALTH FOR MUMS: DEALING WITH MUM GUILT.

By Omoniyi Oluwatomisin

When I had to return to work after having my son, I had a lot of mixed feelings. On one hand I was excited to be back in the workforce and interact with fellow adults while on the other hand I was so nervous about leaving my child with strangers. As mothers, we are tempted to think nobody can take care of our little ones like we can and that's probably true but you have to also take care of yourself.

You have to be concerned about yourself as you are about your kids. I chose the best of crèches (shout out to baby lounge),



WHY WAS I STILL FEELING BAD ABOUT BEING AWAY FROM HIM. ONE WORD: MUM GUILT.

I read their reviews, spoke to the owner and even vetted the daycare assistants. I needed to know my baby boy was in good hands and really he was.

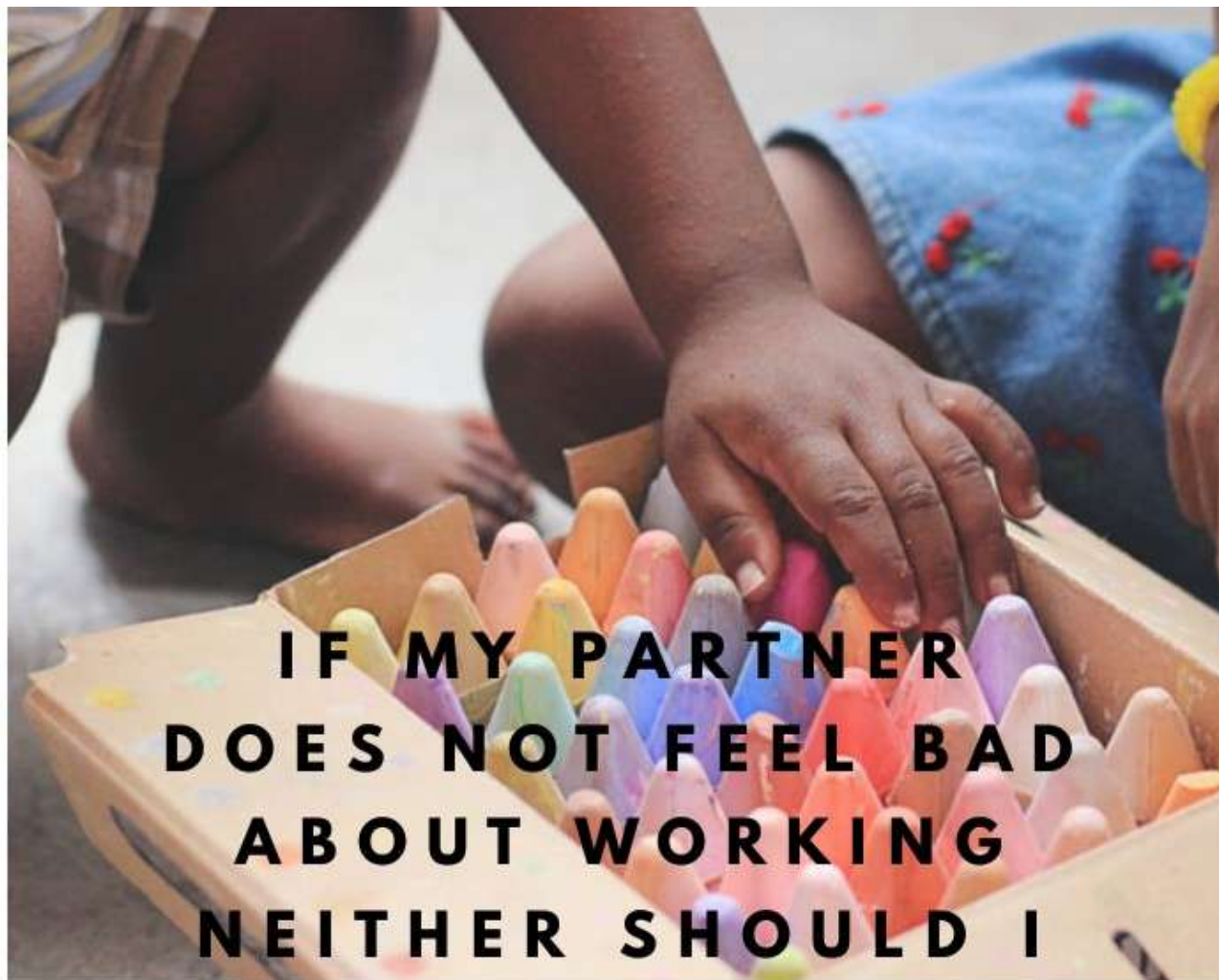
So why was I still feeling bad about being away from him. One word: MUM GUILT.

Mum guilt is basically the feeling of falling short or not living up to the 'unreasonable expectations' laid down for mothers.

It makes you feel like you're abandoning your baby and not giving him/her your best and honestly that's the biggest lie ever told!

Mum guilt spans through so many things. From missing milestones to screen time to eating healthy, co-sleeping, feeding your baby formula and so much more.

And really, it's more common than you think.



These are some steps I took while dealing with my bout of mum guilt.

- I found my tribe: Any chance I get, I mention that talking with other mothers always makes me feel better. No man is an island and you need to know that female friendships save lives. Get a group of mothers who you can share your thoughts and low moments with. Those who would advice and encourage you without judgement. There's nothing like a strong and solid support system.
- Self affirmation: You might feel a little silly standing in front of the mirror and talking to yourself, but it worked for me.

I told myself how amazing I am and how everything I'm doing is for my son. Going to work is a sacrifice I'm making for him to provide him with the best and save for his future.

- Mom guilt is a sham! Remember this every time you feel bad about going to work: IF MY PARTNER DOES NOT FEEL BAD ABOUT WORKING NEITHER SHOULD I? If Dad guilt doesn't exist, why should mom guilt? Your job isn't inferior to your partners. You're both working for the greater good. So stand tall mama and know that your input is important too.

The thing with mum guilt is that it's not a one time feeling, it's a feeling that creeps up every now and then. So I decided that instead of feeling bad every time it comes, I'd rather work at it and keep reassuring myself of my amazing capabilities and abilities as a mother! Because really, I'm super awesome and so are you mama!



MillennialMum

The Highs, the lows and the wows

For more :  @the.millennialmum

Red Apple-Sauce 9m+

RECEIPE

PREP TIME: 10 MINUTES

COOK TIME: 45MINTUES

INGREDIENTS

- 6 APPLES (CHOPPED)
- 1/2 CUP WATER
- 1/ 8 TEASPOON GROUND NUTMEG
- 1 TEASPOON GROUND CINNAMON
- 1/4 CHOPPED SMALL RED BEET
- PINCH GROUND GINGER

STORAGE

REFRIGERATOR : 2 WEEKS

Place all ingredients into pot. Cover on low to medium heat for thirty to forty minutes and allow to simmer.

Use a blender or food processor & purée until you get your desired consistency or mash contents with a spoon for a thicker mixture.





HAPPY ONE YEAR MOMMYVERSARY

WITH HAUWA .M. IKEDIUGWU

I WAS ALSO SCARED OF MOTHERHOOD ESPECIALLY BEING A LOVER OF SLEEP.

In a couple of months I would have been a mom for one whole year! it's amazing how time flies by. Looking back on my journey these two words are a perfect depiction of what motherhood has been like for me so far "JOYFUL STRESS"

When I got pregnant I had expected labour to be excruciatingly painful as a result of stories I previously heard but amazingly it was far easier than I expected(imagine that!) I was also scared of motherhood especially being a lover of sleep, I'm sure I'm not the only one on this table! I couldn't understand how I would function with little or no sleep but I would say it's not been so bad after all. I have learnt to take it one day at a time, so there's hope for all my fellow sleep lovers out there. My maternity leave was over way too soon and reality set in. I have little or no time with my baby within the week so I just try to spend as much time as possible with him over the weekend while enjoying the little time spent within the week.



When things get overwhelming with work and all the responsibilities that comes with motherhood I just look at my little one and I am instead overwhelmed with love and a burst of energy.

Walking into my second year as a mom, something I'd like to put into practice is to love my baby but learn to be firm with him. I need him to understand right and wrong at an early age through communication and not scolding as it's typical of Nigerians

My motherhood journey so far "Joyful stress"

A couple of things I've learnt over the past few months is to:

1. Take it one day at a time
2. My baby is unique so I don't compare.
3. Trust my instincts

A few words for moms who are about to start this journey and aspiring moms; Be careful of the stories you take to heart. Trust God to give you your bundle of joy at the perfect time and the strength needed for every activity that comes as you take it one day at a time.





RAISING DAUGHTERS - 5 THINGS TO ENCOURAGE

**SHOW HER YOU
ARE PROUD TO BE A
WOMAN**

**ENCOURAGE HER TO
MAKE EDUCATION A
HIGH PRIORITY**

**ENCOURAGE HER TO
SPEAK UP FOR HERSELF
& REFUSE TO BACK
DOWN FORM
DIFFICULT SITUATIONS**

**ENCOURAGE HER TO
PURSUE LEADERSHIP
OPPORTUNITIES**

**ENCOURAGE HER TO
PURSUE HER DESIRED
CAREER PATH;
TRADITIONAL OR NON-
TRADITIONAL**



Secret to Supple, Ageless, Youthful skin-Collagen

By Careafik

Lately, there has been a craze about collagen supplements for skin care but this isn't a new discovery.

Collagen is found in abundance in most of the foods we avoid or call cheap.

Instead, we spend lots of money on expensive supplements and creams.

The truth is, you don't necessarily need the very expensive collagen supplements for great skin. I will tell you how to get collagen naturally through your diet, but first, why is collagen so important to your skin.

Collagen is a major component of your skin. It plays a role in strengthening skin, also it is important in skin elasticity and hydration. As you age, your body produces less collagen, leading to dry skin and the formation of wrinkles.

This is why you need to increase your intake of collagen to keep your skin supple and youthful.

Asides the skin, collagen is also important in other areas.

Research shows that:

- Consuming collagen may help reduce the risk of bone disorders such as osteoporosis (weak, brittle bones).
- Consuming collagen can increase muscle growth and strength in people with age-related muscle mass loss.
- Consuming collagen can aid weight loss. How-->Some foods that contain high amounts of collagen usually have relatively lower amount of calories and are usually bulky hence, can help you feel fuller for long periods.



SO WHAT ARE THE COMMON FOODS THAT CONTAIN COLLAGEN:

Cow Skin (kponmo), Fish head and eye balls, chicken with the skin, chicken neck, Cartilage bone (commonly called biscuit bone in Nigeria), Tripe (shaki), fish bone, chicken bone, meat.

In addition, eating protein rich foods e.g eggs, fish, beans, can help you get more collagen as the body uses specific amino acids in protein to produce its own collagen.

Expert Tip: Ensure you are taking enough vitamin C e.g from peppers, citrus fruits e.t.c. This is because the production of collagen requires Vitamin C.

There are foods that further stimulate collagen production and help with great skin, those will be included in my Skin Solution Plan. For further information reach out on Instagram @careafrik



DR T. HEALTH COACH

Being Mommy with Amina



Fascinating would be the best word to describe my motherhood journey so far. Raising children is a full-time job, and to add that with another full-time schedule means having two full-time jobs. My struggles are kind of unique, being an international student in the United States and also raising kids all at once. Sometimes, I ask if one could have waited for the other. But as an international student, you must not just be enrolled, but enrolled full-time in school. My options are therefore, close to nothing. One thing I can say is this: There is nothing like a supportive spouse. We have had to depend on each other's strength to ensure that we do not derail as parents. Many times, my strength comes from within. There is not much strength to gather externally anyway, you do not get the luxury of relatives helping you out in America. So, the energy must be gathered from the inside. As the toddlers get older, I channel their energy to things that are more useful and productive. They clean and help out in organizing too.

First a Daughter now a son too

Life was not so busy when I had my first child. My idleness made it easier for us to connect and travel. However, with the second child, there was more to be done. Of-course I needed more home support & most of the support still came inhouse. I must say that there were a lot of home strategizing. One thing I had to learn was self-management. I had to manage my self to fit into the God-given 24 hours a day. If I could ask for more, I tell you I would.



Outside of the home craziness, I deliberately made a 15 minutes self-time for me. In this time, I will talk to myself and say things like “it’s gonna be alright”. Some days I fake a bowel movement, lock myself up in the bathroom and watch a short comic something. 15 minutes is not in anyway sufficient, but its more than enough time to be away from two toddlers.

Screen time struggles

One thing I have always done is not use screen as a ‘silence’ strategy for my kids. My kids know that once I am home, it is a golden opportunity to watch TV. They may not be reading books, but I want to talk with them. More so, I like to see them play with each other. I enjoy the fake stories they tell and the letters that they pretend to write to each other. Technology makes the job easy for today’s parents, but I have told myself that the TV will not raise my children. My strategy is hard because the children start to fight, argue and make trouble

Then the house starts burning when I begin to yell and yell. When night comes, we go to sleep and get up the next morning.

During tough times

I see myself as a great need for my family. So when I am overwhelmed, I let me down for a little while, and then I pick me up again and keep going. One thing I do a lot is self-talk. I talk to myself in many ways to make events make sense to me. I explain situations to myself in a way that would not burden my mind. A burdened mind is a tired soul. I do not want to tire my soul. Another thing that keeps me going is writing. Gosh! I write a lot.

For My baby Girl

Society has not only defined the woman, it has defined the man as well. That means I am not all about the woman comfort. I am about the ‘human’ comfort. So, I do not teach my daughter to be comfortable as a woman,



I teach her to be a human who is responsible, respectful, yet fierce about life, personality and purpose. I teach the exact way to my son. In fact, I worry more for my son than my daughter. So, I draw both of them close, I just need them to talk to me. Many times, I ask them to write about ambition, the things they like and the things they don't. They have expressed life's comfort and discomfort to me through those writings. I want her to tell a human story more often than a woman story. This is my own bias perspective.

Me Time???

There is really no much time to find outside motherhood. The formation years of children are very sacrificial years. It's a price that I believe parents must pay when they have kids.

My personal times are made up of, like the fake bathroom time, sometimes I make excuses to go to the grocery, and I just find a place to chill and have pink lemonade. It may just be 20 minutes, but they are most rewarding.

New Mommies



My greatest advice is "GET READY". Many times, you hear mother's complaining about the stress of their little ones. Believe me, we did not mean to complain. We are only whining. So for my aspiring moms, "GET READY". It's a race of many hurdles.



TEEN PREGNANCY

FROM THE FEMAGER ORGANIZATION

In recent times, talking about this is not as hard as it used to be. This is mainly because, people have started to gain understanding on why and how this happens. Erstwhile, in some parts of the world, becoming pregnant as a teenager could have only been because of having unprotected sex and seen mainly as an act of irresponsibility especially on the part of the female. The aim of this article is to create awareness on what this is about and how you come in.

Teenage pregnancy as it is called is when a teenager (13-19 years) becomes pregnant as a result of the fertilization of her eggs by sperm.

Now, there are cases where this happens because the teenager willingly decides to engage in unprotected sex. This results in her becoming pregnant, if she follows through with the decision to have the baby, and does not go through abortion.

However, there are other cases where teenage pregnancy purely does not take the format mentioned above.

In some cases, the teenager might have been raped resulting in pregnancy (whatever the case may be, rape is an inexcusable behavior with heavy consequences under any judicial system).

As difficult as this may seem to believe, some teenagers birth children for 'baby factories,' in fact in certain cultures it is believed that teenagers are most fertile when it comes to child bearing. Hence they serve the factories better.



THE FEMAGER ORGANIZATION

| LOVE FOR EVERY FEMALE TEENAGER |

Health implications

Most times, when a female has not come of age to bear children, it can lead to serious health complications. A common example is VVF.

Where do you come in??

The next time you see a pregnant teenager, do not be quick to judge her.

You can decide to show her care or refer her to a system that deals with the mental, emotional and psychological wellbeing of those going through certain circumstances. At 'The Femager Organization' we render various services aimed at the wholesome wellbeing and development of the female teenager. One of such service is 'MCGR' which is the Mentorship Guidance Counselling and Rehabilitation scheme for the female teenager.

For teen mommies

To every teenager who is a mommy or about to be a mommy, be thankful regardless.

Do not live the rest of your life in regrets or wishes of another choice.

Be determined to be all you want to be, and make room for your child to grow believing he or she is a wonder.



@thefemagerworldwide



thefemagerorganization@yahoo.com

TEN HELPFUL TIPS FOR BED-WETTING

BY MAVERIQUE RICHARD; 08160664456
IFYCHUKY@GMAIL.COM

What would you do when you wake up next to a pool of water on a lovely weekend or a blessed weekday only to realize that your youngest child has just wet the bed yet again.

So you got up, reached for your cane like a typical African parent would; determined, you woke him up with some life changing whips, yelled severally with each stroke and even made him wash the clothes he messed up.

The tendency to bedwet does not come by the child's will. It is medically described as the involuntary inability of a child, less than five years old, to control their bladder.

There are very many factors that can promote bedwetting "enuresis" in otherwise healthy children within the ages of seven (7) and below. It can happen during the day or at night and has many possible causes. These include anxiety, constipation, genetics, and caffeine. However, bedwetting can only become a major concern when it happens in adults or in older children, in which case it presents as being secondary to a psychological or physiological disturbance, otherwise medical attention are and should be recommended as they come with several other side effects in younger children. Besides, as children get older, they are more able to control their bladder.

However, for a pretty challenging situation, there are a couple of things we should consider doing instead because there are chances that there's a family history of bed-wetting as well. So to combat bed-wetting, doctors suggests:

- Avoid thirst overload. If schools allows, give your child a water bottle so they can drink steadily all day. This avoids excessive thirst after school which by indication would make them want to drink a lot more water for the rest of the day. Whereas this does not look very handy, it sure has some positives.
- Consider if constipation is a factor; because the rectum is right behind the bladder, difficulties with constipation can present themselves as a bladder problem, especially at night. This affects about one-third of children who wet the bed, though children are unlikely to identify or share information about constipation so we learn to take note of these factor too.

- Don't wake children up to urinate. Randomly waking up a child at night and asking them to urinate on demand isn't the answer, either. It will only lead to more sleeplessness and frustration which would in turn make them more likely to urinate.
- An earlier bedtime. Often children are deep sleepers because they're simply not getting enough sleep. Helping a child early to bed should help them feel better and wake easily. Such practice can positively influence them and help them gain better control.
- Cut back on screen time, especially before bedtime. Improving sleep hygiene can help their minds slow down so they can sleep better. This is secondary to the stated issue.



Factors that influence bed-wetting :These include anxiety, constipation, genetics, and caffeine

Remember, like every other person, no child wants to be yelled at or beaten up for something they could easily avoid.

- Don't resort to punishment. Getting angry at your child doesn't help them learn. The process doesn't need to involve conflict. If your child were to act by their will, I am pretty convinced they would not choose to wet the bed.

- Shift times for drinking. Increase fluid intake earlier in the day and reduce it later in the day. This is a great technique, reducing fluid intake in bedwetting children almost always works

- Schedule bathroom breaks. Get your child on a regular urination schedule (every two to three hours) and right before bedtime. Overtime, they may get you used to it but for the moment, it definitely should help to reduce their likelihood to bedwet.

- Be encouraging. Make your child feel good about progress by consistently rewarding successes. Don't cheaply queue it with the practice of scolding or yelling at the child. You only end up making them more vulnerable when they become anxious.

- Eliminate bladder irritants. At night, start by eliminating caffeine (such as chocolate milk and cocoa). And if this doesn't work, cut citrus juices, artificial flavorings, dyes (especially red) and sweeteners. Many parents don't realize these can all irritate a child's bladder and therefore gives them a far greater urgency to urinate even while they are sleeping.



RESOURCES

• ISSUE 02|SIMPLYMOMMY•

UNTANGLED: GUIDING TEENAGE GIRLS THROUGH THE
SEVEN TRANSITIONS INTO ADULthood; LISA DAMOUR
PHD;2016

PARENTING WITH PRESENCE; SUSAN STIFFLEMAN MFT;
2015

MAYO CLINIC "FAMILY PLANNING: GET THE FACTS
ABOUT PREGNANCY SPACING"
[HTTPS://WWW.MAYOCLINIC.ORG/HEALTHY-LIFESTYLE
/GETTING-PREGNANT/IN-/FAMILY-PLANNING/ART
-20044072](https://www.mayoclinic.org/healthy-lifestyle/getting-pregnant/in-/family-planning/art-20044072)

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Simply Mommy

Celebrating Motherhood

