

*simplymommyng*

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# SIMPLY MOMMY



## EVERYTHING MOTHERHOOD & MORE

*from taking care of yourself to  
caring for your child & what to  
expect from pregnancy and  
beyond*

*Featuring real  
mothers with real  
stories.  
Fears Struggles Joy*

# We want you to be the best Mom you can be!

## RELEVANT PRACTICAL HANDS-ON

We are here to support your motherhood journey by providing you with information that will actually make a difference. From health tips, home & lifestyle tips to questions about pregnancy, childcare and motherhood;we've got you.



# *Simply Mommy*

Celebrating Motherhood





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# *Dear new mom*

Congratulations on the arrival of your baby! You must be filled with admiration for yourself right now, previously screaming from contractions and now all mushy. I am glad you made it this far, welcome to a new beginning. My name is Claire and I want to help you through this new phase.

Your body needs two important things now; cleansing and nourishment. While your thoughts are occupied with caring for your new born, your health is of top priority as well. Do not take these two lightly.

For about six weeks post partum, your vagina may be sore and you will have a type of vaginal discharge. Just like your menstrual blood, your post partum bleeding LOCHIA will have a stale, musty odor. These two will make your vagina prone to bad odor and infection.



Take your bath twice daily: For the first few days, you might be unable to do this due to pain but once you're on your feet, make it a routine. Use warm water to avoid irritating your vagina.

Change your sanitary pad every 2 to 4 hours: Do not let your pad stay too long. The longer it stays, the higher the possibility of a bacterial growth.

Be gentle in wiping: If you must wipe after urination or bowel movement, do that gently. Simply pat the area dry to avoid skin irritation. Avoid soap or solutions: This is even more important if you had a tear or incision during delivery, carefully wash with clean water.

The process of delivery and post partum bleeding can be very demanding to your body, you must eat properly to avoid overwhelming your system. I have listed here five groups of food that would benefit your health:

- Hot soups: this when prepared with uterine contractors like Negro pepper will help expel blood.
- Fresh fruits and vegetables: Vegetables like pumpkin leaf will help increase your blood volume. They also aid your bowel movement to avoid constipation.





YOUR BODY NEEDS

# *Cleansing & Nourishment*

•Milk and tiger nut drink: These improve milk let down. Breastfeeding is not only for the baby; It is also healthy for you. It releases the hormone oxytocin which helps your uterus return to its pre-pregnancy size. It also lowers your risk of breast and ovarian cancer.

•Foods with high protein and Iron content: These include liver, kidney, heart, fish etc. These are blood and body builders. They will help restore your blood volume.

•Water: With the volume of blood you are losing, you are prone to dehydration, you should take at least 2 Litres of clean water daily to keep you going.

Do your best to take care of yourself while you're taking care of your new born. My list is not exhaustive, there's a lot more you can do. Don't forget to visit your doctor should you notice anything unusual. I wish you an amazing post partum time.

With Love,  
Claire



# PROTECT YOUR BABY'S SKIN FROM NAPPY RASH

Taking care of baby's delicate skin is one of moms top priority. Nappy rash affects most babies and is quite common between ages 6-12 months. No mom wants her baby's soft skin covered in pink or red rashes that will leave her little one restless and uncomfortable. A severe case of nappy rash can range from bright red spots, dry and cracked skin to swelling and blisters around the nappy area.

Be one step ahead and prevent nappy rash from ever forming by using an effective barrier ointment (nappy rash cream) at every diaper change.

A good skincare routine of cleaning and protecting at each diaper change will help reinforce your baby's natural skin barrier and prevent nappy rash from forming.

Giving your baby some diaper free time will also give room for the skin to breathe. The diaper you use will also play a huge role; it has to be highly absorbent and the right size fitting comfortably around the waist and thighs leaving no marks and at the same time not overstretching. Be sure to change frequently.

Between changes use water and cotton wool or unscented and alcohol free wipes to clean your baby's nappy area. Avoid using antiseptic and perfumed soap as it might be harsh for baby's delicate skin.





A baby with dark skin and curly hair is sitting outdoors on a wooden surface. She is wearing a white headband with a large white bow and a white sleeveless top with a yellow lemon pattern. She is holding a large, triangular slice of watermelon with both hands. The background is a blurred green lawn and trees.

# When will my baby start eating on her own?

One of the perks that comes with motherhood is a truckload of unsolicited advice. The association of judgey spectators that can obviously do it better and know you're doing it wrong.

There's a lot people have to say when it comes to raising your baby and the same goes for the appropriate age for your baby to start feeding on his own. Every child is different and what works for one child might not work for another. Even with siblings you notice the difference in their milestones; they do not start speaking at the same time or walking at the same age. That being said we are going to throw comparison out the window.

**The age your baby starts to eat on his own is not a scale to weigh how good you are as a mom**

Now let's talk about how you can help your child to start eating on their own. The way you approach feeding time will play a huge role in determining when your child will be able to eat by himself. Around 6 months babies get some preparation for spoon feeding when they hold on to finger foods like biscuits. Around 9 months they try to start picking up pieces on their own and put in their mouths.





# DO YOUR BEST AND EMBRACE THE PROCESS

It will probably take weeks to learn how to get food on the spoon, a couple more weeks to learn how to get it to his mouth without turning it over. So it's going to get messy mama, get ready. If they get bored while trying to eat and start playing around with the food, it's time to take it away or leave a little for them to experiment with.

The age your baby starts to eat on his own is not a scale to weigh how good you are as a mom and it does not mean your baby is slow for taking more time than another baby.

Each child is unique and grows at his own pace, do your best and embrace the process.

It might take longer for babies who were never allowed to feed themselves with their fingers to take to spoon feeding. Around 10-12 months a lot of babies try to grab the spoon when you try to feed them, let them and get another spoon for yourself. Giving them a chance will give them room to practice.







## MOTHERHOOD WITH SALMA

I don't think I have a word that can accurately describe motherhood but I do have words like, demanding, rewarding, crazy and mind-blowing.





I don't think I have a word that can accurately describe motherhood but I do have words like, demanding, rewarding, crazy and mind-blowing.

When I found out I was having a baby boy I was scared because I really did not know much about baby boys growing up with four sisters and a brother. I was scared I might not be able to handle him alone without his father. I was concerned about how I would handle all his "boy issues".

But the thing is, the day came and I gave birth to this baby, I had to trust that God would help me, I also did a lot of reading on what to know about raising boys and I told myself to ask for help from male relatives and friends whenever I felt stuck because really you can't do it alone.

Fast forward three years later, here I am struggling with guilt, I tend to blame myself that my son does not have his father in his life. And also having to play both roles, single moms out there, you know how it is.

He is still too young to understand not having his daddy around but then I don't look forward to when he starts wanting to know why he doesn't have a daddy.

Being a working mom also increases the guilt, I will love to have more time with him. I don't think the weekend alone is enough time but at the end we all have to deal with our various realities however that might look for each individual.

So here's the thing, your support system is "EVERYTHING" & for me that's God and my family. They have both been there from the start. Knowing that God loves me and he is constantly helping me through all my struggles is a huge source of comfort to me. And my family's unwavering support keeps me going daily.





*So for my new and expecting mama's out there, having a child will most likely be the most challenging thing you will ever do but it will also be the most fulfilling. You have to try and focus and enjoy every moment because it won't last forever. Also take out time to create memories with your little one. You will be glad you did when they are older.*



# 3 THINGS TO KNOW ABOUT AFTER BIRTH PAINS

A close-up photograph of a woman holding her newborn baby. The woman is wearing a white hospital gown with a blue floral pattern. The baby is wrapped in a light-colored blanket. The image is slightly blurred, focusing on the woman's face and the baby.

A

There's nothing to freak out about, it is totally normal and expected

B

After Labor your uterus contracts to return to its pre-pregnancy size. This is called Involution. It usually takes 6 weeks for this to happen.

C

The pains tend to increase while breastfeeding and so does bleeding (initially) . Do not be alarmed.



# 8 SIGNS & SYMPTOMS OF LABOUR

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It's getting closer to your Estimated Date of Delivery (EDD) and you wonder what does labour really feel like?

Here are the most common signs of labour:

- Contractions: Painful Braxton Hicks/stomach/ abdominal cramps (it may feel irregular initially).
- Loose of the mucous plug also known as the "Show". The mucous plug sits at the ends of the cervix and keeps it sealed/ closed.



- Lightening "this is a drastic drop as your baby descends into the birth canal. You may feel there is less pressure on your chest and it is easier to breathe. This also gives you a relief from heartburn.

- Diarrhoea due to hormones which cause your contractions. Increase water intake to prevent dehydration.

- Continuous/intermittent lower back pain.

- Nausea and vomiting







•Spontaneous Rupture of Membranes (Waters break). It's not as dramatic as we see in the movies. It may just feel like you have leaked. If in doubt, wear a maternity pad, walk around and you'll soon tell if your waters have popped.

•Sudden urge to open your bowels as your baby moves down the birth canal and puts pressure on your rectum.



@TOLUTHDMIDWIFE



Today I am a  
leader

I have people who  
love and respect  
me

I am beautiful  
inside and out

If I fall, I will get  
back up again

I can make a  
difference

I can be anything  
I want to be







# HOW TO CLEAN YOUR BELLY BUTTON

When was the last time you cleaned your belly button? Seriously, don't lie. It's so easy to overlook but it also needs to be cleaned like every other part of the body. Did you know there's something called navel stones?! Basically the oil your skin produces (sebum) and Keratin from dead skin cells accumulate in your navel and forms a hard mass in there which has to be taken out by your doctor. We do not want that!

## DID YOU KNOW THERE'S SOMETHING CALLED NAVEL STONES

It's pretty easy to clean your navel. All you need is warm water, some soap and a wash cloth or cotton buds if your navel is quite deep.

Apply some soap and water to your wash cloth or cotton buds and GENTLY rub it in your belly button. Don't scrub hard. Use your wash cloth or cotton bud with water to clean out the soap and pat dry when you're done. We do not need moisture building up in there and causing an infection. That's it! You're done. You now have a pretty clean non-stinky navel.

You're welcome!  
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# FROM CAREAFRIK

## ENDING THE CONFUSION ABOUT FATS AND OILS



They are found in nuts (e.g almonds, cashew, walnut, pistachios), avocados, olive oil, butter, chicken and beef fat.

NOTE: Don't overeat nuts, a handful a day is fine.  
Please don't cook with olive oil as it is not good with heat, use raw e.g on salads



When it comes to fats and oils there are 3 main types you must know. I will break them down in lay terms and tell you their healthy sources.

### MONOUNSATURATED FATS

These are good fats; they contain many nutrients and antioxidants.

MUFAs Protect your heart, reduce blood pressure, reduce bad LDL cholesterol, therefore prevent atherosclerosis and increase insulin sensitivity.



### POLYUNSATURATED FATS

These are essential for life as they are required but our bodies can not produce them.

Now let me break it down. There are 2 main PUFAs, omega 3 and omega 6 fatty acids. It is important to have them in balance in the body and also get them from whole foods



The problem is that we eat more of omega 6 fatty acids from various vegetable oils and this is where the problem lies. First, most vegetable oils are excessively refined and also get treated with chemicals to deodorize them and make them more versatile for use. This makes them unhealthy. (This is why oils from whole foods and minimally processed are better). Second, excess omega 6 fatty acids and not enough omega 3 fatty acids in the blood is detrimental. This is because in the face of oxidative stress, Omega 6 fatty acid can become inflammatory. However omega 3 fatty acids are anti-inflammatory. Hence the need for balance.

Omega 3 fatty acids are also very important because they reduce inflammation, protect the brain, prevent chronic diseases.

So how do you get a healthy dose of both? Eat whole foods e.g  
Sardines, Mackerel, Salmon, Meat, Poultry, Eggs, Whole milk, Avocados, Walnuts, Sesame Seeds, Pumpkin Seeds, Chia Seeds, Flax Seeds, Hemp seeds.

**\*\*Pro tip, when cooking chicken, beef or fatty fish don't be afraid to use their fat in cooking, however, don't add any additional fat through frying or addition oil in the stew/soup**







## SATURATED FATS

This is found in coconut oil, breastmilk, dairy, palm oil, butter, beef, chicken e.t.c. There's no need to fear these. They haven't been proven to cause heart disease in any way. On the contrary they reduce the risk of heart attack. They also promote proper hormonal and immune function and reduce inflammation.

This means don't fear saturated fats, just use them in moderation.

So what should I avoid when it comes to fats and oils?

- Vegetable oil, corn oil, canola oil, soybean oil and peanut oil.
  - Margarine; these contain trans fat which are very unhealthy.
- Hydrogenated fat in margarine increase bad LDL cholesterol, contribute to inflammation, chronic disease and increase in risk of cancer



## DR T. HEALTH COACH



Ensure to check your packaged chocolates, cookies e.t.c Ingredients label for "hydrogenated oils" and avoid those.

 @careafrik



# PARENTING STRUGGLES

## MY 7 YEAR OLD DAUGHTER STILL WETS THE BED, WHAT CAN I DO TO HELP HER?

If you're going through this phase you're probably tired and trying to find a way to make it stop as soon as possible.

Bed-wetting is more common than you think and your child is not the only one going through this.

There are various reasons for bed-wetting and your child will probably get past this phase as she matures.

Your child might be wetting the bed because :

- Mom or Dad had a history of bed-wetting
- Your child sleeps deeply and doesn't wake to the signal of a full bladder



- Your child's body makes too much urine at night (your child's system may not be producing enough Vasopressin the hormone that reduces urine production during sleep)
- Your child's bladder is too small and not developed enough to hold urine for a full night.

### WHAT NOT TO DO

**DO NOT SHAME YOUR CHILD-** Most of the time this is our first response. We either try to shame them or instill fear in them by punishing them so they stop wetting the bed. You need to know your child isn't voluntarily wetting the bed and it isn't because she's too lazy to get up either. Shaming her will only take a hit at her self esteem.





## WHAT CAN YOU DO

- Reduce fluid intake before bedtime and let her use the toilet before sleeping
- Wake her 1-2 hours after going to bed to use the toilet
- Reward her for dry nights, **DO NOT PUNISH** for wet nights
- Let her help you in changing the sheets and cleaning up
- **STAY POSITIVE**

In most cases bed-wetting decreases and eventually stops as your child's body matures.

Be sure to check with your doctor if it persists over an extended period, comes along with other symptoms like pain/odd color of urine or your child has been dry over six months and is suddenly wetting the bed.



**SIMPLY MOMMY**



# WRITE FOR US

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WRITERS  
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BEING • PREGNANCY • HEALTH  
CARE • HOME & LIFESTYLE • FOOD RECIPES  
• MOTHERHOOD



# RESOURCES

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THE BABY BOOK; WILLIAM SEARS M.D, MARTHA SEARS RN, ROBERT SEARS MD, JAMES SEARS MD;  
2013

DR SPOCK'S BABY AND CHILDCARE; BENJAMIN SPOCK MD; 2012

PARENTING WITH PRESENCE; SUSAN STIFFLEMAN MFT; 2015

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