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SIMPLY

MOMMY

THE LITTLE
HUMANS ISSUE

All Shades of Motherhood

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Nuturing my Little human- Dr.mims



If I had to use one word to describe my experience so far as a mother, it would be RE-DEFINING.

Before I had my little human, my expectation was that I was never going to raise my voice but that hasn't worked out as planned (Lol). I also expected it to be a rollercoaster, but so far the ride hasn't been rough. Another expectation I had was that I would know it all, especially being a Medical Doctor in Pediatrics; but Oh, was I surprised!!

One of my major struggle as a newmom was going back to work when my little human was just about three months old and was being exclusively breastfed. I was able to cope by organizing myself. I would wake up quite early to express breastmilk and then express immediately I got back from work to freeze and add to the next day's supply. Being a working mom, a lot of my friends would say I seem to handle work and family life all so well, but truth be told I don't have a method or technique. I just take everyday as it comes and try to give every aspect of my life a piece of me. I try to be a good companion to my husband, be present for my son and try not to miss opportunities to create memories and instill the right principles in my son.

I expected motherhood to be a rollercoaster, but so far the ride hasn't been rough.

Even though I have domestic staff, I still make family meals, tend to my plants and clean my husband's room myself. I want my son to know that he will always be loved no matter what happens in his life and that I am already proud in advance (Lo!). I will want him to know that people are what they are "People" who he shouldn't judge by their race, tribe or religion. Lastly, I will want him to know that his destiny is in the hands of God Almighty and that is who he must direct his prayers and thanks to, always.



For overwhelming moments

When things get overwhelming, I take a step back and breathe!. I am also quick to ask for help & luckily, I have a great support system that willingly step in whenever I ask for help.

Newborn Mama

To the new moms out there, I will like to first of all say 'Congratulations on your brand new little human!'. There is no manual or "right way" of taking care of a child, trust your maternal instincts and do what works for you at your own pace. When things get overwhelming, always reach out for help, but only from the right people especially when it comes to your little human's health. It actually takes a "village" to raise a child.

There are days you will cry but I promise you that the days of laughter are far more. So relax and enjoy this journey called Motherhood!



I WANT MY SON TO KNOW
THAT HE WILL ALWAYS BE
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IN ADVANCE (LOL!).

Dr.Mims





Realities of Breastfeeding

- CHIKA

I was way curious about the pain associated with labour and delivery than I was about breastfeeding. I would watch live birth videos, read blogs about it but I never watched one single video, let alone read about breastfeeding. I assumed it was innate and something every mothers body automatically learnt after child birth.

You see, during my ANC days, they constantly reminded us how important breastfeeding was but they never mentioned how difficult it may be for some. How sore, painful and cracked your nipples may be. How you'd get chest pains, sore neck and back from breastfeeding. How you'd get a fever from engorgement or milk clumps in your armpit or the guilt and anxiety that comes with being unable to breastfeed for one reason or another.

I delivered and was low key happy I could start sleeping on my

my stomach (insert happy dance) and boom! engorgement ruined it. First time I tried it, I thought I peed myself while sleeping because I woke up to a soaked bed. Next thing I know, I have cracked and sore nipples. Every breastfeeding session was followed by hot tears from me.

Then my Maternity leave ended and I had to go back to work. Somehow, my baby started refusing the bottle and I cried countless times. We started spoon feeding her milk and I had to build my freezer stash of expressed milk.

On getting to work, it dawned on me that there was no place for me to Express milk and despite informing my colleagues, I was countlessly interrupted while expressing milk and in some cases, I'd attend to a patient while pumping milk. It was quite discouraging and distracting. I couldn't keep up and eventually, my milk supply dropped drastically.



After marking the world Breastfeeding week, let's mark our words with actions. Don't just recommend that mothers breastfeed, have policies in place that encourages this apart from paid maternity leave.

- Have nursing rooms in public and private establishments.
 - Give employees nursing breaks apart from their lunch break. At intervals, they need to express milk to feed their babies.
 - Have an office nursery or creche. This way a nursing mother doesn't have to rush home to feed their child or pick them up. Employees will have peace of mind and be present.
 - Don't judge moms for breastfeeding in public.
 - Don't judge moms for not breastfeeding
- All that matters is her choice works for her family and that her baby is healthy.



1 – 3 MONTH OLD SLEEPING PATTERN

What to expect

Every baby is unique, so even when it comes to sleep some common patterns might not apply to your little human. Here is a bit of information for the mom to be or new mom on what to expect sleep wise for the first three months.

First Month

- 🍼 Could sleep as long as 18 hours daily.
- 🍼 Will sleep in bits lasting for about 3-4 hours through the day or night as newborns can't differentiate between night and day

Second Month

- 🍼 Between 6-8 weeks your baby will start sleeping less during the day and more at night. He/she may then make up for lost sleep during the day at night which may increase the amount of time they sleep at a stretch.
- 🍼 The gap between sleep increases around these weeks. You find your baby staying awake longer after waking up.





Third Month

-  You will begin to understand your baby's sleep pattern.
-  The 3 month old will need about 15 hours sleep daily which comprises of about 5 hour naps spread during the day and 10 hours at night.
-  Night time sleep becomes more regular at the end of the third month.

Some babies sleep through the night at 3 weeks old, so it is alright if your tiny bundle doesn't wake up for a feed. It is also fine if your baby does not sleep through the night and wakes a few times.

Bath time fears

NEW MOM - WHAT YOU NEED TO KNOW

PREPARE

- Line up everything you need to bathe your baby.
 - Baby bath tub
 - Soap, cream, wash cloth, cotton balls, diaper, comfortable clothes.

NOTE: Trim your nails and remove jewelries and accessories to avoid injuring baby

- Check water Temperature.
 - Water temperature that may be warm for you could be hot for baby. Babies' skin are more sensitive than adults.
 - To ensure water temperature is just right for your tiny bundle, do an elbow test (this is a sensitive part of your body).

BATH TIME

- Put baby in the tub legs first; Make sure you hold your baby's head, back and neck with your other hand.
- After lowering your baby properly, pour water using your hand or a cup but DO NOT pour water on your baby's face (mouth, eyes, ears).
- Soap hands, stomach, and legs. Once you're done with these areas "GENTLY" lean your baby forward resting their head on your free arm to wash the back. DO NOT turn your baby over.





- Use only a dab of soap when cleaning the genitals. For a girl, wash from front to back to prevent infections.
- DO NOT wash your baby's face. Use a damp wash cloth or cotton balls to GENTLY wipe it. Remember to clean behind ears, underarms and between fingers.
- To wash baby's hair lean his/her head backwards a little while supporting him by holding the back of the head, neck and back. Wash and rinse gently making sure water does not get in the ears, eyes and mouth.

UMBILICAL CORD

- Use wet cotton balls to clean the area around the cord (a new cotton ball with each wipe) and dry with dry cotton balls.
- Look out for redness (not drops of blood) for signs of infection and alert your doctor immediately.

4 WAYS TO CARE FOR YOUR CHILD'S PRIMARY TEETH



-  Brush teeth when they first appear to ensure there's no build up of bacteria that can cause harm to other teeth.
-  Use a smear of toothpaste and brush teeth and gum "GENTLY" twice daily.
-  Make sure to supervise toddlers brushing as they will probably get it wrong and need your help as they learn.
-  Avoid sugary drinks like soda's, sweets, juice because they increase the risk of premature tooth loss.

UNDERSTANDING YOUR BABY'S HUNGER CUES

CRYING IS A LATE HUNGER CUE; BEFORE THIS HAPPENS, YOUR BABY SHOWS A LOT OF HINTS & NOTICING THESE EARLY WILL MAKE IT EASIER TO FEED YOUR TINY LOVE BUNDLE

EARLY CUES

- Licking lips
- Sucking on things
- Sticking tongue out
- Opening and closing mouth

LATE CUES

- Frantically moving from side to side
- Finally crying

ACTIVE CUES

- Fussing & displaying discomfort
- Trying to get into a feeding position
- Hitting your chest
- Moving legs and arms more than usual

3 Ingredient pancake for your baby 8m+



1/4 Cup baby oats
1 Banana
1 large Egg

**This is a delicious, healthy, easy
to make breakfast for your
baby!!!**

- Mash banana
- Mix mashed banana with baby oats and egg
- Fry and serve!



ENDOMETRIOSIS

TOLU THE MIDWIFE

Endometriosis is a disorder in which the tissue similar to the tissue that lines the uterus (womb), starts to grow outside the uterus and invades other places like the fallopian tubes and the ovaries; this tissue is called endometrium. Left untreated, endometriosis can be life threatening. It is an individualised condition that affects women differently. The symptoms of this disorder varies in women. It may be severe with little pain for some and mild with excruciating pain in others.

SYMPTOMS

- Pelvic pain which is worse during menstruation.
- Severe period pain
- Pain during sexual intercourse.
- Heavy menstrual flow.
- Feeling sick.
- Bloating

- Pain when weeing/pooing, during period
- Constipation/ Diarrhoea
- Infertility

Although the cause of this disorder is still unknown, several theories have been suggested it could include:

- **GENETICS:** It could be hereditary passed on through family members.
- **IMMUNE SYSTEM DISORDER:** Some women have an impaired Immune system and are unable to fight endometriosis.
- **RETROGRADE MENSTRUATION:** The menstrual blood containing endometrial cells does not flow out of the body as expected but flows back up the fallopian tubes and ovaries.

DIAGNOSIS

Diagnosing endometriosis can be difficult for most women and can take approximately 7.5 years to diagnose. Research states, it can be up to 10 years for some women.

If you experience any of the listed symptoms, consult your gynecologist for appropriate test, diagnoses and treatment.

A series of tests are conducted and may include one or more of the following:

- Pelvic exam.
- Ultrasound scan (abdominal/transvaginal).
- MRI: provides detailed image of the organ & tissue
- Laparoscopy: a camera is inserted into the abdomen to examine uterus & surrounding tissue



TREATMENT

There is no known cure and treatment is usually prescribed to ease symptoms and improve quality of life. The most common treatments are:

- Painkillers: Paracetamol and NSAID'S (Ibuprofen, Felvin, Naproxen).
- Hormone medication aimed to reduce the amount of oestrogen in the body as it encourages the growth of endometriosis tissue.
- Surgical intervention to remove excess tissue on the affected organs in severe cases.

The Inside Scoop on Cow's milk

written by
 @careafrik

Here are the ways too much Cow's milk causes Iron deficiency in children:

- 1) Microscopic intestinal blood loss is associated with Cows Milk consumption during infancy. This condition affects about 40% of otherwise healthy infants. Loss of iron in the form of blood diminishes with age and ceases after the age of 1 year. Ensure you only give modified formulas to infants.
- 2) Cow's milk lacks iron, if it is a major part of your toddler/child's diet, he/she may not be getting enough iron.
- 3) Cow's milk protein- "casein" actually reduces the absorption of iron in the body.

Your child should not have more than 24 ounces (3 glasses) of cow's milk per day (less is better). A wonderful substitute many don't know about is Tigernuts milk. It contains lots of iron, and is a healthy source of fats for children.

I am sure this is valuable information. Share this with your Mum friends- Dr. T

Many of us want cute and chubby babies so we look for things to feed our kids to "plump" them up & cows milk is one of them.

However, Did you know that too much cow's milk causes iron deficiency anemia in children. That's right!

A lot of mothers don't know this. Infants and toddlers need Iron for proper development, iron is also important for carrying oxygen to every part of the body. That is why many baby foods are fortified with iron.





Starving Stomach

/ BY FATIMA MOHAMMED

"I WILL TELL YOU MY DAUGHTER OF YOUR WORTH AND NOT YOUR BEAUTY. YOUR BEAUTY IS A GIVEN, EVERY BEING IS BORN BEAUTIFUL. KNOWING YOUR WORTH CAN SAVE YOUR LIFE. RAISING YOU ON BEAUTY ALONE YOU WILL BE STARVED, YOU WILL BE RAW, YOU WILL BE WEAK, AN EASY STOMACH ALWAYS IN NEED OF SOMEONE TELLING YOU HOW BEAUTIFUL YOU ARE." -EMOTIONAL NUTRITION BY NAYYIRAH WAHEED.

When Kedorno heard about her cousin's wedding, she felt animosity rise up in her throat like bile but she swallowed it painfully, replacing it with a smile. As she sat with her mother, putting stickers on souvenirs for the wedding, she couldn't stop herself from placing the stickers so her cousin's face appeared distorted. But despite the manhandling, her cousin still looked beautiful. Kedorno kissed her teeth and rolled her eyes. "Ahn ahn, what's doing you?" her mother asked. Kedorno knew better than to tell her what was 'doing her.' Her mother was an 'every human is beautiful' kind of person and

wouldn't understand Kedorno's resentment for her cousin or why she yearned to have everyone be in awe of her beauty. "Nothing," Kedorno said. Her mother slowly peeled off a sticker with the precision of a surgeon, the opposite of what Kedorno was doing. "Nothing is something." Kedorno rolled her eyes and dropped a green bowl too hard. "Be careful," her mother said without looking up. Kedorno knew she wasn't just talking about the bowl. "Sorry," she murmured under her breath. "I have a story to tell you," her mother said. Kedorno stopped

herself from speaking. "This is the story of Ojali," her mother started. "Her name meant beauty and she was the physical embodiment of the word. She had hair as black as coal and when stretched, it reached her back. "She had marks on her face given to her at birth to distinguish her. They ran down both cheeks, in three lines," Kedorno grimaced, she never understood how tribal marks were considered pretty.

"Her nose was shaped like a teardrop, starting out small and growing wide. Everyone marvelled at her beauty, and called her a work of art. Ojali revelled in this. She'd slather her skin with Shea butter so when she danced at the square, her skin would glow. People hurled praises at her and it gratified her hunger.

"One day, Ojali walked out seeking attention, but no one stopped to stare like they usually did. It was as if she was invisible. At the square, Ojali saw another woman dancing with skin ghther than hers. Her nose was narrow and straight like her hair which didn't need to be stretched to reveal its full length and her face was void of any carvings. The people chanted, "Otigbele has graced us with her beauty." They used to sing that for Ojali. "Ojali shouted that there was a mistake and she was the one they were meant to sing for



But it was as if she was a ghost. No one acknowledged her and she watched as her praises were given to an outsider. "Without her daily dose of praise, Ojali starved. She became a weaker version of herself. When she went to the stream, she'd look at her reflection, searching for the beauty people saw in her. But she never found it. "Soon she stopped searching. She fell in love with pottery. It distracted her and earned her some money. Ojali poured her all into it, creating different shaped vessels and drawing mesmerizing patterns on them. She gained admiration for that. "One day, she realised how different her works were. No vessels were exactly alike but she found beauty in all of them. She looked at her reflection again without the shouts of praise and saw the beauty herself for the first time.



She looked at her reflection again without the shouts of praise, saw the beauty herself for the first time.

"Ojali realised that there wasn't a certain definition of beauty. It was always there, but in different ways. Beauty was confusing to humans because it wasn't set, so they made their own rules that changed constantly.

"Ojali didn't need people to remind her of her beauty because she saw it for herself and her work showed there was more to her than that. She was capable of so much. She didn't need validation. She wasn't a starving stomach anymore."

Kedorno's mother looked at her for a reaction. Kedorno didn't speak, but she placed the stickers without disfiguring her cousin's face.



LIFE

OF NEMI

Zuwee walks into the office with her face arranged in a frown. Her brows furrowed and her lips pouted.

"Babe what's up?" I ask while trying to organise the account opening forms I would be using for my meeting with a new client the next day.

"Is it not Mr Gbengro trying my patience. Imagine he-"

My phone rings, interrupting her.

"Sorry, let me get this."

It's an unknown number but I pick anyway. "Hello?"

"Nemi, it's Iye."

"Iye? Why are you using a strange number?" "My battery ran out. I need a favor. Chide is very sick.

Her school just called me to pick her up but I can't leave the meeting I'm at. Please can you help me?"

Sure. Do you want me to take her to the hospital?"

"Yes please. Let me call and see if Dr Alfa is available. I will call you back".

"Okay." I end the call and turn to Zuwee. "I have to go pick my niece up from school."

"Is everything okay?" She asks.

"She is sick, her mother is in a meeting and can't pick her so she asked me to. Please can you cover for me?"

"Okay, no problem" "Thanks dear." "I hurriedly pack my bag and leave.



Iye calls to let me know Dr Alfa is available and would be waiting for us.

Chide was not as sick as Iye made it seem. Her temperature was a little higher than normal and she complained of a stomach ache and throwing up. As a 16 years old she is embarrassed about throwing up in school.

"Don't worry Chide, you will be fine. It's not like you did it on purpose," I say as we drive out of the school.

"You don't understand auntie Nemi. All my friends will start avoiding me now" she says with tears in her eyes. "You don't know how long it took before I was accepted into their clique."

"First of all those people you are referring to are not your friends if they avoid you because you got sick and secondly, it can happen to anyone." I reply trying to speak sense into her.

"You won't understand," she says quietly. "Please can you just take me home?"

"I'm sorry I told your mom I would take you to the hospital." I immediately notice a change in her mood and she doesn't say anything for a while.

"I don't want to go to that hospital and I definitely don't want to see Dr Alfa" she says with a hardness I have never heard in her voice.

"And why is that?" I ask surprised at her attitude.

"Because..."

"Yes? Because of what?"

"Because..." She starts crying uncontrollably. I quickly park the car by the roadside.

"What is going on, Chide?" I ask as I put my hands on her back and draw her into a hug. "You need to calm down now and tell me what is going on." She continues crying for a while before finally calming down.

"Sweetheart can you please tell me what is going on?"

"I... I..." she stammers.



"You are freaking me out Chide" I scream as I got impatient. I notice a look of fear in her eyes so I decide to be calm.

"I don't like that hospital, " she finally says.

"Why? Is it the service? You don't like the way they treat you?"

"No, " she shook her head "I don't like Dr Alfa"

"Why? He has been our family doctor for ages."

"I don't like the way he looks at me, " she confesses while looking down at her hands.

"Okay, " I nod trying to understand where this is going to. "Does it make you uncomfortable?"

"Yes, very uncomfortable, " she nods eagerly "and he touches me in inappropriate places".

"What do you mean?" She must have seen the anger on my face because she starts wailing again.

I hold her shoulders and shake her. "I am not angry with you Chide but I really need to understand what you are saying."

There's a tremor in my voice. I can't believe what I'm hearing.

"Whenever I go to the hospital he'd ask me to pull my dress and while 'examining me' he would rub his hand all over my chest," she continues with tears on her face.

"Are your parents not with you at your appointments?" I asked shocked at this revelation

"No, the driver takes me for my appointments." "Have you tried to tell your mom?"

"The only time I tried to tell her she said I was mistaken he must have had a reason to examine my chest."

"Why didn't you come to me?" I cry and hold her tightly as she cries too.

"I thought you wouldn't believe me" she says sniffing.

"I would have believed you, I believe you," I reply as I continue crying while holding onto my dear niece as if my life depends on it. Passers by look at us weirdly but I really didn't care.

"It's okay auntie Nemi. Please don't cry again," Chide says trying to console me.

I call Zuwee to let her know that I won't be coming back to work as I had a family emergency.

"Don't worry Nemi I will let Mr Okon know."

"Thanks I owe you one."

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