

ISSUE 03
MAY-JUNE 2020

REAL MOMS. GREAT STORIES. HAPPY BABIES

Simply Mommy

midyear issue

Featuring real moms with relatable and encouraging words

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Fruit Infused water for Kids



Infuse water with fresh fruits to make drinking water more interesting for your children without adding extra sugar. Your child will get a boost of nutrition from the fresh fruit which is a great plus!

PINEAPPLE AND MINT

CUCUMBER AND WATERMELON

ORANGE AND LIME

Cut fruits and place in a jar or container of your choice. Fill jar with water and leave for at least an hour; leave overnight for maximum flavor





MOMING AT HOME - TOMI

My motherhood journey has been the greatest adventure. As with every great adventure, you have the unexpected spring up on you, you will be tested, stretched and the best and worst versions of you shows. You will also have the most beautiful sights to see, the most amazing experience all in one package.

Deciding to be a stay at home mum wasn't an easy one to make. I wrestled with leaving my job when my son was about 5 months but I knew I couldn't do it anymore. I was too exhausted working into the night & breastfeeding. I knew something had to give, so I chose to let go for a while

My major struggle right now is dealing with a toddler. It's an everyday struggle. As much as I might have learnt a few tricks here and there to deal with the behaviours that come with this age, it doesn't make it any easier for me. The fact that you have to keep reiterating the same things every day is frustrating for me but we take each day as it comes and learn to take deep breaths and take a break when it gets too much.

So when things get overwhelming, I go back to why I am doing what I am doing. I get responses from people around the world who tell me what I do makes sense to them.

I take a break and binge watch a light-hearted series

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HOMESCHOOLING

My son was 18 months when I first thought about taking him to school, but after discussing with my husband, looking at schools around, quite a number of factors contributed to us making the decision to homeschool.

- He couldn't talk; what if something happened, would we just take the school's word for it?
- Quality of schools around my area. I wasn't so impressed to be honest.
- The cost for schools around where I live is outrageous.
- I saw that some people had actually homeschooled in Nigeria.

It's been an amazing ride, I've learnt so much about education (home and abroad), I have seen the value it brings to my son and it's a decision I will make over and over again.

FOR A SANE MIND

Friday nights are my nights. Although It's not done every Friday, I consciously try to ensure that I watch something that helps me relax every week! In our homeschool we are also not strict on Monday-Friday "school" I dedicate a few days a week for my son to free play on his own using our previous activities, it gives me room to do me also.

MOMING AT HOME & SOCIETY

Being a stay at home mom is often viewed by society as a demeaning thing or that you are an unfulfilled person because you decide to stay home with your kids. This is completely untrue.

Although It's not done every Friday, I consciously try to ensure that I watch something that helps me relax every week!

Stay at home moms



Look for
investment
opportunities
so the
attention you
hope to give
your kids
won't be
spent
building a
business

Plan, Plan and Plan some more. It helps to be strategic about the choice you made.

Save some money, give yourself some time to balance and let your children grow; you can explore your interests as you go along.

Look for investment opportunities so the attention you hope to give to your kids won't be spent building a business.

Know that this is a sacrifice and you won't exactly be on the same level with your high flying career friends; don't be dismayed, there are other ways to be high flying. Find what works for you.

Find a group of other stay at home mums and cheer yourselves on!

COPING WITH THE LOSS OF A CHILD

Toyin Coker

Conception and delivery are hard but exciting times, but for it to end in grief is something you will never fully grasp till you experience it.

Isabella was meant to be my miracle child, we had waited a couple of years and tried everything under the sun to conceive her. I just wanted a child, I didn't care if she wasn't perfect. When new mums complained about the sleepless nights and the challenges of having a new born, I smiled and thought to myself, why are they complaining! That's the kind of challenge I want, is it even a challenge? So you can imagine our Joy when I & my husband CJ found out our little one was on the way.

We lost her... and I will spare you all the details of how that went down. Losing a child, no matter the age is one of the hardest things to go through, without warning, your life changes; Forever...





Losing a child, no matter the age is one of the hardest things to go through; without warning, your life changes; Forever...

Your grief will be personal and unique to you, you need to allow yourself grief the way you want. How and how long this lasts is upto you; don't let anyone dictate it. People react differently and at different paces to the loss of a child, but the common cycle includes:

- Numbness: After the death of a child, parents usually feel numb and may appear to have no visible emotion. This is the bodies protective mechanism to shield you form the pain
- Denial: "my baby will wake up, s(he) is just sleeping". This phase is where the parent is unable to believe and process what has just happened. They may feel like it is just a bad dream or more commonly a mistake.

•Anger: Parents who have lost a child will feel angry and frustrated. They may be angry at God, their spouse or even themselves. In this phase they blame themselves or others for the loss of their child, they are frustrated and angry that this has happened.

•Bargaining: "If you bring my child back, I will do xyz.

•Depression: Here the parent feels low, like life is not worth it anymore, but hang in there, there is light at the end of the tunnel.

•Acceptance: Here parent starts to feel better again, they accept that their baby is gone and start to slowly live life again.

Forget everything you know about grief, its different when it comes to you. To get through this tough phase, you need all the help you can get. Here are 5 ways that will help you cope

1. Go through the grief:

There is no standard way of processing grief. It is important that you grief the way that feels best to you and not what society dictates. Unfortunately, there are no short cuts, it is important that you go through the grief, feel it, cry if you need to. Something life changing just happened to you. Its okay if you don't feel like your normal self.



FORGET EVERYTHING YOU KNOW ABOUT
GRIEF. ITS DIFFERENT WHEN IT COMES
TO YOU.

TOYIN COKER



2. Speak to someone:

This could be a friend, therapist, spouse etc. Talking to someone you trust will not only make you feel better, it will help you realise that you are not alone and don't have to go through this process by yourself. Talking is therapeutic.

3. Journal:

Write down how you are feeling, this could be day to day or weekly. Journaling is a great way to track how much progress you have made and it will help put things into perspective. It is a safe way to express how you are feeling and the thoughts running through your mind. You don't need a fancy journal to start, just a book and a pen or the note's app on your phone. It might feel weird at first, but stick to it, it gets better.

4. Be kind to yourself:

This is probably the last thing you want to hear,

especially because it sounds so cliché and you probably blame yourself for what happened but it is not your fault. Even if it was, you didn't know any better. Being kind to yourself could be anything from saying kind things to yourself or having your favourite food, or getting that bag you want etc.

5. Take your time:

Grief takes time, it is a process you must not rush. Some days will be better than others and that's okay. There is no specific timeline, don't rush it (I know I have said this numerous times, but its important). Things will get better, slowly but surely. It might not seem that way, but I promise you that a time will come when you think about this and don't feel half as much pain as you currently feel.

You are special and loved.



DECLUTTER YOUR KITCHEN

WHATEVER IT IS, JUST PUT IT IN A JAR!
(UNLESS ITS YAM, OBVIOUSLY)
OR GET CUTE, AFFORDABLE STORAGE
BOXES. YOUR SPACE WILL LOOK A LOT MORE
ORGANIZED



YOUR BODY YOUR TEMPLE

*LOVING THE BODY THAT
BIRTH YOUR CHILD BY SALMA
MOHAMMED*

After the birth of a child, there are a couple of unwelcomed changes that happen to the body. A few of them include the belly that still leaves you looking pregnant but at the same time looks somewhat deflated, the dreaded stretch marks, bigger feet, loss of hair and your oh so glorious edges and of course the general weight gain where everything, I mean everything increases in size.

I didn't like my body during pregnancy; I felt like a cow that swallowed another cow. After I had my son, I didn't lose much weight and my breasts were so huge that I felt like I was walking around with a milk factory on my chest. This totally affected my self confidence and I became so self conscious. It was such a big deal for me and to be honest the way I felt about my body began to affect everything I did; that was when I knew I had to do something about it.

Overtime as I grew in my motherhood journey, my relationship with God and life in general a few important truths have helped me learn to love and accept my body just the way it is.





I felt like a cow that swallowed another cow. After I had my son, I didn't lose much weight and my breasts were so huge that I felt like I was walking around with a milk factory on my chest.

- Regardless of my body shape or size, I am loved and accepted by God.
- My body worked overtime to make another human being and I should not take that lightly. Instead of feeling bad about my belly and stretch marks, I should applaud my body for what it has done.

The Reality

There's no perfect shape or size, as long as you are healthy, you're good to go. I really don't know who said a size zero is the perfect size; really na who talk am? What gives that person the right to say such when God created a variety of languages, race, animals and so much more.

Remember everything that God created is beautiful.

So please my dear mama, enjoy your body. Dress it up when you want to and flaunt it. You should bask in the work your body has done.

I really don't know who said a size zero is the perfect size; really na who talk am?

If anyone should ask when you're going to lose the baby weight, you can politely tell them to take several seats and mind their business.

So give yourself a break and love your body. It has been through so much through pregnancy & birth and now you to physically and emotionally care and nurture your child. So exhale



Dress it up when you want to and flaunt it. You should bask in the work your body has done. Love Salma.

CHUNKY SAUSAGE STEW

The Simply Mommy team

Olive oil
Onion, finely chopped
Garlic clove, crushed
Green and Red bell peppers
Chopped tomatoes
Chicken sausage; cut into chunks
Spinach (optional)
Soy sauce
Seasoning cubes



PERFECT
FREEZABLE
FAMILY MEAL



Put the oil in a pan over medium heat and add the onion, cooking for 5 mins until it starts to soften. Put in the garlic and peppers, and stir everything. Cook for 5 more minutes.

Turn the heat to high and add the sausages. Cook for a few mins until brown all over, then reduce the heat to medium. Sprinkle in the spices and season well. Pour the chopped tomatoes and allow to simmer. Cover and continue simmering gently for 40 mins, stirring every now and then.

Add the spinach, and stir to warm through.

Switch it up by adding potatoes to the stew or making an egg suace out of it and enjoying with boiled yam. You could also switch the sausages with shredded chicken, minced meat or add a variety of veggies like celery, carrot, sweet corn. Play with the recipe to your liking.

"SERVE WITH RICE, SPAGHETTI, POTATOES OR ANYTHING ELSE YOU CAN THINK OF"

*I want them to know
how much I love them
and how I'm fighting
for our lives. it's all
our victory.*



#MOMMYINGWITHLOVE-ADAEZE OKUONIYE



I don't
think
I have
options
than to
succeed
at this.

Being a mom of three wonderful children, motherhood for me so far has been hectic, challenging yet amazingly fulfilling. I was lucky not to work until my children were a bit grown. Now as a mom of two teens my major struggles include figuring out how to teach them truths without coming off as being domineering while allowing them have a mind of their own and learn how to channel that responsibility in the right direction especially with all the "fancy life" destroying influence out there. So I just try to do what is right in each moment & trust that God's got them and me too.

#Relationship goals

When it comes to my relationship with my children, I think I'm a strict yet open parent. I want them to know how much I love them and how I'm fighting for our lives; it's all our victory and I hope I'm doing well nurturing it.

Self care & Such

When things get hectic and overwhelming I just pick myself up & keep moving. I don't think I have options than to succeed at this. Luckily I get to travel officially once in a while, so when I get to stay in a good hotel it's exhilarating!

**FOR NEW MOMS OUT
THERE, I DON'T REALLY
HAVE AN ADVICE TO
GIVE. THERE'S NO ONE
SIZE FIT FOR ALL
MARRIAGES OR
BRINGING UP CHILDREN;
JUST LOVE GOD, LOVE
YOURSELF & HAVE A
HEART FULL OF LOVE.
TRUST GOD TO GUIDE
YOU THROUGH THE
PROCESS AS IT COMES.**

—ADAEZE OKUONIYE

Breech Presentation

TOLUTHEMIDWIFE

I know when we hear “breech” in pregnancy the first thing that comes to mind is oh!, my baby is going to born legs or buttocks first but there is more to it than that.

A Breech birth is when a baby is presenting with the bottom first instead of cephalic (head) first. There are different types of Breech and it depends on where your baby's legs are lying such as:

- **FRANK BREECH**- the most common type of Breech is when your baby's legs are next to the abdomen, with its knees straight and feet next to the ears.
- **A COMPLETE BREECH** is when it appears as if the baby is sitting cross-legged with its legs bent at the hips and knees.
- **A FOOTLING BREECH** is where one or both of the baby's feet is presenting first.

The risk factors for breech presentation include: placenta praevia, fibroids, prematurity, twin pregnancy, etc.

About 20% of babies are usually in the breech position at 28 weeks of gestation. The majority of babies turn back to the cephalic position with approx. 3% in the breech position at term. Breech pregnancy is diagnosed during an abdominal palpation performed by your midwife or obstetrician and with an ultrasound scan. Your obstetrician may offer you an ECV to turn your baby through your abdomen. If this isn't possible or the ECV fails, you are advised to go for a Caesarean Section as a vaginal delivery may be difficult.

It's common practice to deliver babies in the breech position through caesarean section as this is safer than being born vaginally.

It's not advisable to have attempt a vaginal breech delivery if:

- ! Your baby's feet are below its bottom – known as a "footling breech"

- ! Your baby is larger or smaller than average – your healthcare team will discuss this with you

- ! Your baby is in a certain position – for example, their neck is very tilted back, which can make delivery of the head more difficult

- ! You have a low-lying placenta (placenta praevia)

- ! You have pre-eclampsia



Breech Presentation



Complete



Footling



Frank

Stay at home mom- worried you're not contributing financially?

Providing for your family isn't just about money. There is so much more you are contributing as a SAHM and it's about time to know your worth and add tax!

I know the feeling of looking at yourself "one kain" because you are not exactly contributing financially to the family but you know what? You are contributing in other ways and that cannot be underestimated. Think about it this way, If you are not there, what will fall apart? What will stop working? What will take some time before it stabilizes in your family?

Think about it and see yourself differently!!

- You carried the children for nine months
- You bring stability to your family
- You ensure there's home cooked meals
- You prudently spend what is available
- You organize the house and make it a home
- You ensure the kids are taken care of- educated, fed trained etc
- **KNOW YOUR WORTH AND ADD TAX**

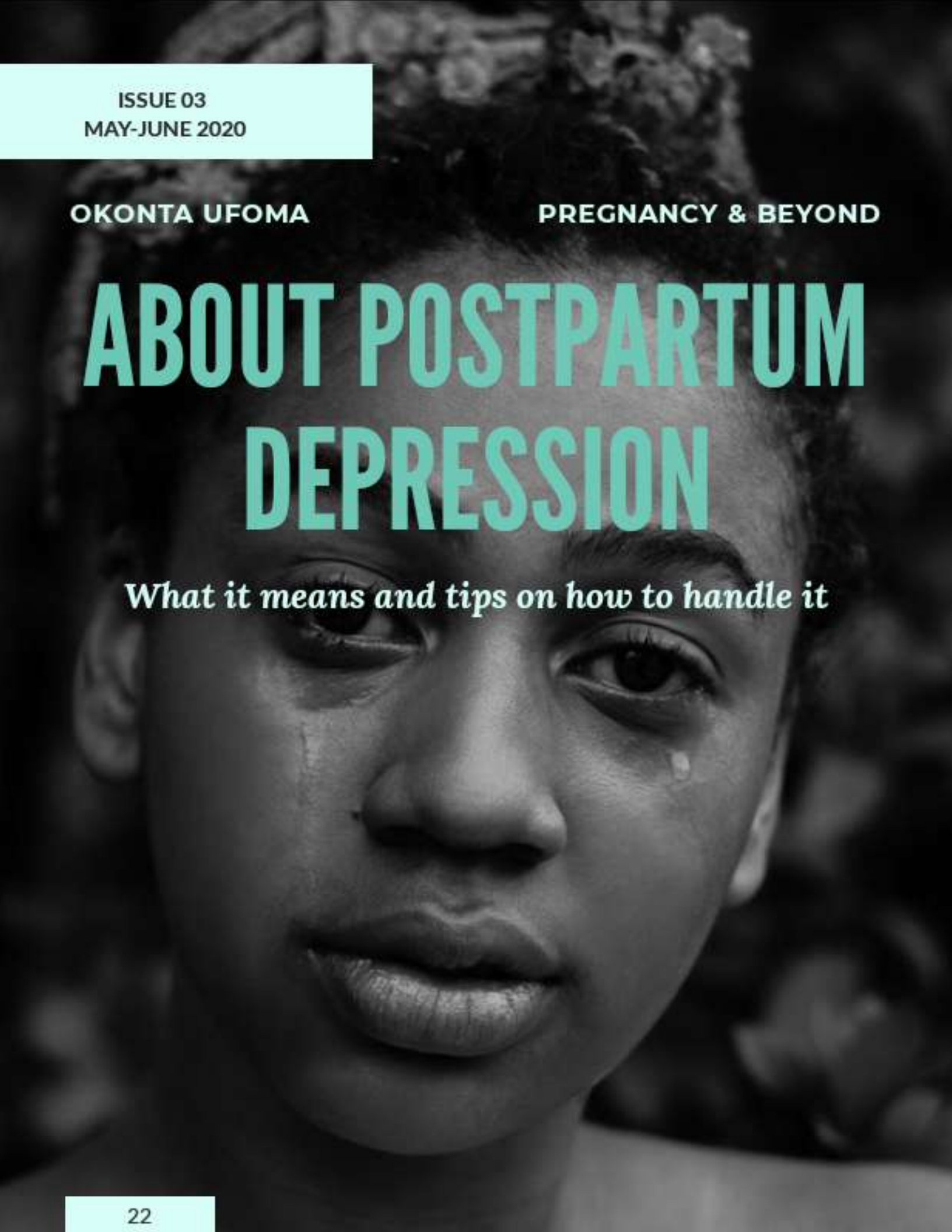


*Know your
Worth & add
tax*

Are you worried you are not contributing financially in your family as a sahm?

Here is a list of ways YOU are contributing

For more visit
www.thecuddieblog.com
thecuddieblog



ISSUE 03
MAY-JUNE 2020

OKONTA UFOMA

PREGNANCY & BEYOND

ABOUT POSTPARTUM DEPRESSION

What it means and tips on how to handle it

POST PARTUM DEPRESSION, ACCORDING TO THE MERRIAM WEBSTER DICTIONARY IS A FEELING OF DEEP SADNESS, ANXIETY, PANIC ATTACKS THAT A WOMAN FEELS AFTER GIVING BIRTH TO A CHILD. THESE CHEMICAL CHANGES INVOLVE A RAPID DROP IN HORMONES (ESTROGEN AND PROGESTERONE) IN THE WOMAN'S BODY. THIS IS MOSTLY THE MAIN CAUSE OF POST PARTUM DEPRESSION.

SYMPTOMS

These could be difficulty sleeping, excessive fatigue, very frequent mood swings and appetite changes. In my own case, I had terrible mood swings, I could be very happy now, next thing I know I am very angry & upset with rapid panic attacks feelings of cluelessness coupled with a screaming baby. I could not understand the complex myriad of emotions.

Though not so common, most women experience this after childbirth and statistics show that 1 out of 10 mothers experience a more severe case of post partum depression and about 1 in 1,000 women develops a more serious condition called Post Partum Pyschosis.



I had terrible mood swings, I could be very happy now, next thing I know I am very angry & upset with rapid panic attacks, feelings of cluelessness coupled with a screaming baby. I could not understand the complex myriad of emotions.

TIPS FOR COPING

"Gone are the days when a mother had to be a super strong woman. Lol. As we say in pidgin English, e no dey reign again."

- Take a deep breath, relax and constantly be your own cheerleader. Reassure yourself that all is well. You can reach out and talk to someone who is understanding and non-judgmental.

Dont put yourself under pressure, take baby steps; motherhood is a like an On the Job Training programme. You make mistakes and learn from them.

- Ask for help. Accept help anytime it comes. Gone are the days when a mother had to be a super stronger woman. Lol. As we say in pidgin English parlance, e no dey reign again. Hahaha. Receive and accept all the help you can get.

- Take a breather, you can take a walk and get someone to watch the baby or babies as the case might be, Screen your calls, go to a spa, fix a manicure or pedicure session or even sleep in another room while the baby sleeps. Please, please and please, rest or sleep while the baby is sleeping as often as possible. It's okay to skip days of arranging the house. You can get someone to assist with the house chores, cook in bulk so you will just warm or microwave meals as the need arises. Its also very okay to limit visitors.

- Exercises are good, follow a simple diet mostly balanced diets with lots of leafy greens and fruits with a lot of multivitamins, fish oils i.e omega 3 oils should be included in your diet. Avoid alcohol and caffeine.

- Music helps too. Fast beats or calming sounds, however you may prefer. Dancing could be a great option too.



BREAKFAST IDEA- CLUB SANDWICH "PERFECT FOR SNACK TIME TOO"

THE SIMPLY MOMMY TEAM

The amazing thing about a club sandwich is that it is so easy to make and you can play with the ingredients and add things you know your little toddler loves; sausages, chicken, lettuce, potatoes.

It's all up to you. Let your imagination run wild!



Bread Slices
Hard-Boiled Eggs
Deseeded tomatoes
Butter
Mayonnaise
Cabbage
Sardine (Optional)

- Cut the crust off bread slices; this is optional
- Slice boiled eggs
- Mix the mayonnaise, eggs and vegetables together.
- In another plate, mix the sardine and butter together. The butter helps to mask the strong smell the sardine produces
- Spread the sardine mix on a slice of bread, and use another bread slice to cover it.
- Spread the mayonnaise, and then repeat the entire process till you are done with the slices.

CUT INTO FUN SHAPES AND SIZES TO MAKE FEEDING TIME EXCITING FOR YOUR TODDLER

PARENTAL FAVOURITISM

HOW TO AVOID IT



This is when one or both parents display consistent favoritism toward one child over another. It can include more time spent together, less discipline, and more privileges. (www.brparents.com) Things that can possibly lead to parental favoritism:

- You have a little girl who is your spitting image. As she grows, you realize that her behaviour, mannerism and attitude reflect yours. You may not mean to, but you will favor her more. Most times, the favorite is the oldest or the baby (last child).

- Or you have a child that is aligning his/herself with your career path, you find that you tend to favour that child more e.g. The story of Isaac and Esau in the bible.

- Or you have a child who has an easy temperament or might behave particularly well, you tend to develop a liking for that particular child and compare him/her to the other siblings.

- A child with challenges that requires special care. You spend more time and attention on that child, neglecting others.

(www.rd.com)

Damages of parental favoritism on the less favored child

- Poor/Low self-esteem
- Depression
- Anxiety
- An inadequate feeling at home which may result to seeking approval, love and attention from other adults like teachers, coaches, house-helps or other family members.

While the more favoured child will feel special and have a boost in confidence which can lead to sibling rivalry.

It is important to know that is impossible to treat all children the same because every child is different with uniquely tailored needs.

Your children's age differ, as do their emotional, physical and mental development. A child might need help with homework daily while another glides through mathematics easily.





How to curb parental favoritism.

- Learn the love language of each of your children so that you can express it well. They are unique and they feel love in different ways.
- Set aside time to be alone with one child at a time and express love to them in the way the child recognises or desires
- Show same affection or same gift-worth to your children.
- Be conscious of your action as a parent and be fair as possible to each of your children.

(www.bona.co.za)

RESOURCES

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Simply Mommy

Celebrating Motherhood

