

SIMPLY MOMMY



BEING MOMMY & LOVING IT



**A compilation of stories on motherhood.
Authentic stories from Real Moms.**



Raising my lovely Ebua- Esther

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

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

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

For my Babygirl

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

New mom's, don't fret

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

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





**I have chosen to see myself as
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ESTHER



MOTHERHOOD WITH SALMA

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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".

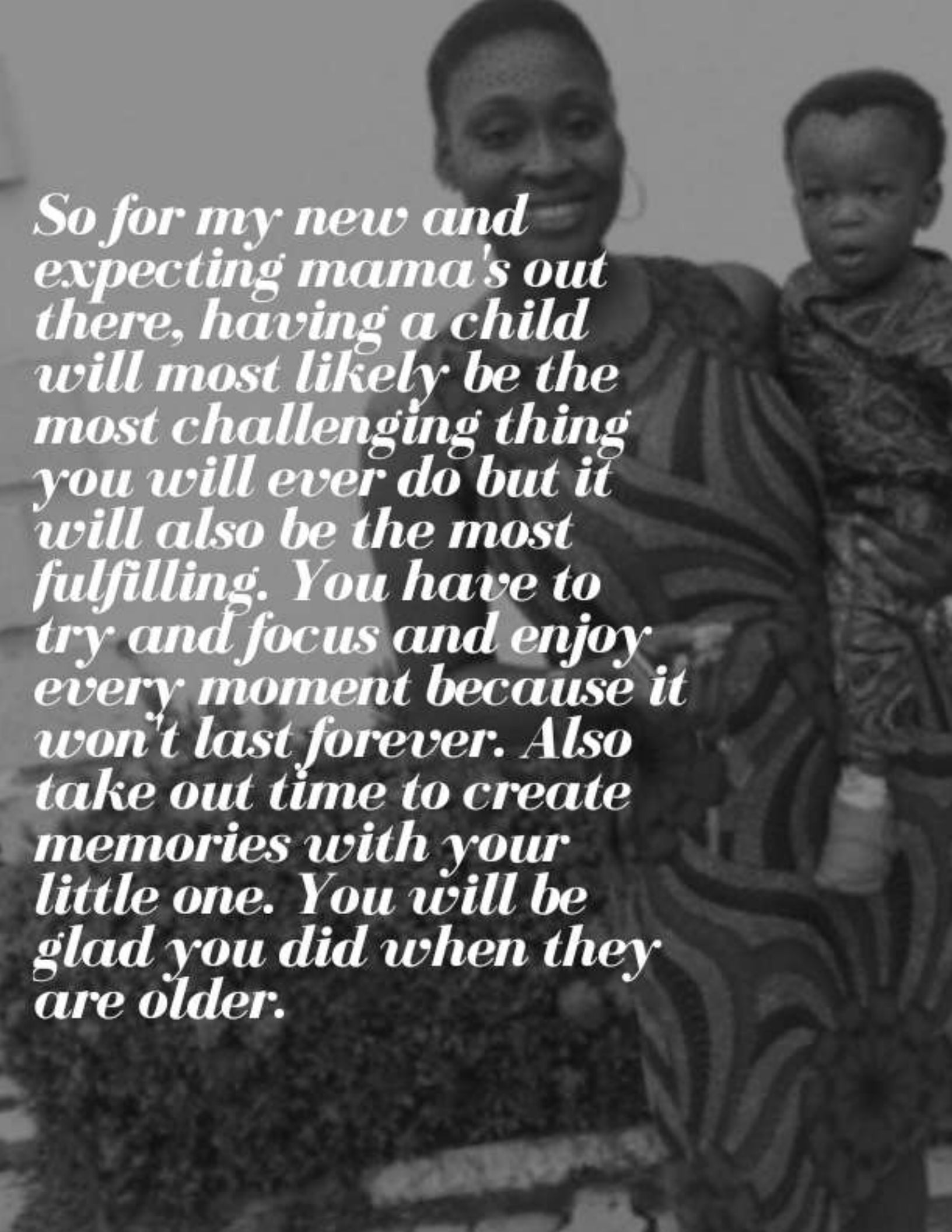
But the thing is, the day came and I gave birth to this baby, I had to trust that God would help me, I also did a lot of reading on what to know about raising boys and I told myself to ask for help from male relatives and friends whenever I felt stuck because really you can't do it alone.

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.

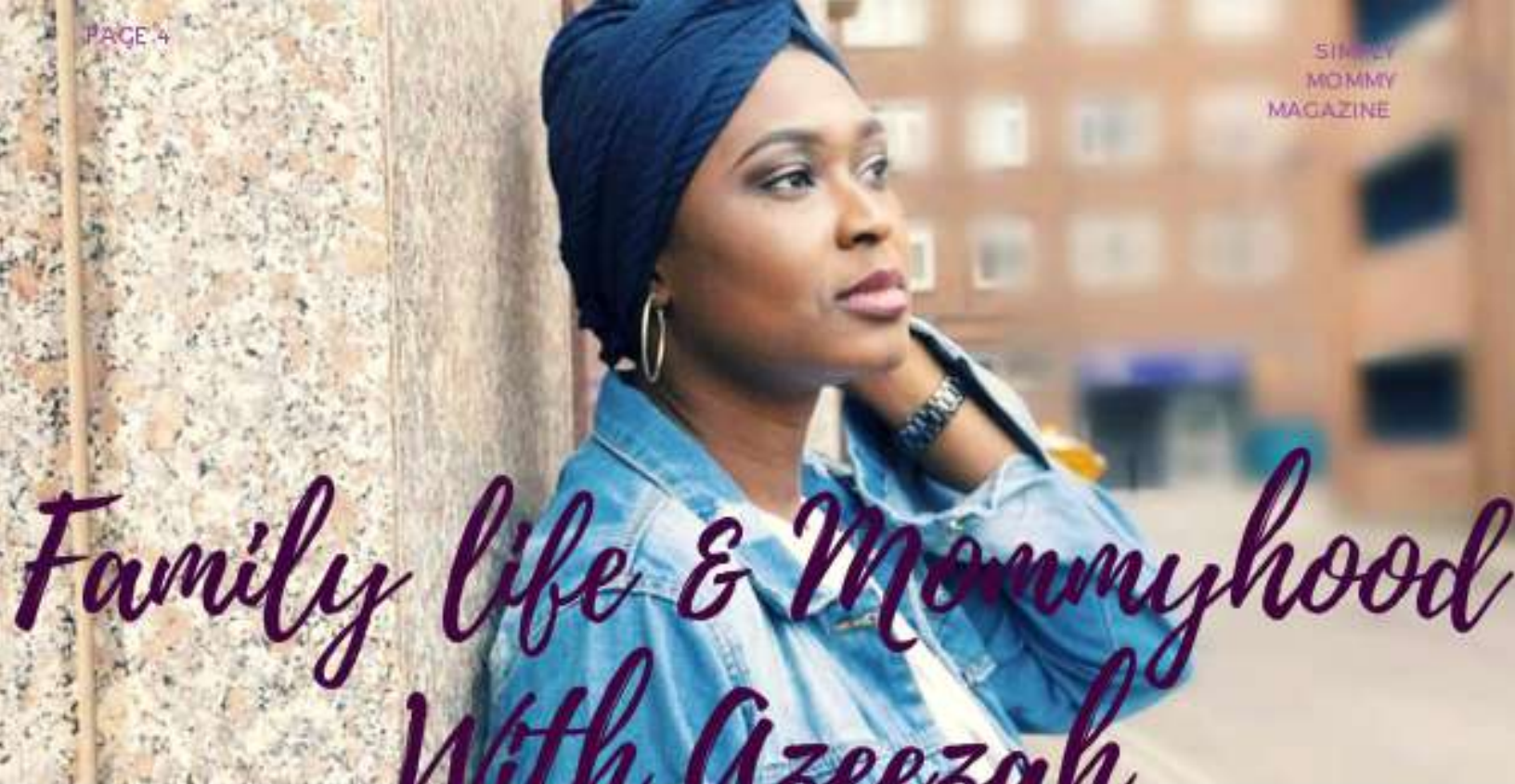
He is still too young to understand not having his daddy around but then I don't look forward to when he starts wanting to know why he doesn't have a daddy.

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.



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

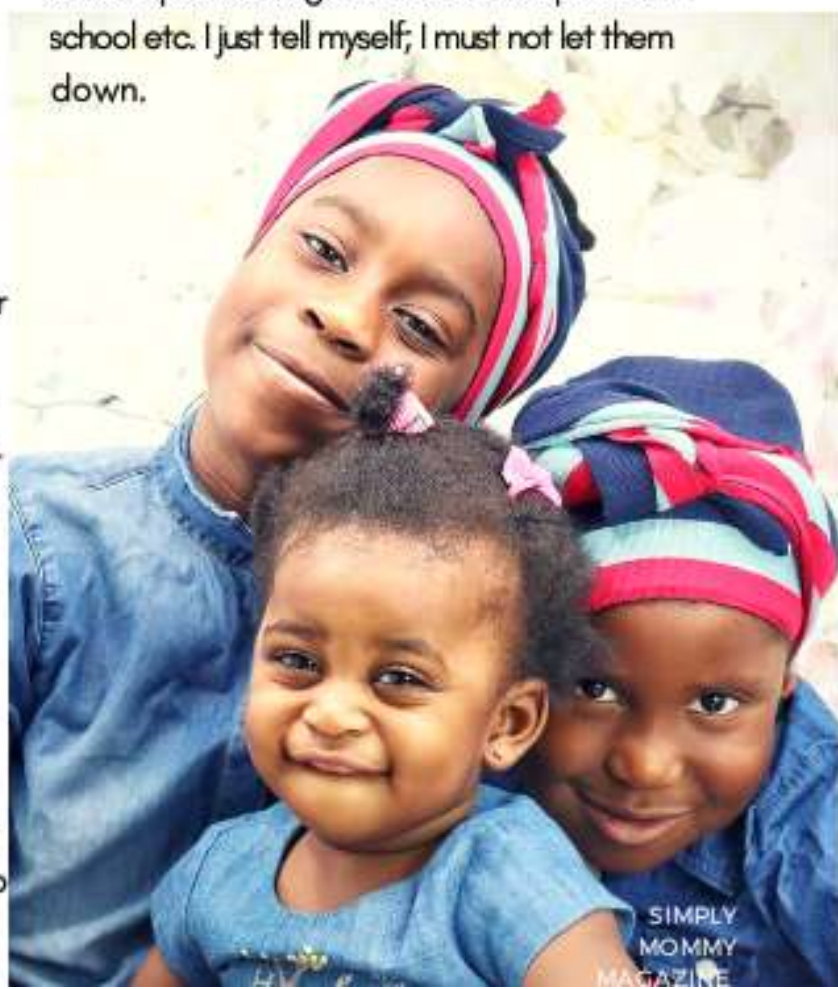
Through the years I have learnt to be of my best behaviour all the time. The kids see me as their role model and I do not want to let them down. If I did things previously on a scale of 5 out of 10, I have learnt to double it up now and give it my best shot. I need to be able to show my kids that I practice 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.





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.



Nurturing 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 (Lol!). 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
LOVED NO MATTER WHAT
HAPPENS IN HIS LIFE AND
THAT I AM ALREADY PROUD
IN ADVANCE (LOL!).

Dr.Mims



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.

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.



SIBLING RIVALRY

BY AZEEZAH

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

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



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Even if I do, I call
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separately later on
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their faults.**

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



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.

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Stay at home moms



Look for
investment
opportunities
so the atten-
tion 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!



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.



*I want them to know
how much I love them
and how I'm fighting
for our lives. it's all
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#MOMMYINGWITHLOVE-ADAEZE OKUONIYE



I don't
think
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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



Life of a twin Mom

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

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

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

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

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

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

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



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

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

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

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

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

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



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