



Your New Role:

MOTHERHOOD

There are probably more conflicting ideas of what the role of motherhood is today than at any other time in history. Mothers are idealized as “saints,” yet blamed for their children’s flaws. If a mother works outside the home, she’s sometimes accused of neglecting her children. If she stays at home, she’s not fulfilling the hard-earned role of women in the workplace. It’s important to define your own role as a mother and a woman and set realistic goals for yourself.

The Weight of Motherhood

The first few months after giving birth is a delicate time for a woman’s self-esteem. Weight gain is often viewed as a lack of health and beauty. Taking time off work comes with its own set of complications and judgments. While at home with your newborn, you may expect to be the perfect housekeeper, mother and wife. Many mothers are left feeling guilty and inadequate. In truth, your time with your baby is far more important than the appearance of your home. Getting plenty of rest, eating well and resuming an exercise program will help you feel better physically and emotionally.

Remember Your Importance

At one time, the ability to bring life into the world was honored and

considered sacred. Creating and nurturing a life inside your body and having the strength and stamina it takes to raise a child are difficult tasks for some people. You’re important to the new being you’ve created and it’s crucial that you nurture yourself.



Set Realistic Goals

Remember that everything doesn’t need to get done—at least not today. Make a list of the goals that you wish to accomplish—long-term and short-term. Make a list of your strengths. From your list of goals, choose only the ones that play on your strengths.

Prioritize this new list. Try to accomplish only one goal at a time. Remember: Success is believing in yourself, not in what other people think.

Working Mothers

If you work outside your home, there are some conceptions about motherhood you may have to give up. Some of the extras such as baking homemade cookies and hand-sewing clothes or Halloween costumes may not fit into your schedule. There’s no such thing as a supermom. Most moms don’t have the energy to get everything done and take care of themselves at the same time. Do what you can, and avoid spending time beating yourself up for what you can’t do.