

SELF-CARE: A PRIORITY IN THE TRANSITION TO MOTHERHOOD



Why is there so little information provided to mothers on self-care as an important skill in coping during pregnancy and after the birth of their child? It seems we focus on nearly every other aspect of the experience, making sure to prepare with breathing techniques, bags packed, sleep preparations, feeding techniques, safety and yet....the mother's wellness and sense of peace are considered last, at best.

Self-care is non-negotiable. It is an anchor during the transition to motherhood.” Self-care is a skill best learned prior to the birth of your child, although we are not all afforded this opportunity and our practice will certainly be altered after the baby arrives.

So what exactly is self-care?

It is not a once a week soak in the bathtub or a monthly trip to the spa. It is not a “treat” that we provide to ourselves. Self-care is a daily routine of hygiene, where we attend to our needs. It is the balance of attending to our physical discomfort and emotional needs; it is learning to soothe ourselves and attend to stress as it arises, not as it explodes!

This may look like a cup of tea each morning, spending time stretching each evening, journaling about thoughts/feelings, taking time to talk with another mother, friend or family, or having a favorite dessert. No matter what your practice is, you must make space for it. Daily.

The key to effective self-care is the art of mindfulness. When we fully attend to our experience, we can transform our physical and mental state.

Motherhood is beautiful and it is also filled with demands, schedules, activities, chaos and an extension of our bodies to support the life of another human being (or several). The consequences of failing to attend to self-care are enormous. We cannot wait until our energy is fully depleted to attend to our needs. It is unkind and unwise. So please, take care Mama.