

# THE FAMILY CORNER NEWSLETTER



## Newsletter Highlights

May is a month to focus on mothers, health and wellbeing

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The challenges of motherhood and how to overcome them

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How to achieve work life balance as a working mom

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## MAY IS A MONTH TO FOCUS ON MOTHERS, HEALTH AND WELLBEING

Mothers and mother-figures are indispensable. They are likely the first people we ever know when we enter the world, and they love and care for us as we grow up.

Mothers are nurturers, providers, supporters, and caregivers. Each year on the second Sunday of May, we pause to celebrate the sacrifices and contributions of the mothers in our lives, reflect on the meaning of motherhood, and consider the importance of maternal bonds in our community.

While we all take time to recognize their importance each Mother's Day, it's impossible to go a single day without realizing the benefit mothers have in all of our lives.

That's why throughout the month of May, the Centre for Family Development was celebrating a Month of Mothers with content focused on the many aspects of motherhood; from having and raising a child to becoming a caregiver to our own mothers later in life, and everything in between.

Becoming financially literate as mothers

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Abuse and domestic violence

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Things women can do so that they don't lose themselves in motherhood

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Health checks every woman should do

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Menopause awareness in women

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Upcoming programmes

# EMBRACING MOTHERHOOD

Motherhood is an important office that we need to acknowledge. It is not every woman that embraces motherhood. It's not every woman that recognises this important office and steps into it with joy.

I would like to encourage every woman out there to embrace motherhood. Humanity is crying out for mothers to step into their role of mothering 'all living'. A heart of a mother is out to give, to nurture, to develop, to counsel, to mentor, to feed, to provide shelter to mention but a few.

Mothers are always there to offer a shoulder, to offer a listening ear, to give a hot meal...Humanity will not reach its full potential without mothers.

So if you have been frowning on being a mother, I would encourage you to start embracing this important role and start operating as a mother. Change your mindset on motherhood and you'll start to flourish as a mother. You might be asking what does motherhood entail. Here is a list of the role of mothers in society:

- \* Mothers are nurturers
- \* Mothers are feeders
- \* Mothers are servants
- \* Mothers are influential
- \* Mothers are nation changers
- \* Mothers are generation perpetuators
- \* Mothers are teachers
- \* Mothers are child trainers
- \* Mothers are watch dogs
- \* Mothers are fruitful
- \* Mothers are home makers
- \* Mothers are home builders
- \* Mothers are memory makers

The list goes on and on. Motherhood is an enormous calling. There are a lot of responsibilities that awaits mothers, but unfortunately a few have answered the call to motherhood.

If mothers were to put their whole heart into this call the world will be a better place. Dear mothers, embrace motherhood - lift your head high. Acknowledge the power of your divine calling.

Put your whole heart into this influential calling. It requires your heart and soul and all your energy! Be proud to be a mother!





## THE CHALLENGES OF MOTHERHOOD AND HOW TO OVERCOME THEM

Motherhood is a life-changing experience that brings immense joy, but it also comes with its own set of challenges.

From sleepless nights to balancing work and family life, there are several obstacles that new mothers face. However, with the right mindset and support system, these challenges can be overcome.

One of the biggest challenges of motherhood is adjusting to the new routine and lack of sleep. Newborns require constant attention and care, which can leave mothers feeling exhausted and overwhelmed.

To overcome this challenge, it's important for mothers to prioritize their own self-care.

This includes getting enough rest, eating nutritious meals, and taking breaks when needed. It's also important for mothers to seek help from family members or hire a caregiver to assist with childcare duties. Another challenge that many mothers face is balancing work and family life. With the rising cost of living, many women have no choice but to return to work soon after giving birth.

This can be difficult as it requires juggling multiple responsibilities at once. To overcome this challenge, mothers should communicate openly with their employers about their needs as a working mother. This may include flexible work hours or the option to work from home.

Finally, another challenge that mothers face is dealing with feelings of guilt and inadequacy. Many new mothers feel pressure to be perfect and may compare themselves to other moms on social media or in their community.

To overcome this challenge, it's important for mothers to remember that there is no such thing as a perfect parent. Every mother has her own strengths and weaknesses, and it's okay to ask for help when needed.

In conclusion, motherhood comes with its own set of challenges, but with the right mindset and support system, these obstacles can be overcome.

By prioritizing self-care, communicating openly with employers, and letting go of feelings of guilt and inadequacy, mothers can navigate the ups and downs of motherhood with confidence and grace.



**YOU CAN BE A MOTHER AND A BUSINESS / CAREER WOMAN AT THE SAME TIME**

## HOW TO ACHIEVE WORK LIFE BALANCE AS A MOM

Women today face unique pressures on their work-life balance, especially when it comes to motherhood. One end of the spectrum envisions you at home, caring for your children, and the other end insists you always “lean in” and fight the patriarchy with your career success.

The confidence in the belief that one can be both a parent and a CEO is something many men can take for granted. What many working mothers we speak with want is the ability to be both a mom and a boss, a caregiver and a business leader.

They want to juggle the many hats they wear, without dropping the ball. It's not an easy path, yes. But that's what makes pursuing both more exciting and worth it.

As a mompreneur, achieving a work-life balance can be challenging, but it is possible with proper planning and time management strategies. Here are some tips:

**1. Set realistic goals:** As a mompreneur, it is essential to set achievable goals for both your business and your family. Make sure that you prioritize your tasks and focus on the most important ones first.

**2. Schedule your time:** Creating a schedule will help you manage your time effectively. Allocate specific times for work and family activities and stick to them as much as possible. Be sure to include breaks in your schedule to avoid burnout.

**3. Outsource when necessary:** Outsourcing some tasks like cleaning, cooking, or childcare can help you free up time to focus on your business or spend quality time with your family.

**4. Learn to say no:** It is okay to say no to certain requests or opportunities that do not align with your goals or values. Saying no will help you avoid overcommitting yourself and feeling overwhelmed.

**5. Take care of yourself:** As a mompreneur, taking care of yourself is crucial for maintaining a healthy work-life balance. Make sure to prioritize self-care activities like exercise, meditation, or hobbies that help you relax and recharge.

And here is what we always tell them,

Don't let anyone tell you, you can't be both, You can be a mother and a business woman at the same time.

You can slay all day at work and still take off your costume/uniform at the end of the day and transform back into the wife and mother, proving that you really can have it all.

# BECOMING FINANCIALLY LITERATE AS MOTHERS

Becoming financially literate as a mom or woman is crucial for achieving financial independence and security.

Financial literacy refers to the knowledge and skills required to make informed and effective decisions regarding money management, budgeting, investing, and debt management.

Here are some key steps that can help women become financially literate:

- **Educate yourself**

One of the most important steps in becoming financially literate is to educate yourself about personal finance. There are many resources available online, such as blogs, podcasts, and websites that offer valuable information on personal finance topics. Some of the key areas to focus on include budgeting, saving, investing, debt management, and retirement planning.

- **Set financial goals:**

Setting financial goals is an essential part of becoming financially literate. Start by identifying your short-term and long-term financial goals. This could include paying off debt, saving for a down payment on a house, or building a retirement fund. Once you have identified your goals, create a plan to achieve them.

### **Create a budget**

Creating a budget is another critical step in becoming financially literate. A budget helps you track your expenses and income, identify areas where you can cut back on spending, and ensure that you are living within your means.



### **Invest in yourself**

Investing in yourself is another important aspect of becoming financially literate. This could include taking courses or attending workshops on personal finance topics or pursuing additional education or training that can help you advance your career and increase your earning potential.

### **Seek professional advice**

Finally, seeking professional advice from a financial advisor or planner can be beneficial in helping you achieve your financial goals. A financial advisor can provide personalized advice on investment strategies, retirement planning, tax planning, and other important financial topics.

In conclusion, becoming financially literate as a mom or woman requires a commitment to learning, setting goals, creating a budget, investing in yourself, and seeking professional advice when necessary. By taking these steps, women can gain the knowledge and skills needed to achieve financial independence and security.



# ABUSE AND DOMESTIC VIOLENCE



Domestic violence — also called intimate partner violence — occurs between people in an intimate relationship. Domestic violence can take many forms, including emotional, sexual and physical abuse and threats of abuse. Abuse by a partner can happen to anyone, but domestic violence is most often directed toward women.

Abusive relationships always involve an imbalance of power and control. An abuser uses intimidating, hurtful words and behaviors to control a partner. It might not be easy to identify domestic violence at first. While some relationships are clearly abusive from the outset, abuse often starts subtly and gets worse over time. You might be experiencing domestic violence if you're in a relationship with someone who:

- Calls you names, insults you or puts you down
- Prevents or discourages you from going to work or school or seeing family members or friends
- Tries to control how you spend money, where you go, what medicines you take or what you wear
- Acts jealous or possessive or constantly accuses you of being unfaithful
- Gets angry when drinking alcohol or using drugs
- Threatens you with violence or a weapon
- Hits, kicks, shoves, slaps, chokes or otherwise hurts you, your children or your pets
- Forces you to have sex or engage in sexual acts against your will
- Blames you for his or her violent behavior or tells you that you deserve it

If you're in an abusive situation, you might recognize this pattern:

- Your abuser threatens violence.
- Your abuser strikes.
- Your abuser apologizes, promises to change and offers gifts.
- The cycle repeats itself.

The longer you stay in an abusive relationship, the greater the physical and emotional toll. You might become depressed and anxious, or you might begin to doubt your ability to take care of yourself. You might feel helpless or paralyzed. You may also wonder if the abuse is your fault — a common point of confusion among survivors of domestic abuse that may make it more difficult to seek help.

Don't wait until it's too late. Seek help immediately if you are in an abusive relationship

# THINGS WOMEN CAN DO SO THAT THEY DONT LOSE THEMSELVES IN MOTHERHOOD

There are several issues women face when they enter motherhood, and most are the changes that it brings to their lives.

They lose their freedom, their time to even think of themselves, their fashion sense, and so on, making them lose their self-confidence as well. They are not a single person anymore . They now have their own family that they have to take care of. And knowing mothers, they'd rather forget their own needs than fail to provide those of their husband and children.

So, mothers, we're here to help you regain the confidence you've lost!

Women often find themselves consumed by motherhood, putting their own needs and desires on the backburner. However, it is important for women to maintain a sense of self and identity outside of motherhood.



## 1. Make time for yourself:

It is important for mothers to take some time out for themselves every day, even if it's just 10-15 minutes. This can be used to read a book, take a relaxing bath or simply sit in silence and meditate. Making time for yourself can help you feel refreshed and rejuvenated.

## 2. Pursue your passions:

Just because you're a mother doesn't mean you have to give up on your dreams and passions. Find ways to pursue your interests, whether it's taking a class, joining a club or starting a hobby. Pursuing your passions can help you feel fulfilled and happy.

## 3. Stay connected with friends and family:

Motherhood can be isolating at times, so it's important to stay connected with friends and family.

Make time for socializing, whether it's meeting up with friends for coffee or having a family game night. Staying connected with others can help you feel supported and less alone.

Overall, it's important for women to prioritize their own needs and desires in addition to their responsibilities as a mother.

By making time for themselves, pursuing their passions and staying connected with others, women can maintain a sense of self outside of motherhood.



## HEALTH CHECKS EVERY WOMAN SHOULD DO

It is important for women to prioritize their health and take preventive measures to detect any potential health problems early on. Here are some of the essential health checks that every woman should consider:

- 1. Breast Exam** - Women should perform a monthly breast self-exam to check for any unusual lumps or changes in their breasts. It is recommended that women start performing breast exams in their 20s.
- 2. Pap Smear** - Women should get a Pap smear every three years starting at age 21 to screen for cervical cancer. Women over the age of 30 can opt for a Pap smear and HPV test together every five years.
- 3. Mammogram** - Women should start getting mammograms every two years starting at age 50 to screen for breast cancer. Women with a family history of breast cancer or other risk factors may need to start getting mammograms earlier.
- 4. Blood Pressure Check** - Women should have their blood pressure checked at least once a year to monitor for hypertension.
- 5. Cholesterol Test** - Women should get their cholesterol levels checked regularly, especially if they have a family history of heart disease or other risk factors.
- 6. Bone Density Test** - Women should get a bone density test starting at age 65 to screen for osteoporosis.
- 7. Skin Cancer Screening** - Women should have their skin checked by a dermatologist annually to screen for skin cancer.
- 8. Eye Exam** - Women should get an eye exam every two years if they wear glasses or contacts, or if they have a family history of eye disease.
- 9. Dental Exam** - Women should visit the dentist twice a year for cleanings and checkups to maintain good oral health.
- 10. Colon Cancer Screening** - Women should start getting screened for colon cancer at age 50, or earlier if they have a family history of the disease.

It is important to note that this list may vary depending on a woman's age, family history, and overall health. It is recommended that women discuss their individual health needs with their healthcare provider.



# MENOPAUSE AWARENESS IN WOMEN

Menopause is a normal, natural event—defined as the final menstrual period and usually confirmed when a woman has missed her periods for 12 consecutive months (in the absence of other obvious causes).

Menopause is associated with reduced functioning of the ovaries due to aging, resulting in lower levels of estrogen and other hormones. It marks the permanent end of fertility.

Menopause occurs most often between ages 45 and 55. The term “premenopause” refers to the phase of life that precedes menopause. For many women, it is an optimal time to reassess their health.

Each woman’s menopause experience is different. Many women who undergo natural menopause report no physical changes at all during the premenopausal years except irregular menstrual periods that eventually stop when they reach menopause. Other changes may include hot flashes, difficulty sleeping, memory problems, mood disturbances, vaginal dryness, and weight gain. Not all these changes are hormone-related, and some, such as hot flashes and memory problems, tend to resolve after menopause. Maintaining a healthy lifestyle during this time of transition is essential for your health and can even prevent or blunt some of these changes.

Most women make the transition into menopause without experiencing depression, but many women report symptoms of moodiness, depressed mood, anxiety, stress, and a decreased sense of well-being during perimenopause.

Women with a history of clinical depression or a history of premenstrual syndrome (PMS) or postpartum depression seem to be particularly vulnerable to recurrent depression during perimenopause, as are women who report significant stress, sexual dysfunction, physical inactivity, or hot flashes.

The idea of growing older may be difficult or depressing for some women. Sometimes menopause just comes at a bad time in a woman’s life. She may have other challenges to deal with at midlife, and menopause gives her one more problem on her list.

Deciding whether and how to treat the symptoms of menopausal transition can be complicated and personal. Discuss your symptoms, family and medical history, and preferences with your doctor. No matter what you decide, see your doctor every year to talk about your treatment plan and discuss any changes you want to make.





# POST NATAL DEPRESSION

## *Awareness Programme*

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A photograph of a dining table setting. In the foreground, a white plate is partially visible with a folded beige napkin. To the right, a tall, elegant wine glass is filled with a light-colored wine. Next to it is a glass of beer with a thick head of foam. In the background, a book titled 'THINK and RICH' by ROBERT K. RICH is lying on the table. The book cover is gold and black, with the text 'THINK and RICH', 'LANDMARK BESTSELLER', 'REVISED AND UPDATED', and 'THE 21ST CENTURY EDITION' visible. The background is softly blurred, showing a vase of flowers and a person in a dark suit.

Thank you for participating in our Self Love Reading Challenge. It was quite an interesting and life changing season. Can't wait to continue the journey with you on our next Self Love Challenge.