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The Adventures of **Motherhood** Co-authored by Moms

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Thank you Moms

The Adventures of Motherhood

couldn't have been a great success without such enthusiastic participation and love from moms around the world.

Cheers to motherhood!

“
“ *For moms of the world,
from moms of the world.* ”



Love **Breastfeeding**

By- Dr. Amoolya Kamalnath

Breastfeeding is a unique feature exclusive to mother and baby bonding. It provides mother's warmth, assurance and love to the baby. The soft caress of the mother during feeding reassures the baby. Exclusive on-demand breastfeeding for six months is "the" best, it provides good lifelong immunity to the baby.

I love breastfeeding because it helped me develop a strong bond with my daughter. She loves to cuddle into me and drink her milk. She seems to feel secure holding my hand and/or feeling my chest as she suckles. The smile on her face after I feed her is a million-dollar one. This is "the" thing which baby recognizes and appreciates as early as one and a half to two months, baby knows who and what can satisfy its hunger, and they learn their mother's look, feel and smell. It is really a very fulfilling experience to feed my milk to my daughter and see her grow. In spite of all the pain (breast engorgement on third day after baby's birth, sore/cracked nipples, sleepless nights etc.), at the end of the day, seeing baby peacefully sleeping with a full tummy is sheer blessing though they wake up for milk every so often.

Also, I am a proud mommy who is still breastfeeding my six month old daughter and I recommend all mothers to do so. The first week of August is celebrated as National Breast-feeding Week and there are now many Baby Friendly Hospitals which strictly advocate breast-feeding. If a new mother wants to start working after three months, they should ensure that mother's expressed breast milk is given to the baby in their absence. A healthy and nutritious diet along with the strong urge and positive mentality help in persisting with breastfeeding. I would like to share the fact that the Medela breast pump came in handy (it was a real boon) to me in the early days as my breasts used to get engorged due to my baby's inability to suck properly since I had flat nipples. Thanks Medela!

MEDELA MESSAGE

Breastfeeding is the best food for baby. The skin to body contact results in an intimate relationship between mother and child. Seal the bond and carry on breastfeeding!

By- Amritpreet Kaur

I love breastfeeding because it gives satisfaction to my baby. Also it enhance love between us. As he started breast feeding I feel some connection that makes this moment more special. Moreover through breastfeeding baby feels secures. Also breastfeeding makes mom healthier and diseases free. It gives benefit to both baby as well as to mom. If you are not breastfeeding your baby then there will be less connection and love between you and your newborn in comparison to times when you breastfeed.

MEDELA MESSAGE

Becoming a mother is wonderful. Make the journey more phenomenal by breastfeeding your newborn as and when needed.



By- Meeta Arora

My first breastfeeding session in the hospital room is the most cherished moment. It made me realize how important it is for an infant. It has strengthened our bond with time. It is available wherever and whenever your baby needs it. It is always at the right temperature, clean and free. It protects the baby from many infections, diseases & allergies.

Along with savings on formula milk, we also eliminated the need to stock up on bottled water, saved on electricity for warming the water and sterilizer, baby bottles and teats, milk dispenser for on-the-go and huge baby bags to contain everything. There's just so much hassle and effort in formula feeding as compared to breastfeeding. In breastfeeding especially when direct feeding, you just need to let your baby latch and that's it. Exclusively breastfeeding for the first 6 months, without giving any water or vitamins except breast milk, can provide the necessary antibodies, nutrients and protection your baby needs. This in turn gives you a healthier baby with lesser chances of getting sick and lesser trips to the doctor.

I would always encourage exclusive breastfeeding for first six months & then along with other small meals for at least a couple of more years or till the baby wants.

MEDELA MESSAGE

You have achieved a lot! Feel proud of yourself and continue the extraordinary art of breastfeeding your baby.





Being **Mom**

By- Shatarupa Banerjee

Hi All! Before I say anything else.....I need to first, tell you a little about my job. I have a very stressful job. I work full-time. The hours are long and irregular; the pay is next to nothing; there's almost no such thing as a vacation or week-offs; Even lunch breaks are hurried and subject to the discretion of the higher authorities;

Also, my boss is a slave-driver who doesn't care how late it is or how tired I am. Sometimes he can be an annoying cry-baby, and then I am expected to put up with it without complaint, just because he's cute and thinks he can have women melting into puddles just by flashing his heart-breaking dimples at them.

And to top it all, I think I may be in love with him. I 'know I'm a married woman, but I can't help being desperately in love with him more than I've ever been with my husband. Because, no matter how hard he's been on me.... All it takes, is for him to put his arms around me, lean real close, and plant kiss on my cheek and then whisper gently in my ear, "I love you....Mommy."

MEDELA MESSAGE

Sometimes less, sometimes more- Being mom is all about learning new things you discover during the splendid journey of taking care of your newborn.

By- Savdeep

Being a MOM is one of my life's greatest blessings. Motherhood has showered upon me the joys I had never felt before. It seems to those who have not experienced it, but once you are a mom god fills you with impeccable energy you might have not known you had in you. It gives you a reason to live. Giving birth to another life feels like as if god has given you an opportunity to be a creator like him; creator of a baby and then a good human being. No pain or worry suffers you anymore once you hold them in your hands. I am truly blessed to have someone who calls me MOM. Love it!!

MEDELA MESSAGE

Nothing can beat the miraculous feeling of giving birth to a new life! Cherish this moment forever.



By- Ritu Pande

I never wanted to be a mom! Perhaps it was my way of coping with my inability to be a mother. I had locked those yearnings n threw away the key to a remote corner of my heart. Call it chance or a divine intervention I realized one fine day after eleven long years of marriage that I am in the family way. My first reaction was to let out a deluge of pent up feelings, of fear, of happiness. After four years of my child's birth I am still unable to believe that I have become a mom after all. My child has taught me the ropes of motherhood and I am loving it!!

MEDELA MESSAGE

Some of the most incredible lessons are taught by a newborn. These lessons give life a beautiful new meaning and a strong purpose to celebrate motherhood!





Dear **First Moms**

By- Anjana

I would request all moms to have a camera next to you and keep clicking videos and photos of the little ones. You can cherish these memories after he or she is grown up and it will be so much fun. Coming to the other side, sleepless nights? Guess you have to get used to it. It will take 3 months for the baby to get settled with the routine. So sleep when the baby sleeps. And don't forget to 'enjoy motherhood'

MEDELA MESSAGE

Moments captured during the initial years of a baby's birth are indeed the most priceless treasure of life! Go ahead, get clicking your little one.



By - Parul Sood

For first time mothers it's nothing less than a new life. One life your parents give you and one life which your new born gives you. Your life changes completely. The bond between you and your husband strengthens up, there's a change in your priorities. The biggest change of all is your inner beauty. Now you realise how beautiful you are.

MEDELA MESSAGE

Only an experienced mom could give such valuable advices. Consider these while you involve yourself in taking care of your baby.



By - Aliya Naaz

It's a unique feeling being a mother. Early morning I wake seeing my baby's face and I feel like I am in heaven. I don't even feel tired or stressed even after doing all household works and feeding my baby simultaneous. She is my angel and all my worries vanish out after seeing her beautiful smile with the cute dimple on her cheeks. The way she looks at me and smiles, makes me feel on the top of the world. I consider child as the best gift from god anyone can have.

MEDELA MESSAGE

What a great piece of advice for all First Time Moms. They are sure to help our new moms immensely!





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