

Tip: Breastfeed and save hundreds of dollars in formula costs

Tip: Feed your children wholesome foods and save money in medical costs

## **“Some days I feel like I’m going crazy”**

The sleeplessness. The sudden shift in your identity. The constant responsibility. The lack of quiet. The cooking. The laundry. The cleaning. The broken streams of thought. The friendships that are falling to the wayside. Your undone hair. Your ill-fitting wardrobe. The isolation.

How strange is it that the world is made up of mothers—many of whom have felt overwhelmed at some point or another—and yet the relentlessness of motherhood is rarely discussed? It’s as if by saying that we get tired, need space, and have personal needs, we are somehow not good mothers. I remember meeting another mom in the playground whose children are spaced about twenty months apart like mine are. I told her that I was tired and asked her how she did it. All she would say is that “It’s fun.” Some months later I saw the same mom in the playground with a harried look on her face. Normally very friendly, she barely greeted my children and me. Five minutes after we’d arrived, she rushed out with her two howling children. Absolutely nothing in her body language said that she was having fun. We can admit that motherhood is a lot of things and still be good mothers. We are good mothers and as my friend, Ayoluwa, put it “we are human.” Remember to nurture yourself. The time to care for yourself will find you if you dare to admit that you are looking for it. I believe we need to be willing to discuss the complexities of being mothers.

## **Get out of the house...now**

I can’t tell you the number of times other women have told me, “If I stay in all day with him/her/them, I go crazy.” Of course you do. We are social beings by nature. Go to playgrounds, parks, indoor play areas, free outdoor concerts, festivals, museums (many museums have days where they offer free admissions), and libraries. Try mother’s groups, mommy-and-me classes, or post-natal yoga. Go to where the kids are and you’ll find the mamas you need to connect with.