

Mom's Moment: Gift Yourself, You Deserve It

Written by Nadine Bubeck



You've seen it on social media, the news, and websites- happy National Breastfeeding Month! Yes, August is dedicated to spreading breastfeeding awareness; however, if you're a nursing mom (like myself), you already know there are plenty of benefits. So, ...how to celebrate?

I can go on and on about breastfeeding stats, data, and figures, providing you with information you can easily access via Google. But instead, I'm going to share three interesting ways you can personally celebrate this month dedicated to breastfeeding.

1. Snap selfies

I know it sounds bizarre- taking pics of your baby at the boob- but trust me, one day you'll want to mentally revisit this beautiful bonding time with your baby. Posting nursing pics on social media is simply not my forte, but if you feel the need to share, post proudly. As an alternative, take some pics and glue them in a journal for your eyes only. Write about what you did while nursing- songs you sang, what you thought about, etc. Write about his nursery, your rocking chair, challenges you faced. This simple memento will one day mean a lot to you.

2. Gift yourself

I'm not referring to a shopping spree or manicure- rather, buy yourself a present that will better your nursing experience. Do you need a new nursing pillow? Is there a special footrest that would make you more comfortable? Need a good book to keep yourself occupied? Or- if breastfeeding has become stressful- invest in the \$89 Momsense feeding meter... it actually measures how much milk your baby consumes during any given feeding.

3. And finally, write your baby a letter

The nursing phase is the most intimate bonding experience between you and your newborn. Write him a love letter- tell him how much this special time means to you. Be candid. Then, seal it up and stash it someplace safe. When your baby (eventually) has a baby of his own, present him with the note. It will be much appreciated.

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