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# *I'm A Mom: Now What?*

COMPREHENSIVE GUIDE TO THE MOM  
THAT DESIRES MORE FROM HER  
PARENTING EXPERIENCE

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CREATED AND INSPIRED BY THE  
MOTHERHOOD JOURNEY OF  
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# *Hey Girl, Hey!*

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## *ABOUT THIS HANDBOOK*

Hey Girl Hey! Welcome and thank you for downloading, "I'm a Mom: Now What?" This handbook is designed for the mother that desires more from her parenting experience.



## *WHAT THIS IS NOT..*

This is not a guide to perfection. This is a guide with useful information that you can implement in real time.



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## WELCOME!

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# introduction

I'M SO GLAD YOU ARE HERE!

## I WAS INSPIRED.

I became a mother at a young age. I had not idea what this journey would entail however, I knew I didn't want to fail at it (whatever I felt failure meant). I had an idea of what I was "supposed" to do because I am a product of a matriarchal family. Not because fathers were not present but because the women used their voice.

I grew up with many loving grandfathers and uncles, they were all gentlemen, who were naturally providers and nurturers. However, the women were the ones who were more auditorily illustrated. I had seen enough women "mother" to understand which gems I would keep in my fanny pack and which ones I would alter to make more fitting for my journey as a mother. This is exactly how I want you to feel after reading this handbook. I want you to allow these concepts and information to be infused into your thoughts and understand how you can make them appropriate for your journey.

Allow me to let you in on a secret, *"A mother has a different relationship with her kids than a father, and I think a lot of that is based on biological connection...we don't fully understand the power of that connection (DON'T TELL THE DAD! SHHH!)." -Smith*

# Module 1

## PHENOMENAL MAMA, THAT'S ME - WHO ARE YOU AS A MOTHER

### LET'S CHAT

Maya Angelou said it best. She gave us the words to ignite the tools we needed to love ourselves and understand who we are. She was not only a pioneer in her many professions but she was the antidote to our self doubt. She gave women the permission to understand and own their strength and beauty.

As mother's we have a role that has an impact on our children that lasts forever. "While being a mother is stressful, especially for the first time, by being a strong and loving authority figure in the early years of a child's life, it will help ensure a respectful relationship is in place as the child grows and that relationship changes (Greg Tammen)" This is exactly the point. Being equipped to stay strong and loving is a great way to secure a relationship with your child that makes you a reputable person. This is how bonds are built and children look to you as a confidant. Understand your role and tackle it with grace and patience because our children process feeling and emotions differently. Although it can be challenging to understand, we have to trust the process and still parent consciously.

### NOTES

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# LESSON 1:

## WHAT ARE MY CORE PARENTING GOALS

What are the elements of your parenting you hold as truths? Parenting values are ideals or rules that you feel are needed in order for you to make the best decisions for your children. They are your compass rose to parenting. Your method or delivery may alter because your children will change however, so does your parenting seasons.

When you establish your parenting values, they should be parameters you feel are needed that will matter to your children. Identifying these values is essential because without them, (your compass) you can feel lost in your journey and struggle with how you can become a better parent for your child. *This doesn't mean perfection* (more on that later), it means a better parent. An extension of yourself that you feel is a representation of the person you are as a whole. These values should be a peek into how your children will think of you when they are adults or parents themselves!

### NOTES

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# LEAD BY EXAMPLE

Education, Communication, Self Affirmation, Creative Spirit. These are values that I feel are needed in order for me to make adequate decisions for my children and make me feel confident in my parenting style. This is my sense of direction and my GPS as I navigate through my parenting journey.

## APPLICATION

Create your compass rose and consider how it will serve as your guide for your parenting style. These values will become your GPS and will be your Parenting Compass. Remember a compass rose has four Major points however, it does have four additional points that are basically a subsidiary of two major points (Northeast, Southeast, Southwest, Northwest). Write these down and share them with your partner to assure you are on the same wavelengths. Not residing on the same equilibrium as your spouse or co-parent can cause difficulties.

## NOTES

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# LESSON 2: WHY DOES MY CORE PARENTING GOALS MATTER?

Your core values matter and is your guide to be great! It will provide you with the direction you need to be confident that you are doing your best. Your core values give you the permission to take your journey to the next level. It presents you with the platform to have fun, teach and be vulnerable. These values are what you use to shape your children to be great humans and exceptional children (NOT PERFECT).

Your goals are what shape your relationship with your children. These values are what you use when you discipline and encourage them. They remind you that you are a phenomenal mama and you are being intentional about your parenting. *These core values are your secret sauce, your mama magic, that gives you your mama swag.*

## NOTES

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# LEAD BY EXAMPLE

My core values are what I use when I interact with my children. My ability to use my creative spirit to encourage smiles and ignite the imagination in them is important to me and detrimental to their growth process. For my teenagers, my creative spirit is what allows me the ability to come down to their level and do things that they will appreciate. It is also the governing piece to our relationship. These characteristics make me a person they can turn to as a resource. It is what I use to connect.

## APPLICATION

Consider why your core values are important to your children and why you want them to matter to them. Examine how your core values bring value into their lives. Caring about the impact of your core values demonstrates the respect you have for your children.

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# LESSON 3: HOW CAN I REALISTICALLY DELIVER?

So, you have your core values, you understand why and how they matter to your children and now you want to adequately deliver. This is a process. Daily you are using your compass to steer you in the direction that you feel meet your child's needs. Today, your child may need you to be listening ears but tomorrow he/she may need to be all ears and listen to you. The implementation process is your journey and it requires you to be intentional daily. This makes you a conscious parent.

Every available moment, be intentional and use your core values to promote and invite conversation. I also challenge you to make yourself available to your children. This is your opportunity to be authentically you and allow them to see you are human and not a mythical character they can't relate to. Be realistic. Be authentic. Be you!

## NOTES

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# LEAD BY EXAMPLE

Having teens and toddlers, I have to remember my audience. I have to be cognizant that when I apply values, to my teens that I am not treating them as toddlers and vice versa. When I communicate with my teens, my vernacular will be different from my toddlers. I have to be conscious of my audience but maintain the value. I can't devalue my authority or my position. This is how I build credibility.

## APPLICATION

Contemplate how your values can be used for the betterment of your children. Be intentional with every encounter you have with your child, think about how your values can be used today to foster an authentic moment. Define your roles specifically for you and who you want to be for your child(ren).

### NOTES

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# Module 2

## THE INVISIBLE MAMA

### LET'S CHAT

As mothers, sometimes we feel invisible; it feels like we are caught in the matrix. There are some days we feel like our children see us more than we would like and then there are days we wonder if they notice us at all. We feel invisible because our needs are not being met, despite us being present for the needs of others. Feeling this way can weigh heavy on you because it's difficult to serve someone when you are empty. This is why it is important that we become mentally strong. Being a parent is not easy and no one told us it would be. It is a challenging job and to get the most out of the journey you have to “get ya head in the game.”

Amy Morin shared the Secret To Becoming Mentally Strong as disposing of the three beliefs below. What Amy describes are real beliefs that we mentally believe and they destroy our morale and our ability to think positively about ourselves.

- Unhealthy beliefs of yourself
- Unhealthy beliefs about others
- Unhealthy beliefs about the world

When thinking about these unhealthy habitual thoughts, we are put in a position to ask ourselves, who are we working for and what do we want to achieve. Navigating through these questions will allow you to have more clarity to progress forward in your journey.

### NOTES

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# Module 2

## THE INVISIBLE MAMA

### LESSON 1: WHO ARE YOU WORKING FOR

You may think you are working for the children, well, no mama you are not! You are working for the betterment of humanity and for yourself. With this, you are allowing God (or the higher power you believe in) to intercede and work through you. When you allow this to take place, you are giving your mental state the ability to strengthen. This will clear the clutter and allow clarity a passageway into your journey.

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# LEAD BY EXAMPLE

I was a teen mother and what people thought about me, what I thought about myself and how society (the world) viewed me took a toll on me. It made me feel inadequate and distorted the vision of my divine purpose. I made a decision to think differently and not allow those negative thoughts to continue to infiltrate into my mind. "What you tolerate you worry about (Isabelle Mercier). "The process of releasing negative thoughts was not an overnight process however, I did make a decision to not allow those thoughts to deter me and hold me hostage from my future.

## APPLICATION

Today is the day you make a conscious decision to release yourself from the mental warfare of negativity. You are brilliant and you are aware that change needs to incur to get the most out of your journey. Give yourself the gift of grace and make some conscious decisions that will have a lasting effect.

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# Module 2

## THE INVISIBLE MAMA

### LESSON 2: WHAT DO YOU WANT TO ACHIEVE

Now that you have made a decision to think differently, you are now in a mental space to decide what you want to achieve. This is always different for everyone. We are all looking to get the most out of this motherhood journey. Think about your core values and evaluate what you want to achieve. If there was an award given, what category do wish you were a nominee for? Communication, is a popular answer. Many mothers would like to have a working stream of communication with their children. It is through this, mothers feel a reciprocal system will be established and allow them to thrive. There are mothers that desire to present more. It is thought, if you feel more present; you can better understand your child, have a closer relationship and/or feel more credible.

#### NOTES

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# Module 2

## THE INVISIBLE MAMA

### LESSON 2: WHAT DO YOU WANT TO ACHIEVE CONT.

As a mother looking to gain more out of her motherhood journey, what are you looking to achieve? *“Most of my life is spent in transit: trying to get somewhere, waiting to begin, standing in line...”*(The Life You’ve Always Wanted, John Orteberg). Don’t allow *this* to be how you get things moving! Your children are always watching you and waiting for an opportunity to emulate you. Remember, this is not about what your kids want you to achieve, this is all about what you want to achieve in your journey to get more out of your motherhood experience. “I am not telling you to neglect your kids. Instead, think about yourself for a change (The Happiest Mommy You Know, Genevieve Shaw Brown).”

#### NOTES

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# LEAD BY EXAMPLE

As my girls have grown, I began to desire a sense of credibility. Not that I wasn't credible, but I felt called to be intentional about how we connect. I wanted to serve as a catalyst for them to feel I can be a guide. I enrolled in Graduate School and felt this was an opportunity for my oldest girls to see me be vulnerable and relatable. This gave them a chance to see we have things in common, for example, I actually do care about my school work and I too can procrastinate. I have made myself available to them so that they can utilize me and site me as a source in their life's story.

## APPLICATION

Think about what you want to achieve as a mother. What are the things you want for yourself to better serve your children. Now that you have silenced all the negative thoughts, you are limitless and have no boundaries on what you want to achieve. What are some of those things that you feel are an asset to your motherhood journey and is aligned with your core values?

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# Module 3

## AND, AIN'T I A MAMA

### LET'S CHAT

Sojourner Truth was one heck of a woman! “Her speech, And, Ain’t I A Woman (1851).” This was a speech that served as a wake up call to all women sleeping on the job. It is through this speech she affirmed what it means to be a woman and own your purpose. Born a slave and was later coined an abolitionist, Sojourner birthed thirteen children and watched most of them be sold to slave owners as if they were cattle. Through this (and we can imagine how unsettling this was), she knew she had purpose. Can you imagine? Birthing thirteen children and not knowing where they have landed and STILL have the ability to hold your head high use your voice. Sojourner Truth was the epitome of the strength of a woman. Apply strength to yourself because you have it. Now own it!

### NOTES

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# Module 3

## AND, AINT I A MAMA

### LESSON 1: AFFIRM YOUR POSITION

Whether you were raised by your birth mother or not, you are not a fool. You are wonderfully and beautifully made and it is up to YOU to affirm your position in your parenting journey. Being a mother is a position that is strength filled. It is an opportunity that allows you to make a difference in the comfort of your home. You are a smart woman, it's time you believe it! "I decided that I wasn't bossy. I was strong. I wasn't loud. I was a young woman with something important to say." These are the wise words of First Lady, Michelle Obama (Black Girls Rock Awards, March 28, 2015). As mothers that desire more and work to be intentional, we are more inclined to be considered bossy. Understand, those derogatory sentiments do not have a dwelling space in your thoughts. You know better, mama didn't raise no fool!

Affirming your position entails understanding your role as a mother and having the intellect to understand your position. Take it seriously and remember it involves being the best version of yourself, so you can pour energy into your child(ren). When you affirm who you are, you send the message that you understand you have purpose.

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# LEAD BY EXAMPLE

Often times, I have been accused of “thinking I’m better” this is often the terminology used by other people. I typically walk with my head held high and I know how to tune out distractions that do not add value into my life and purpose. With this, people that do not understand a person that values themselves, will misconstrue the behavior for “thinking you are better.” Every time I have encountered this, I assure myself that I am beautifully and wonderfully made. I am walking in my purpose. Those people do not know me, my story, my journey or my purpose. This keeps me encouraged.

## APPLICATION

Affirm yourself daily. Everyday in motherhood will not be a walk in the park however, you have the authority to affirm yourself and believe you are no fool. Write down positive words that give you life! Words that breathes' strength, courage and wisdom (yes, just like India Arie's song). Surround yourself with things and people that add value to you, that challenge you to be your best. Remind yourself of all the reason why you are the ish!

## NOTES

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# Module 3

## AND, AINT I A MAMA

### LESSON 2: OWN YOUR VOICE

Born a slave, Ms Truth knew she had a voice that needed to be heard. She stood firm and used her voice. Ms. Truth had courage! Unleash your voice, GIRL! Being a mother is not easy and allowing others to infiltrate on your journey in an effort to silence your voice cannot be tolerated. This also applies to your children. Children witnessing their mother use her voice to stand up for herself, shows them that mom isn't bossy but she is a boss. She understands who she is and she is a credible person. They begin to think, *I want to use mom as a resource when I encounter challenges*. When you use your voice it's reassurance to your child that you have their back and you are looking to make things happen! That's that mama swag!

A component of using your voice is respect. It is important to your growth and development that your voice is respected and boundaries exist. This does not suggest that you are off limits (we will talk about that later). However, this is an indication that you understand, your time is valuable and when its allocated to your children and stand firm on that! On the contrary, when time is allocated for something else that involves shaping you, it is important that your children respect the sacredness of that time and space.

#### NOTES

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# LEAD BY EXAMPLE

There was town hall meeting in my community about a new business opening that some residents felt was a conflict of interest for our community. I shared with my children that I was heading to the town hall to approach the community officials about my feelings towards the situation. I explained to my children that what I did may look risky BUT it was important for me to use my voice. Although they did not quite understand at the time, they did think that it was a brave act. This is what YOU are too. You are brave!

## APPLICATION

Practice using your voice. Let your children see you are confident and you will not succumb to the falsehoods that people have imposed on you. Daily, do something that represents using your voice and share that action with your children. In addition to this, let your children know that you are there for them and they can count on you. Assure them that in using your voice can further help them. Next, remind them you are their greatest advocate and you are always lobbying for their best interests. Finally, explain to your children you are many things and you wear many hats. However, with those other hats, you expect your space is respected so you are in mentally strengthened place to serve them.

## NOTES

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# Module 3

## AND, AINT I A MAMA

### LESSON 3: WALK IN YOUR PURPOSE

It's time to put the pedal to the metal. You have an understanding of your core values as a mother/parent, you have figured out how to drown out the white noise of people that don't add value to your life, you understand how using your voice is an important way to express yourself and validate your importance. Now, you need to walk in your purpose. Read Oprah's speech on purpose below:

*"So I'm constantly asking this question of life: how can I be used? How can I be used in service to something bigger than myself?"*

*"The privilege of a lifetime is to be who you are. What I know for sure is, the real privilege is getting to use who you are to elevate the higher good of everyone else."*

*"How can I contribute? That's my prayer. How can I make it better? We're all yearning for the same thing. That is what I understood those years on the Oprah show. That was my connection to the audience. Because I understood the viewer wants the same thing I want; the audience wants the same thing you want."*

*"And that is to fulfill the highest, truest expression of yourself as a human being. That's what we're all looking for. So, I don't know anything more powerful than that. We all get that chance."*

*"How you do it? That should be your greatest joy. How do you use your life to elevate the life of somebody else?"*

#### NOTES

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# Module 3

## AND, AINT I A MAMA

### LESSON 3 (CONT): WALK IN YOUR PURPOSE

Mama O as we affectionately call her, has this “purpose thing down, right?” So do you! You desire a deeper connection. Use your purpose to shape this idea. You feel called to do more and get more out of the relationship with your child and this is your opportunity. Walk in your purpose and own it! Consider how you can serve your child(ren) in a way that fulfills you and cultivate the relationship you desire. You obtained this handbook because you understand as a mother, it is easy to become complacent in the mundane and disregard your purpose. When there is clarity about your purpose, you don’t have to settle for other people’s expectations of you.

#### NOTES

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*Keep going...*

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*IGNITE YOUR  
MAMA SWAG*

*MOTHERHOOD  
HOTLINE*

*TEXT ME GIRL  
(561) THE-MRS2*

*LET'S GET  
SOCIAL*

Email:  
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Instagram  
[@becomingthemrs](https://www.instagram.com/becomingthemrs)

# LEAD BY EXAMPLE

Early on in my motherhood journey, I was aware of my purpose. I have always wanted to make an impact and cultivate a sense of community through sharing “What I Know For Sure,” with other women. This was specifically targeted to mothers because I know I am aware of the struggles mothers face in their careers, within the home and the societal pressures that are placed upon us.

## APPLICATION

The light to your journey has officially been sparked! Think about your purpose, write it down and starting today, put it to work. When you walk in your divine purpose, you have reached a level in your success story that some people struggle to reach. Walking in your purpose will allow your light to shine and is great for your children. When you thrive, your children soar. Do not allow negativity to negate your positive intent.

## NOTES

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# Module 4

## THERE'LL BE DAYS LIKE THIS MAMA SAID (IT'S NOT ABOUT PERFECTION)

### LET'S CHAT

I am sure you can recall your mother or an elder woman telling you, “Just wait until you are an adult and you have to raise your own children.” Consequently, you may have rolled your eyes, said “yeah okay” and probably said other things to yourself as well. Now you are an adult, you should have reached the point in your journey where you can completely identify with the narrative your mother was explaining to you.

There has not been one person that has warned a new mother “you go girl, motherhood is a piece of cake.” the consensus about parenting has been it is a difficult job and it takes a lot out of you (this is what your mother was speaking of). You have gotten this far because you desire a deeper connection and at this point, I hope you have begun to use what you have learned so far and apply it. *Mama, said they'll be days like this didn't she?*

### NOTES

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# Module 4

## THERE'LL BE DAYS LIKE THIS MAMA SAID (IT'S NOT ABOUT PERFECTION)

### LET'S CHAT CONT.

"Who's in your life, and do you respect them, and do they respect you? (Michelle Obama May 2011)." For you, your children and significant other are probably the closest people to you (of course your mom too!). We want our children to respect us, however, we must show them respect so they have a clear appreciation for how reciprocity works. When we desire a closer connection with our children, we are intentionally using every opportunity as an opportunity to teach them something. This is how connections are made. Children need to learn why respect is important and it starts at home. This does not mean parents should allow their kids to get their way. This suggests, we give them a space to express themselves and not ignore them.

#### NOTES

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*You deserve  
it all  
mama!*

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*“WHEN YOU ARE A  
MOTHER, YOU ARE  
NEVER REALLY ALONE  
IN YOUR THOUGHTS. A  
MOTHER ALWAYS HAS  
TO THINK TWICE, ONCE  
FOR HERSELF AND ONCE  
FOR HER CHILD.” –  
SOPHIA LOREN*



*“HAVING KIDS—THE  
RESPONSIBILITY OF REARING  
GOOD, KIND, ETHICAL,  
RESPONSIBLE HUMAN BEINGS  
—IS THE BIGGEST JOB  
ANYONE CAN EMBARK ON.” –  
MARIA SHRIVER*

*LET'S GET  
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# Module 4

## THERE'LL BE DAYS LIKE THIS MAMA SAID

### LESSON 1: RESIST PERFECTION

“Perfection doesn’t make you feel perfect. It makes you feel inadequate. (Maria Shriver).” There is a myth that has made its way into this generation of parents and its called perfection. It is a word that for some reason gives us gluttonous satisfaction; a sense of feeling rewarded by peoples continuous praise. It's the idealistic symbolism of parent extraordinaire! Well girl, perfection does not exist! It is a fictitious ideology that we think we can attain until something happens that make us feel out of control and self loathe

Parenting is about a more realistic subset of rules. Honesty, Loyalty, Transparency and Communication to name a few. When we are honest about situations with our children we continue to enhance our credibility and it shows our children that we have the ability to be honest (transparency). The only validation from our children that we need is, knowing with us they feel protected, they feel inspired and feel supported.

“What kind of mother forgets the Tooth Fairy, said Gail O'connor to her friend. Justine, a single mom of four girls (with twins sandwiched in the middle) replied, a mom who doesn't have the time to fret much. (The Myth Of The Super Mom)” We need more Justine's as friends to remind us that we are doing a great job. Justine is the friend who you don't have to portray as having it together. Rather, she is a real friend who understands!

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# Module 4

## THERE'LL BE DAYS LIKE THIS MAMA SAID

### LESSON 1: RESIST PERFECTION (CONT)

Perfection for adults is desired from other adults. At this point in the handbook, you should be working to feel comfortable with yourself and not require validation of others. You should understand that validation from others is not the core of what you need to sustain a solid relationship with your children or to have a deeper connection in your parenting journey.

Your parenting journey will not be built on perfection but you can build it on resilience. You are in a season where you are focused on cultivating a better attitude towards your parenthood debacles. Do not use the status quo as a measurement of your parenting abilities. “I’ve learned some amazing life lessons in the messiness of my life (Maria Shriver).”

#### NOTES

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# LEAD BY EXAMPLE

I have five children and I am always asked how do I do it all. The answer is simple, I don't. I don't do it all because it's virtually impossible. For me, sometimes I cringe because I don't want people to view my walk in motherhood as a magical excursion. It's far from that. It's significantly hard work. I don't let perfection get the best of me because I understand what it would do to me mentally. Moreover, I have an understanding of who I am and what I am not. This is what saves me. I am not perfect and I want my children to know that I am with flaw. I let them know because I understand it and its important for them to know that about me.

## APPLICATION

Think about what perfection means. Take that word, bless it and release it from your parenthood journey. Understand you are wonderfully made however, you make mistakes like everyone else. Take a moment and consider why you are comfortable with not being perfect but you are interested in being great. Think about the substance in being great and the boring ingredients of perfection. Understand, when a person is great, they have been intentional and they are full of gratitude. Accept that you will not be perfect and find comfort in that.

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# Module 4

## THERE'LL BE DAYS LIKE THIS MAMA SAID

### LESSON 2: RESORT TO RHYTHM

Balance does not exist but rhythm does. Yes, the fine tunes to your everyday life with occasional changes in the tempo. The rhythm does have occasional consistencies however, sometimes there is an occasional dip or heighten in the tune. Basically, this is how things go at home and in life. We have to digress from an attitude of searching for balance and instead become acquainted with the fine rhythms of our life.

To be honest, it's beautiful. Balance would be too boring and heaven forbids something throws it off that scale! An unbalanced scale can result in becoming filled with anxiety and potentially the early stages of depression. Parenting (through college) is a rhythmic groove. It's important that we begin to cultivate an attitude of being comfortable with a rhythm and not an ideology that a balanced scale will exist.

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# Module 4

## THERE'LL BE DAYS LIKE THIS MAMA SAID

### LESSON 2: RESORT TO RHYTHM CONT.

Trade those harps for drums or a couple EDM tracks because it is your new normal and it's perfectly OKAY! As moms (especially) we think balance is our golden ticket to parenting perfection. We are not perfect but we are caring, we are compassionate, we have fun, we cry, we are normal (sounds like a song you may know doesn't it?...see... RHYTHM).

I have gotten comfortable with this idea of a rhythm and I believe it has saved me from having many meltdowns and disappointments as a parent. So, grab the scale and sit it on the shelf, break out your stereo.

#### NOTES

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# LEAD BY EXAMPLE

Everyday is an adventure. Due to my family's dynamics, I am faced with a different situation daily. With this, there is no way I can be a perfect parent. I am sometimes late to school events, I can't make it to all PTO meetings and I wake up late. These are all the elements of imperfections. However, I am present. Although, I may be late, I may be the last parent to submit the field trip money (severe procrastination) I am present. I am a hands-on parent, and I believe in advocating for my children until they can adequately do it themselves (even then, I am sure to say something)! I work hard set my children up to succeed and be the best version of themselves. It's still a work in progress however, I am working towards it. I'm not perfect and I understand my rhythm, it works for us.

## APPLICATION

Figure out your rhythm. Think about what you do that make your children/family thrive and what you do that does not add as much value. Consider the things that you don't do well and conceptualize a way to make it better (outsource it to your mate who may be better at it than you). Those things that you are not good at make you normal! Nevertheless, it is up to you to fine tune those inabilities into abilities. **YOU GOT THIS!**

## NOTES

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# Module 5

## MAMA, IT MEANS PERSIST LET'S CHAT

This is the last module. I hope you feel confident and have a better idea of the changes that you can implement to make your motherhood journey more fulfilled to better connect and be intentional. If you still feel a little discouraged from the information shared. Take a deep breath and remember nothing happens overnight. Your journey is a progression over time and you are the remedy to this. You have the tools to make changes and you have the aptitude to make it happen. Keep working, keep striving. You have to persist!

To create change you have to be persistent. *“Fighting for the world we live in, the world we believe, isn't always easy. We won't win every battle. But persistence requires a willingness to put yourself on the line. (Senator Elizabeth Warren)”* Through time and effort you will notice that your work will pay off. Persistence is about making a conscious decision to take action continuously until you see results. You want better and now the opportunity and tools are in place for you to start the work.

### NOTES

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# Module 5

## MAMA, IT MEANS PERSIST: THE CONCLUSION

### BE LIMITLESS

Make yourself available to connect with your child(ren). When we come into adulthood and have children, we enter the parenthood club with some unresolved childhood issues from our past. These issues play a major role in how we parent our children and it is not always positive.

Remember when you are not available for your children you make them available for other people.

Your relationship with your children is important because it is the bedrock for their future. It is your relationship that gives them the power to believe in themselves and exercise the desire to succeed. Being available doesn't constitute being a parent that doesn't have a life outside of children. What it does entail is being present for them when they need you. Never be off limits, be committed to the relationship with your child(ren) because it is the glue that strengthens the relationship for a lifetime.

### NOTES

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# Module 5

## MAMA, IT MEANS PERSIST: THE CONCLUSION

### L I S T E N

*“if they do not invest enough of their time and commitment into pouring emotionally into their child, the child will struggle to learn how to regulate his emotions and interact with others appropriately. (Alexandra Murphy)”* Stay alert! When you are never off limits you are in a position to listen. The ability to listen, makes you present and serves as a safe haven for your children. Forbes.com shared 6 ways to be an effective leader and I think they can be applied to your parenting.

### NOTES

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# Module 5

## MAMA, IT MEANS PERSIST: THE CONCLUSION

### LISTEN (CONT)

1. Show you care - Show them through your actions that you have an interest in their concerns.
2. Engage Yourself - Join the conversation. When they are sharing feelings engage with them so that you can relate. This allows them to see you are transparent and are not apprehensive about a dialogue.
3. Be empathetic - This is another opportunity to share an experience that makes you reliable. Listen to what is being said and let them know that you understand. Say those words to them "I UNDERSTAND."
4. Don't judge others - Do not judge them, instead give constructive criticism followed suggestions on how to make a situation better.
5. Be expansively mindful - Understand how their non-verbals can speak. Acknowledge their position.
6. Don't Interrupt - Listen. They are trying to share a moment with you. Listen and be slow to speak. Allow what is being said to resonate with you and then proceed. Only interject if you need clarification. Listen.

(Forbes.com)

### NOTES

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# Module 5

## MAMA, IT MEANS PERSIST: THE CONCLUSION

### LISTEN (CONT 2)

Check in with your child(ren). When you check in you have the opportunity to listen. *“These days, kids too often fly under the radar. They may be depressed, anxious, angry, scared and they think you’re too busy to talk to them about it or not interested, so they don’t make an effort to tell you.”* Shares child psychiatrist Carole Liberman, M.D., Remember, just as you long to make a connection, so does your children. Children feed off our energy and sometimes that can drive their emotions. When you sit to listen to your child this is an opportunity to connect. Children love to have conversations with mama’s and although we are busy we have to make a conscious decision to listen to them. It is in these moments that synergy is birthed and we foster healthy dialogues with our children. These dialogues are the gatekeeper to our connections.

### NOTES

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# Module 5

## MAMA, IT MEANS PERSIST: THE CONCLUSION

### ... P E P T A L K

You are a warrior girl! You recognized there was an area in your life that you wanted to improve and you downloaded this handbook (You are a bad mama!). You understood that you have so much to offer. Additionally, you had the willpower to get to this point and add value to your parenting journey. Mother to mother, it's not an easy job right? Luckily, we can ease some of our stress by implementing change. Your journey is yours ultimately. You deserve to do your due diligence to make it fulfilling for you. I wholeheartedly believe in you and I KNOW you are a great woman. Congratulations and I hope you have found this experience to be rewarding. *"...the fact is, motherhood is what matters, and I'm so deeply grateful that I've been given the chance and privilege to experience it. (Maria Shriver)."*

### NOTES

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*You did it,  
now go get  
it!*

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*“BEING A MOTHER IS AN  
ATTITUDE, NOT A  
BIOLOGICAL  
RELATION.”  
— ROBERT A.  
HEINLEIN, HAVE SPACE  
SUIT—WILL TRAVEL*

*“IN A CHILD'S EYES, A  
MOTHER IS A GODDESS. SHE  
CAN BE GLORIOUS OR  
TERRIBLE, BENEVOLENT OR  
FILLED WITH WRATH, BUT  
SHE COMMANDS LOVE  
EITHER WAY. I AM  
CONVINCED THAT THIS IS  
THE GREATEST POWER IN  
THE UNIVERSE.”  
— N.K. JEMISIN, THE  
HUNDRED THOUSAND  
KINGDOMS*

## *LET'S GET SOCIAL*

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