



Embracing Maternity Leave

M.W. Story 13

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Mackenzie Stodola



*New mama to Penny
(12 weeks old!) and
Chiropractor at The
Carlson Clinic*

After watching the latest Mama Wins video, I tried to think of something I'd consider a "win" when I was feeling so defeated. I feel like I spend so much of my day wondering if I'm doing it "right" and comparing myself to other moms. I hear stories and see moms with their babies and kids doing things that to me sound sooo impossible. Sometimes just leaving the house with a fussy baby seems impossible after little sleep, clothes that don't fit, and hair I haven't washed in days. BUT amidst all the worry, I found something I considered a "win": I decided that I needed to *think* about my time with my baby differently. I am on Maternity Leave....not "cook and clean the house leave", not "move into a new house and decorate every room leave", not "online shopping leave"....

So, if my baby won't nap unless I hold her, if she only wants to be with me and snuggle all day long, if she cries the second I put her down, if she wants to nurse constantly day and night.... That is OKAY. Maternity leave is the time I've chosen to take to spend as much time with my baby as possible, to solidify a bond that will last our lifetimes, to establish breast feeding, to become an entirely different and new "Me." I shouldn't be down on myself for spending my time caring for my child. Sure, I can get small things done here and there, but caring for her sometimes consumes almost every minute of my day, and for now that is okay. I know she will get bigger and need me less and less, so on the days she needs me the most I will embrace them. :)