

# Hi Mama,

First and foremost: welcome to this challenging but wonderful experience that motherhood is. How are you doing? No, really, how are you doing? I am asking because we often forget to check the mamas' emotional, mental, and physical well-being.

I am a first-time mom of twin boys. They are now a year and a half, little angels full of ENERGY. I have honestly never envisioned being a mother. Do not get me wrong, I love children, but it was never a part of my plans.

The day I found out I was pregnant, my feelings were battling between anxiety, stress, and a sort of excitement that I would eventually leave a part of me in this world. Once I heard I was expecting twins, I completely shut down for a few good hours. Twins as two little humans growing inside me? Was it a mistake from the doctor, or maybe she didn't see properly? Was it a joke? A way for God to tell me that I have been so against motherhood that it was time to actually experience it? Multitudes of questions and scenarios stormed in my head, I couldn't even hear my own thoughts.

I never thought that I had the ability to raise a child in today's society. It is scary, it is arduous, it is a part of womanhood that doesn't come with instruction, but it's also a joy, a pure pride. You ask yourself - at least I sure did - what kind of mother will I be? Will I give them the love, the care, the attention that a child need in order to grow his character? Will I raise them with values, principles, and Faith? Will I be able to give them the necessary tools to survive in this world without me holding their hands while being by their side? Will I be able to protect them and ensure their safety? Questions come from your own life experience, from your childhood, and from witnessing other mothers going through it.



To this day, I still recall the uncertainty as “Will I be what we would say a good mother.” I sure questioned my aptness to give them the life that I once, as a child, dreamed of. Sometimes, I still do. Nothing comes with ease, you are not prepared - no matter how much you believe you are - to face every challenge that comes your way. However, I quickly realized that this brainstorm came from the unknown, the fear of failure as a first-time mom. Although, I would say that at no point you should belittle your potential, do not compare yourself to other mothers, and do not let society (or others) shape your experience. You are what your child needs, you are what your child wants.

When motherhood was impromptu, God blessed me with two incredible, amazing human beings. They brought emotions, patience, unconditional love, and selflessness that I never once thought I craved. So Mama, on this special day, I want to celebrate you, you are amazing, you are incredible, and you are doing a fantastic job - yes, yes, a JOB, a 24/7 commitment, a lifetime venture. Believe in yourself, the light in your little one's eyes, and the smile on his/her face will ensure you are exceptional. You are genuinely loved and appreciated.

Happy Mother's Day to you.

  
*Julienne*

