

# Dear Mama,

Hey Mama!!! Wherever you are in your journey in motherhood, I know it is no joke!! I found that being ok with not having to have everything together is something that I found liberating as a new mom.

Often times as black mothers, we can be so hard on ourselves and feel like we have to carry the world. It took me a while to feel like I was enough and to ASK FOR HELP! Whether it was something as simple as asking for help with household chores or starting therapy.

I felt ashamed while I was dealing with postpartum depression. MOTHERHOOD is a hard job. It is a job that never ends, but it is important to be patient with yourself!

YOU ARE ENOUGH, MAMA! The saying "It takes a village to raise a child" is a lifestyle!! You got this, MAMA, and it is ok if some days you feel like you don't.

  
Kia

