

Hey Mama!

Girl, there is no blueprint for mothering. Trust, I've scoured the social media streets and came up empty-handed. I always thought I'd be a mother and hoped I knew what to do based on what I learned from my own. I planned to capture all of the best things about my childhood, including the made-up games and opportunities to be creative and teach about Blackness at every step and turn of my kid's life. See, I lost my biological mother, my Umi/Mommy, at a young age due to illness, but she always seemed so lovely and strong, so patient and so calm, while handling her frustration so well. As I got older, I gained an additional Mama in my foster mom, and she is fun and resourceful but deals that tough love and is less affectionate. Two different styles and I still thought I knew.

The absence of my Umi has encouraged me to create experiences, prepare wealth for when I leave this life, and savor every moment with my child while shooting for a sometimes unrealistic goal of perfection because I didn't notice the tears that came from parenting alone. My relationship with my Mama has allowed me to get through the days that aren't "ok" that can be soothed with a warm plate of food, laughter, and a baby-Mema sleepover. Both absence and unfamiliarity guided me in this journey and led me to realize I've already got what I needed from them. Mama, whether you are or were close with your mother, don't know her, or are taking a break from that relationship, you have picked up the tools you need from her/them already. Lean into what comforts you and what comforted you as a child. It's ok to reflect on what you feel you missed or didn't like and avoid those things for your child(ren)'s experience.

Be the mother you need and needed growing up by showing up for yourself and doing what's in your power to guide and support your child(ren) the way they need to be, individually. There's no perfect, Mom, and that's why there's no blueprint. There is you at your best, and you showing up for yourself when things are hard, that's the Mama your littles need. Thank your mother for the foundation and give yourself permission to mother the way your children need and that you're capable of.

You've got this,


Rabiyah

