

Perfect Postpartum Plan

Last time I e-mailed I had just found out I was expecting our second child after having gone through PPD with my darling son, and was terrified. You offered some help and for that I am grateful.

The pregnancy went very well, although I was not happy to be an expectant mother again, and felt guilty for feeling so. We hadn't planned to have any more children, actually we had just finished telling our family and friends that we were going to be a one child family, God had other ideas. During my pregnancy I knew that I needed to take some steps to help myself for when the baby came into our lives. I knew I needed a support network, and having just moved to a new area 6 months earlier, I knew that was not in place. Instead of being defeated I took action and started up a Mom's group, called Mom's Morning with the pastor's wife (who was also pregnant at the time). We started up April 2009, and had a few women come out each week. I wasn't sure what shape it would take at first or even if it would succeed, but it felt empowering and reassuring that I could take this step to help myself. We took a break for the summer with plans to start again in September.

My darling daughter was born by planned c-section on August 17th, 2009. We had very scary moments. I started to bleed out afterwards and the staff were a bit concerned. My daughter's blood oxygen levels dropped dangerously after birth, but we are fighters and thanks to some very attentive nurses we pulled through just fine. We stayed with my parents for two weeks after that, which was amazing as it made a world of difference. Help with everything.

When I got home I resumed Mom's Morning with my friend and fellow mom and I am glad to say that an idea that started with two Moms has grown to a group of six regulars and growing! Lately, we have been having new Moms and it is wonderful. Mostly we just sit and chat and eat (:)) But we also vent, like you can only vent with other Moms. And the friendships that I have gained I would not trade for anything in the world.

So thank you all. Thank you for your words, for your support, and for making me realize that I have a voice. All the ladies know that I have gone through PPD, and even though it is not a group for that specifically, I have had real discussions with some of the ladies about what I went through and the healing and relief when I finally got it into my head that it wasn't my fault, that I AM a good Mom, and that other Moms were dealing with similar feelings and I wasn't alone.

Thank you for inspiring, and helping me.