

Parent's Perspective

Becoming Mother: A Joyful Journey

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They say every woman is born twice. Once when she comes out of her mother's womb and again when a new life comes out of her's. Obviously none of us really know what it must have been like to take birth but I'm sure every mother has a clear picture of what it felt like to be assigned with responsibility for a new living creature.

Somehow I was never hit by 'Postpartum', maybe because it was after two failed pregnancies that I actually got to hold Aryan, my elder one in my arms. Yes, I had two miscarriages and sadly each time my fetus couldn't survive for more than two months and ten days. We all were overwhelmed at the first sight of our first child. I still can't forget the priceless expression of my husband holding our child in his arms, his eyes wet with tears of joy, surprise and gratitude, all emotions mixed, confused as to what to actually feel.

From never ending domestic chores, hormonal imbalances, sleepless nights, health issues to anxiety attacks. I had it all. My journey was no different from any other mother of a 6 - 8-month-old infant. It felt as if I was always racing against time. Trying to manage everything all at once. But I think that one thing that came across as the most complicated task is trying to figure out why your baby is crying. I'm sure every parent would agree to this. Each time I was waiting for my infant my stress knew no boundaries: my blood pressure rose and so did my voice. And more so if tears didn't come rolling down those little eyes out of hunger. The tranquility of the house after all is directly proportional to the well-being of the new member.

I sometimes wish they had Youtube and other such entertaining apps back in those



times. Where the kids get to learn through visuals and sounds keeping them involved and occupied. I realize the convenience of feeding a toddler when he/she is busy watching his/her favorite cartoon, poem or song. For me it was no less than running a marathon, trying to feed every morsel in Aryan's mouth whilst he would be on a tour of our home which comprised of 6 rooms, 2 living rooms, a huge garden and a backyard. Thanks to this drill I could shed those 18 kilos that I had gained during pregnancy, in spite of my C-section.

Amidst the joy of raising my little one who was by now 19 months old, came a shock. I call it a shock because then an unplanned pregnancy came like a blow. It was unplanned because not only did we not want a second child so soon, but also because I wasn't physically or biologically fit for this. Owing to my miscarriages which I had mentioned earlier it was mandatory for me to deal with my inefficiency to carry. According to my doctor, the deficiency of Zinc and Folic Acid is

a hinderance to the development and growth of the fetus leading to abortion. So I was advised to plan a kid only after undergoing a treatment for three months which included supplements like Folet and Zincovit. And since I had no plan for another child so soon, I didn't prepare myself medically.

I still remember rushing to my Gynac early in the morning with the pregnancy test tool that indicated a positive result. We went to the extent of suggesting a termination of pregnancy because none of us wanted to feel dis-heartened and miserable again in case the fetus is unable to make it to upto the entire term of 9 months. But our doctor, my angel in disguise, with a sweet smile that she never forgets to adorn in her calm and assertive voice said, "let's take a chance". That's it. All my doubts, insecurities, confusion, worries and anxiety vanished into thin air with this one simple but much needed advice. Yes, we took that chance and named the baby Arav after birth.

Arav means peace but for a hyperactive child this name was a complete antonym. And so, whenever anyone asked us as to why we name him that we would suggest that we knew he would need peace and hence the name.

By now I had two boys with an age gap of only 2 years and 5 months. The first one was well behaved, cooperative and mature for his age so I thought that if I can manage to raise one child so well I might as well raise two. But Nah! Arav was the exact opposite of his older sibling. He was a diametrically opposite; a cute little monster. He was so mischievous that I had to put Aryan to a play school at the age of merely two and half years. Everyday was a new challenge with Arav. As far as the other family members are concerned everyone was already preoccupied with Aryan growing up, which was very fulfilling for them. I am happy to say that everyone in the family had spent so much of love and affection on the elder one that my younger one had only mumma and papa for him. But that didn't make him any less special. I made it a point that he gets more attention from us.

I am lucky to have kids with such an amazing bond since they first laid eyes on each other.

Literally, I mean a boy who's just 2 and a half never objected or complained of having to share his mother's love, care and affection with his younger brother. In fact he always looked for ways to help me out with Arav. I think this is what makes him a super brother. And so, as a teenager too his younger sibling is all hearts for him. I pray their bond remains the same all life long. I say this because while Aryan is sweet, tactful, mature, well-spoken, obedient, understanding and adaptable, he fails to be determined and decisive. And Arav on the other hand is very motivated, quick learner, focused, responsible, witty and hardworking, he's immature and non-cooperative .

I tell them that they are like pieces of a puzzle, completely incomplete without each other and will make sense only if they are together. Therefore, this is the reason why I feel they can work wonders together.

A lot goes into how you want your kids to feel about each other. It's important to create a good rapport with your children and it's equally important to monitor the kind of relationship they have with each other. We all know what impact childhood experiences have on our minds. So it's very essential that our kids share a good, strong and positive vibe with each other. I don't remember gifting any of them on their birthdays without doing something similar or good enough for the other. We make it a point that no matter who's birthday it is we give presents to both. We never shop for just one, we buy stuff for the two of them together. We as parents leave no room for any kind of jealousy or negativity.

Besides I think for any relation to work well, equality is a necessary factor. This is why I never taught Arav, the smallest one to address Aryan as 'Bhaiya'. I want them to treat each other as equals. I am so glad that they are more of friends than brothers. Whenever there is a disagreement in the family it is always them versus 'me' or them versus 'us'.