

# A GIRLFRIEND'S GUIDE TO MOTHERHOOD

DOWN TO EARTH MIX OF ADVICE,  
AFFIRMATIONS AND JUST PLAN  
TRUTH FOR ANY STAGE OF  
MOTHERHOOD

BY

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AUTHOR | BLOGGER  
MOTHER OF FOUR



# LEGAL STUFF

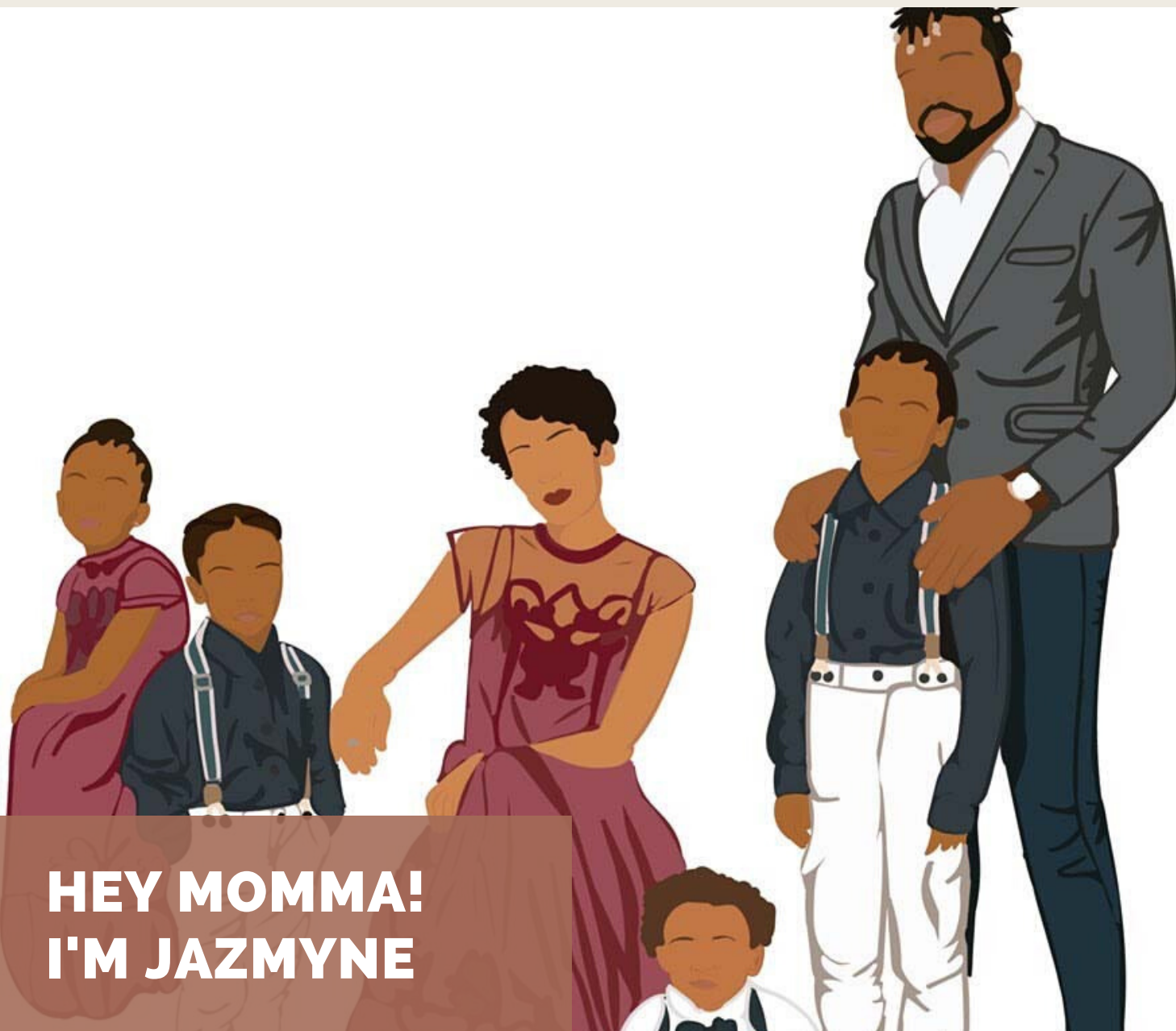
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**AUTHOR | BLOGGER | MOTHER OF FOUR**



## HEY MOMMA! I'M JAZMYNE

*"Being a mother is hard. No one is negating that. Trying to be what society views as the perfect mother is just impossible."*

*- Jazmyne Futrell*

Raised in Indiana my whole life, about 4 years ago I moved my entire family across the country to California. Moving meant losing that security of having family nearby we had grown used to, but it also turned out to be a blessing in disguise. While it was one of the scariest and most difficult decisions I've ever made, it has allowed me to finally become the mother I had always dreamed about.

No longer did I have family and friends giving me *loving advice*. The days of grandmothers, sisters, cousins and the likes dropping by to dump their "you should do that" "why isn't he doing this" and overwhelming negativity just to get up and leaving were finally over. This allowed me the chance to stop letting others dictate my motherhood and finally see how great motherhood could be. It was definitely a learning experience, almost like starting over, but one I wouldn't change.

This book is meant to encourage any moms who may feel the same as I did. Know you are not alone, and you can own your motherhood.



# LET'S GET INTO IT

05

## **WE ARE NOT LETTING OTHERS DICTATE OUR MOTHERHOOD**

Friends, family, society, everyone has an opinion. Well we are not letting anyone tell us how to mother our children.

09

## **WE ARE OWNING OUR MOTHERHOOD**

Time to stop surviving motherhood and start mothering intentionally.

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## **WE ARE PUTTING OURSELVES FIRST**

Self care, me time, whatever you want to call it, put yourself first. Period.

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Stop with the mom guilt and mom shaming. You're doing an amazing job, speak that.

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## **RANDOM ADVICE**

Completely random things I've learned that I wanted to share.



“

**I JUST THINK, AS  
WOMEN, WE HAVE TO  
GIVE OURSELVES ROOM  
TO BE INDIVIDUALS. SO  
WHEN A WOMAN MAKES A  
DECISION FOR HERSELF,  
WE AS WOMEN  
SHOULDN'T SET THOSE  
HARDCORE BOUNDARIES  
FOR ANOTHER WOMAN.  
JUST LIKE WE DON'T  
WANT MEN SETTING  
HARDCORE BOUNDARIES  
FOR US.**

**Jada Pinkett Smith**



# 01

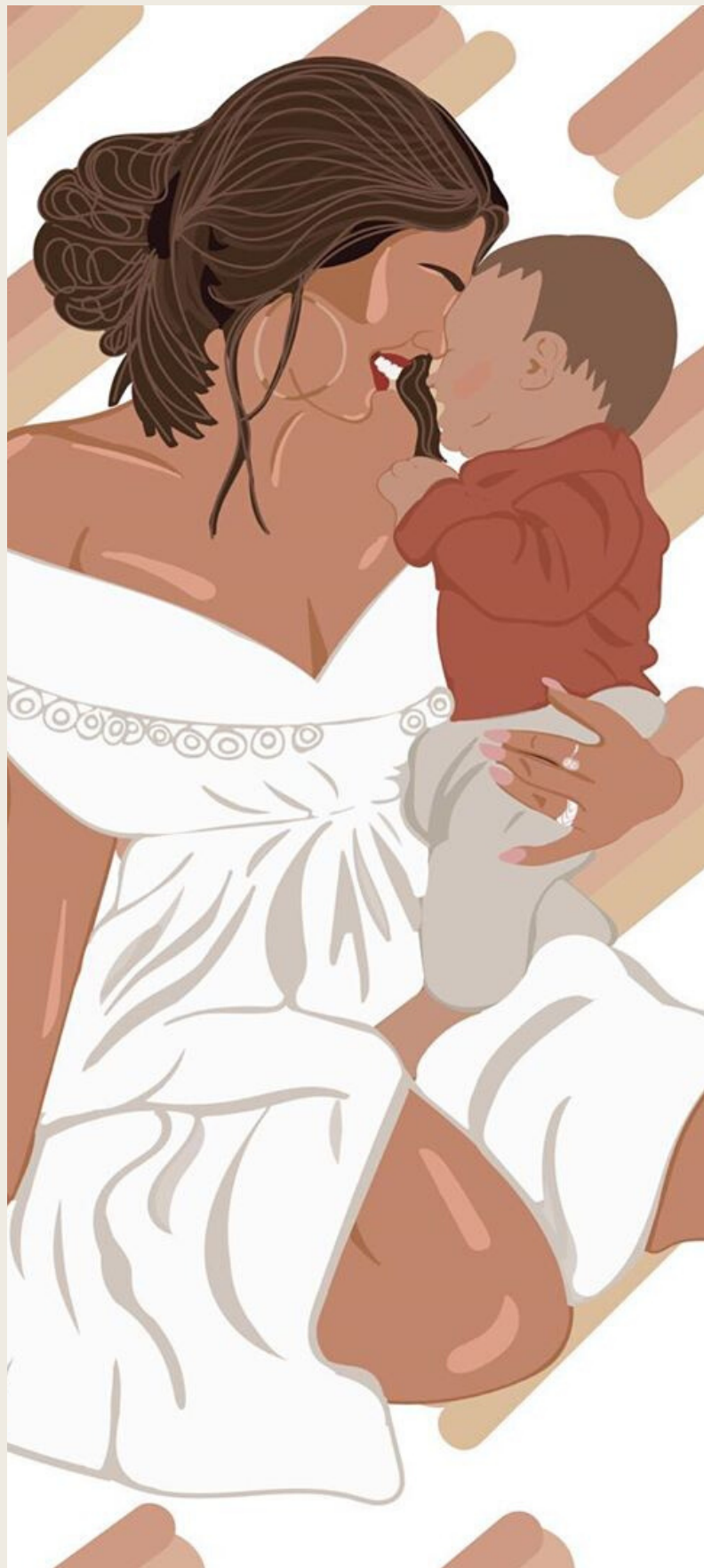
“My child is healthy. My child is fed. F\*ck what anyone else has to say about how I choose to feed my baby.”

It is so important as a mother to get a firm grasp on this sooner than later. There will be so many “you shoulda” and “why didn’t you” that you’ll be second guessing your motherhood before it’s even started.

Forget the whole “Breast is best.” If you choose to breastfeed great. If formula is more your style, do that! Who cares... Seriously, is your baby hungry? No? Then you're doing a damn good job.

Truth be told, I breastfed all four of my children and there were plenty of nights I wish I had formula fed. Both choices come with their pros and cons. And if you focus on what could of been, you'll never be confident enough to own your motherhood.

So focus on the positive and block out the negative. Just tell everyone, “My child is healthy and fed.” End of story.



## THE SAME GOES FOR MAKING DECISIONS ABOUT YOUR CHILD. USE YOUR GUT, MOM'S INTUITION OR WHATEVER YOU WANT TO CALL IT

*No one knows your child better than you. Not your mother, your auntie, grandmother and not even the doctors.*

This is not to say don't ask them for advice or listen to them if they are giving helpful information. However, as the mother you will always know what's best. Even if this is your first child, and you're learning as you go. Trust your instincts.

I had one time when I thought my daughter was acting weird. Everyone else kept telling me she was fine and I was overreacting, even my husband. I took her to the doctor anyway and it turned out she had Nursemaid's elbow. It had happened the night before when her older brother tried to "help" her get on his bed. Luckily for us it was a simple solution. But had I not trusted my gut who knows how long that could've went on and my baby girl in pain.

“We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty.”  
– Maya Angelou

”

It's situations like these that have only reinforced me trusting myself as a mother even more. Sure I don't know everything, and there have been plenty of times I've been wrong. But I'd much rather have peace of mind knowing I went and got it checked, or what have you, versus living with the what if's.

So trust yourself, mamma. If it doesn't feel right go see a doctor. Shoot, getting a second opinion isn't a bad idea if need be either.



It's also important you apply this advice to strangers. Unsolicited advice is bad enough, but it's even worse from a complete stranger. Do not be afraid to set the record straight. It's your child and your responsibility, if you were looking for help I'm sure you would have put an ad on Indeed.

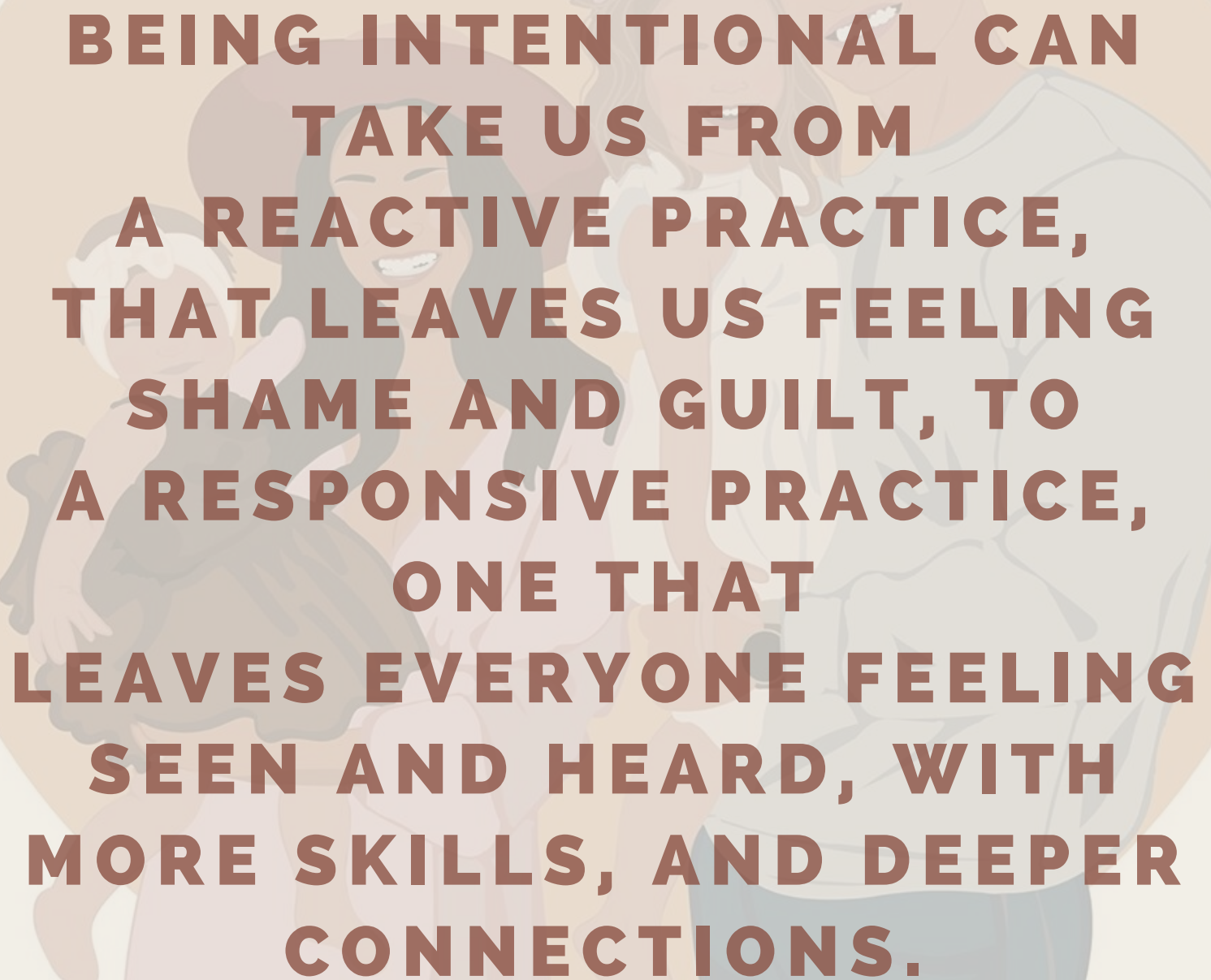
Having someone you don't know try and tell you how to care for your child, or make you feel bad for making a decision when it comes to the care of your child is a no no. However you'd be surprised how many people think it's their place to "correct" a mother. There will come a time when a decision comes under scrutiny from a stranger and knowing you're doing the best you can and you've made the best possible decision for your family will help you. Now I am not promising it won't keep you from wanting to rip that person's head off, because that's another story.

### **ALL MOMS HAVE GREAT DAYS. JUST LIKE ALL MOMS HAVE BAD ONES.**

Just as we are not letting family members, doctors, or strangers make us feel bad about our motherhood, we for sure are not going to let social media do that either. Don't compare yourself to what you see on Instagram, Facebook or any other social site. While there are so many moms who show the real side of motherhood, unfortunately these moms are often outnumbered by those who post pretty UNREAL images just for likes and comments. So never look at another mother and say to yourself, I wish I was her. Or I wish I could mother like her. You never really know what she's going through or hiding, for that matter. Whether you have a supermom day or just a regular ol' mom day, they all make you an amazing mother, perfect for your family.

**The perfect mom doesn't exist. Period. Do what works for your family and be who your family needs. Everything else is out the window.**





**BEING INTENTIONAL CAN  
TAKE US FROM  
A REACTIVE PRACTICE,  
THAT LEAVES US FEELING  
SHAME AND GUILT, TO  
A RESPONSIVE PRACTICE,  
ONE THAT  
LEAVES EVERYONE FEELING  
SEEN AND HEARD, WITH  
MORE SKILLS, AND DEEPER  
CONNECTIONS.**

# 02

## STOP TRYING TO SURVIVE MOTHERHOOD

YES MOTHERHOOD IS HARD. THERE IS ABSOLUTELY NO DENYING THAT.

*However at some point you have to become intentional on what your goals are and the type of mother you want to be.*

There will be a lot of people who say “oh you’re in survival mode” when it comes to certain motherhood journeys. And while I understand the sentiment, it’s about you and your determination. It is tiresome, hell yes. Does it suck some days? You can bet your left breast it does. But regardless, if you take the time to become intentional and plan your days out you can be much more successful.

The newborn stage is probably the hardest part of motherhood. Teething, breastfeeding, tantrums, and literally everything else do not trump the newborn stage. But there are ways to not be a walking zombie the entire time. Owning your motherhood means setting yourself up to succeed. Taking the extra few moments to complete certain tasks versus leaving them for another time.

Examples include making formula in a pitcher for night time feedings in advance, that way it only has to be warmed when baby wakes. Or setting up diapers, wipes, etc in literally every room in your house so no matter the time you are always ready. And one of my favs, keeping your gas tank on full so any mid night run (for formula, diapers or just to get baby to sleep), can happen with ease.

This all starts with being realistic. No you may not be able to take care of your child, keep a clean house, cook dinner, and keep yourself looking amazing for your partner and that's completely okay. It's called lowering your expectations, and another part of being intentional.

While being intentional absolutely means having a plan and implementing steps to achieve said plan. It does not mean setting these outrageous expectations for yourself only to shame yourself later. DON'T DO IT. Have S.M.A.R.T. goals momma. Even in motherhood this little tip from high school applies. Its probably one of the only things I've ever used.

## IT'S EVEN BETTER TO BE ABLE TO ADJUST AND ROLL WITH THE PUNCHES WHEN NECESSARY.

*Having expectations and planning out your day are the first steps to owning motherhood, however being flexible and okay with change is also very necessary.*

Children are unpredictable, period. There's nothing anyone can do about it. So yes, plan your day, but have reasonable expectations with said plans. Or be like me and have no expectations at all.

No, I'm only kidding. Have expectations, but realistic ones. These will adjust over time. You'll learn your limits and baby's as well, more and more as you go and be better able to predict how the day will go. For example I used to try and give myself 5-7 things a day to accomplish. I had sincerely lost my mind, lol. Now I give myself 5-7 things to accomplish in the week. I had to lower my expectations for myself and my children and ultimately prioritize my goals. Life goals, family goals and motherhood goals. Most important gets done first and it goes from there.

And this is where I suggest you find your vice. Wine, coffee, Netflix and chill, or even my personal fave scrolling Instagram. Find out what makes you calm. What helps you to decompress and tap into it. These early days of planning out your day and figuring out your limits will be exhausting so having something now, will come in handy later.



**“WE NEED TO DO A  
BETTER JOB OF  
PUTTING  
OURSELVES HIGHER  
ON OUR OWN ‘TO  
DO’ LIST.”**

**- MICHELLE OBAMA**

# 03 TAKE CARE OF YOURSELF TO TAKE BETTER CARE OF BABY



*Motherhood does not have to define you. While is it perfectly okay if you are more than happy being a mommy, if you feel it has taken over, know you are not alone. And being a mommy does not have to be all you are.*

Mom is just a title. One of many that you have. Becoming a mother does not have to mean losing yourself. Who you were before mommyhood is still there. Find her.

Motherhood can easily become all encompassing. You'll wake up one day and not recognize the woman in the mirror. Able to recite each and every member of your household's favorite dinner / past time but yours. Take it from someone who suffered for 7 years in this state. Don't let that happen.

Find your purpose. Find what makes you happy and run after it. Chase it like you chased your toddler when they put that food from two days ago in their mouth they randomly found on the ground this morning. And don't give up, even when life chomps it's front teeth down on your fingers.



## A PART OF FINDING YOURSELF WILL INVOLVE LEAVING YOUR CHILD WITH SOME YOU TRUST

*I know mamma, I know. I was on my third child before any of them ever stayed at their grandmother's house without me being there. So I get it.*

But what I had to learn, the hard way in fact, was to let go. While someone else may not take care of your child how you would, if you can trust them not to harm your child in any way, let them keep the baby.

This goes for your partner as well. I struggled so hard with leaving my first born with my husband. Not that I didn't trust him to keep him safe, I was just always worried about how he would care for him. Would he feed him a healthy meal? Would he make sure he went to bed on time? The worries were endless. And eventually I had to learn I can't control him, or anyone else for that matter. As long as my child was well taken care of I need not try to control exactly how that happened. My mental health and who I was needed to become my priority.

“The time you take away from obligations, parties, and even the people you love in order to soothe your own soul doesn't require an apology.  
– Jennifer Williamson”

Make putting yourself first the priority. It may seem crazy, especially with how society likes to depict "the perfect mom" as someone who answers to her child's every beck and call. But that just isn't realistic. And in my personal opinion, is why postpartum depression is so high among new mothers.

It's important that you remember you can't be a good mom when you are mentally running on empty. So take that break. Let your mom keep the baby and go to Target. Target fixes all things.

## TAKE THE TIME YOU NEED, EVEN IF THAT MEANS MAKING THE CLOSET YOUR NEW BEST FRIEND.

*You can read that one cross eyed if you want to, but I routinely hide from my children in the closet. I have a few mom friends who hide in their pantries or even cars.*

Look, I remember being 6 months pregnant with my youngest mapping out my own suicide for the fifth time that day. I had worked out any kinks that may have left my other kids in some sort of danger and was ready to go. Now I'm not saying this to scare you. I am saying it to drill into your mind how important "me time" really is.

I felt lost. Alone, and completely unworthy of the life I was living. I couldn't tell you when the last time I had done anything remotely nice for myself, or without changing my mind and deciding my kids needed something else more. I tried to be that mom. The mom who only ever thought of her kids, who devoted her whole being to making sure they were happy, and still at every turn I felt like a failure. Humans aren't made to live that way. We have wants, desires, and needs of our own. Take the time momma, even if it just means hiding in the closet for 5 minutes a day.

And while you are taking this time, if these just get too overwhelming, or those few moments in the closet just don't seem to do it anymore, ask for help. Don't be too prideful to tell someone you're in over your head. Like my father still says to this day, a closed mouth don't get fed.

So don't be afraid to ask for help from anyone. Your partner, mother, grandmother, whoever. It takes a village, but you have to call them first. And don't be afraid to set boundaries with your children too. If you need baby girl to stop climbing on you for a minute, say so. If you don't want to answer your son's thousandth question, tell him to put it on ice for later.

Be okay with setting boundaries. Giving your kids set lines they can and cannot cross sets them up for success later in life. Plus the earlier you set boundaries the easier it will be. Be mindful that in the beginning it will be hard for your child and you. This is new territory. Mommy is usually accessible every hour of every day and now that's changed. Give them time to adjust and give yourself grace in the process.

**“I see you there mama, trying your best. I see you showing up each day, even though you feel exhausted. I see you making tough choices for your family even when you’re not sure if they are right. I see you working tirelessly, even when it seems never ending. I see you doing an amazing job, even though you doubt yourself. I see you mama, and you are more than enough.”**

# YOU'RE A DAMN GOOD MOTHER, OWN IT GIRL!

There's no manual or how to book and yet you show up and give your all every hour of every day. That's amazing and deserves to be celebrated! If for any reason, you ever feel otherwise here are some affirmations to get you back together.

- 01**      **YOU ARE A ROCK STAR MOTHER! YOU'RE KILLING IT.**
- 02**      **YOU ARE ENOUGH. YOU ARE EVERYTHING YOUR FAMILY NEEDS. YOU'RE THE BEST MOTHER FOR THEM. YOU ARE THEIR SAFE SPACE AND THEY DEEPLY APPRECIATE YOU.**
- 03**      **GIVE YOURSELF GRACE. YOU'LL MAKE MISTAKES. WE ALL DO. MORE OFTEN THEN I'D CARE TO ADMIT WITH FOUR KIDS. BUT LOOK, STUFF HAPPENS. DEAL WITH IT THEN MOVE ON. DON'T DWELL. YOU'RE AN AMAZING MOMMA WITH A CHANCE TO START FRESH TOMORROW NEVER LET THE PAST RUIN YOUR FUTURE.**



## **YOUR BODY IS AMAZING!**

- 04** YOUR BODY IS FIRE. FLAUNT IT. END OF DISCUSSION.
- 05** REMEMBER WHO YOU WERE BEFORE BECOMING MOMMY. SHE IS STILL THERE. LOVE HER. NURTURE HER AND MOST IMPORTANTLY DO NOT FORGET HER.
- 06** YOU'VE CARRIED A CHILD WITH YOUR BODY. YOU'VE SLEPT WITH THEM ON YOUR CHEST. KISSED TOES AND WIPE AWAY TEARS. WHEN YOU LOOK IN THE MIRROR, SEE A SUPER WOMAN WITH AN AMAZING BODY THAT'S DONE AMAZING THINGS.

## **YOU GOT THIS MOMMA!**

- 07** IF YOU'RE WORRIED ABOUT BEING A GOOD MOTHER, IT MEANS YOU ALREADY ARE ONE
- 08** YOU CAN BE A DOPE MOM AND WORK TO BECOME AN EVEN BETTER ONE. BEING ABLE TO ANALYZE YOURSELF AND MAKE CORRECTIONS WHEN NEEDED IS AMAZING. ACTING ON THOSE CHANGES IS EVEN BETTER. AND YOU CAN DO ALL OF THIS AND STILL HAVE BEEN AN AMAZING MOTHER BEFORE.
- 09** TODAY MAY HAVE BEEN A HARD DAY. IT'S EXHAUSTING. SUPER FRUSTRATING READY TO THROW IN THE TOWEL KINDA DAY. BUT MOMMA YOU GOT THIS! YOU ARE AMAZING AND MOTHERHOOD, THOUGH CRAZY HARD, HAS NEVER SEEN SUCH A GREAT MOMMA. TOMORROW'S ALWAYS A FRESH START.
- 10** FIND PEACE IN BEING GOOD ENOUGH BECAUSE PERFECTION IS IMPOSSIBLE.

I LOVE MYSELF  
ALWAYS, ALL  
WAYS.

I DON'T HAVE TO BE  
ANYONE BUT  
MYSELF. WHO I AM  
IS ENOUGH.

I AM WORTHY OF  
LOVE. THERE IS  
NOTHING THAT  
CAN CHANGE THAT.  
I WAS BORN  
WORTHY.



I CELEBRATE MY  
VICTORIES AND  
EMBRACE MY  
FAILURES AS  
OPPORTUNITIES TO  
LEARN AND GROW.

I EMBRACE CHANGE  
AND  
ACKNOWLEDGE IT  
AS A GIFT.

I AM THE AUTHOR  
OF MY STORY.



# SUPER RANDOM ADVICE I WISH I KNEW SOONER



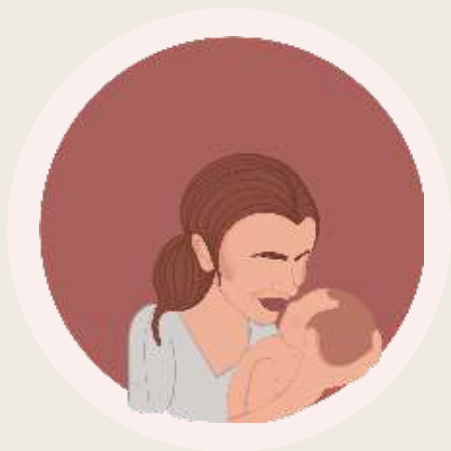
## STAY AWAY FROM HOOP EARRINGS.

This is more for your safety than anything else. If you love your ears do yourself a favor; either go bare or invest in studs until your child reaches a minimum of 2 years old.



## BUY GENERIC ITEMS WHEN POSSIBLE

No reason to spend an arm and a leg on something your child may use once. No reason. The 4 moms swing might get one use. The Boon highchair may get 3 months. Not worth it.



## YOUR PARTNER BECOMES YOUR OTHER CHILD.

I mean no disrespect. But girl, I don't care how many children you have. Or how old you are when you have them. Your significant other will be yet another person you have to take care of.



## THERE'S NOTHING WRONG WITH GARAGE SALES AND HAND ME DOWNS.

As rough, messy and down right careless children can be, save your money. Get as much free or discounted stuff as you can. Even a good consignment store would be better than buying new.



## MEET THE ILLUSTRATOR

Hey!

My name is Emily Urbanski. I am a self taught graphic illustrator from Winnipeg, MB Canada., I started this journey in hopes that my creations would empower and inspire women all over the world.

My work has been featured for amazing brands like 'The Mom Culture' but the most amazing is seeing my illustrations hanging on the walls of families. Capturing moments for them in a creative way that will live on for generations to come.

*Hey Momma,*

*If you loved the amazing images throughout this book, drop Emily a line on social!*

*She is having a special for anyone who mentions this book. Get 30% off any illustration with the mention of this ad.*

*Find her on Instagram [@emilynadia](https://www.instagram.com/emilynadia) or email [emilynadia@icloud.com](mailto:emilynadia@icloud.com)*





## THANK YOU!

*I can not put into words what your support means to me. I am grateful for your trust and taking time out to read my e-book. I know you could have gone to Pinterest, or asked a friend for advice but my hopes are that is book this unlike any other advice you've ever gotten. It's filled with things it took me years and multiple children to learn. I pray that if you are here, your confidence in being a mother has soared. That my real life stories and examples give you the fuel you need to own your motherhood and be the amazing mother you want to be!*

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