

Meeting Other New Moms: The Importance of Connection

Whether you plan to be a work-outside-the-home mom or a stay-at-home mom or a work-at-home mom or some variation of these, you're going to need a connection with other new mothers. One of the most important ways you can take care of your baby, is to take care of your baby's mother. Having a friend or even an acquaintance with whom you can share the day-to-day struggles and joys of parenting makes the hard work of mothering a little bit easier. Even an honest and open on-line relationship can go a long way toward reminding you that mothering is hard for everyone, even on the best of days, and that you are doing a good job. I have found, in every stage of my mothering so far, that if I just open up and admit that I'm struggling in a specific area, someone else in any group will confess their own struggle. These little confessions open the door for real discussion, validation of our mothering (and ourselves) and, sometimes, some kind of solution or resolution of the challenge.

Some ideas for meeting other moms and getting plugged-in:

Attachment Parenting International - www.attachmentparenting.org

From the website: A nonprofit organization with a mission to educate and support all parents in raising secure, joyful and empathic children in order to strengthen families and create a more compassionate world.

BIRTH (Bringing Information & Resources To Houston) – www.houbirth.org

Click on the calendar to get a listing of what's happening around town.

Houston Baby Wearers – <http://houstonbabywearers.org/index.html>

From the website: Houston Baby Wearers is dedicated to helping parents and caregivers learn how to use baby carriers safely and comfortably. At any of our meetings in and around the Houston area, you can pick up the basics of using cloth carriers, try on different kinds of carriers, learn to use the baby carrier(s) you already have, and make life-long friends.

- Meetings all around town

La Leche League International – www.llli.org

From the website: Our Mission is to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

- I actually think it's a good idea to attend a meeting before your baby is born, get a chance to see a good latch up close and meet other new moms, as well as some more experienced.
- Meetings generally rotate through four general topics: the advantages of breastfeeding, adjusting to life with a new baby, overcoming difficulties, and nutrition and weaning.
- Excellent source of breastfeeding information and support
- Several meetings around town, some more metropolitan, some more "crunchy" and at various times of the day. See their website for more information.

MOPS – Mothers of Pre-schoolers

- Christian group – Groups at several local churches

Mommy and me type events

Gymboree, Local library story times, Infant massage classes