

Spring 2005

The other day Oprah interviewed a 60 year old woman who had the appearance of a 20 year old. They were amazed at her youthful appearance, and the entire show focused on secrets for retaining your youthful look. Congratulations to the youthful looking 60 year old woman, but I think my obviously aging body should be celebrated as well. As I look at myself, I see a very different body, inside and out, from the one I saw before I was a mother. The changes in my body tell my story, and I wear my wrinkles and stretch marks with pride. The little lines around my eyes get deeper each time I have the opportunity to laugh at my son's crazy antics. The lopsided breasts simply mean that next hour it is time to feed my baby son from the left side. The stretch marks on my stomach are a reminder of a wonderful time in my life, before I knew my sons face to face, and only as squirming beings growing in my body. (The scars on my perineum are less visible reminders of those amazing days when their worldly lives began, and mine was changed forever.) The bruises on my shins are reminders to clear the path between my son's bed and mine BEFORE the lights go out for the night. They are also markers of a time when my almighty presence can chase away the boogeyman, cookie monster, or whatever other night time fright is present. Do I look like I did before I was 20? Not even close. Do I feel like I did when I was 20? No chance. Would I trade my life now for my life then? Not in a million years. I am 31 and a half, and I have earned every year and every month, and I wear it all with pride.

The next issue of The Birth Vine will feature BREASTFEEDING – share your story with us at birthvine@shaw.ca – deadline for submissions June 25, 2005.

A very special thank-you goes to Karen Bilous Massage Therapy and Childbirth Services and Jeanine Piche for their financial support in printing this issue of The Birth Vine.

This issue of The Birth Vine celebrates motherhood – we all know what we do, and how invisible most of our work is. So take the opportunity to spend a little time and energy on yourself. You'll be a better person for it, and a better mother.

Lori – for The Birth Vine team