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Mum's the word

Bindu Gopal Rao

MOTHER'S DAY SPECIAL

Rudyard Kipling has said, 'God could not be everywhere, and therefore he made mothers'. Bindu Gopal Rao gets young mothers to share their life-changing experiences



A new baby demands care and attention 24/7 and the mother is usually responsible for the major share of the essential work. "Women who had an active career

or social life before childbirth often feel isolated when they are at home, caring for the new baby.

Many women fear that they are losing their professional networking skills and this, in some cases, may lead to depression or resentment. Staying connected over internet or phone are the easier second options," says Harjeet K Bhumra (34), Co-ordinator (IGCSE) of Billabong High International School, Mumbai. Time management, she says, is the key to success.

HR Consultant Gaurangi Shyam (31), mother to 11-month-old Aashi, says: "I do my best to get every bit of baby-care information from friends who are mothers too. It is a juggling act as I try to balance the demands of home, work and the needs of my little one, but it is truly worth it. My husband does his best to help me in taking care of the baby despite his busy work schedule."

Super mom? Who's that?

The pressures of motherhood are immense. Saraswati Anand, Head of Marketing, Radio Mirchi, observes: "Motherhood is stressful, with you wanting the best for your baby, planning to get back in shape and then, getting back to work. To top it all, you also need to spend quality time with the husband. It's quite a task to keep career aspirations going while caring for the baby. I guess we treat mommy-hood as a 'project' that needs to be completed to perfection and pressurise ourselves if things don't happen the way we want them to. I do feel good when somebody describes me a great mom who has been able to juggle so many tasks so well!"

Uzma Irfan, Director, Corporate Communications, Prestige Group, says: "Once I had Alayna, life changed dramatically. She became my priority and I had to manage my schedule to ensure that I spent a significant amount of time with her. Alayna is now four years old and I have realised that it is possible to strike a healthy balance between being a 'Yummy Mummy' and a 'Tiger Mom'! I believe that a child blossoms with 'parenting', not 'mothering'. You have to look after yourself too. I dedicate Saturday nights to spending time with my husband, going out with friends or pampering myself with a little 'me-time'."

Piya Basu Kapoor (35), Manager, Brand Communications and PR, Tupperware India, says: "For some strange reason, people immediately elevate a woman's status to 'super mom' the minute she has a baby! Personally, having a baby has taught me to value relationships and 'me-time'. At work, I am completely focused on the tasks on hand. But once I am home, it's all about bonding with my child and my husband."

According to Sujatha Malik (33), Project Manager, GlobalLogic India, being 'Chillax Mom' helps her bond better with her daughter Jayani, who will soon be seven years old. "Of course, there are certain occasions when I put my foot down and ensure that I am heard," she adds with a grin!