



Redefining Motherhood: Embracing Support and Building a Virtual Village



Motherhood has undergone profound changes in recent decades. With the rise of gender equality, women have grown accustomed to independence and taking charge. While this empowerment allows us to believe in our capabilities, it has also made us reluctant to seek help when needed.

The shift away from traditional motherhood models has isolated us in small family units, leaving us to navigate this major life change alone. Postnatal depression rates are climbing, and many mothers feel inadequate from the start. We're conditioned to succeed, yet motherhood poses unique challenges we might not be prepared for.

This struggle is unsurprising. The expectation to be self-reliant clashes with the instinctual nature of motherhood. Society's emphasis on women's success has left us unprepared to admit when we're overwhelmed. This unsustainable scenario calls for change.

We need a shift—a return to a community where asking for help is encouraged. It's okay to admit uncertainty about feeding, sleep, or behavior, especially when everything is new. No one becomes an instant expert at parenting. We've internalized unrealistic expectations, and it's time to challenge them.

Just as we wouldn't be expected to perform surgery without training, we shouldn't assume motherhood is innate. In the past, other cultures had apprenticeships in motherhood, learning from experienced mothers. Today's society could benefit from a similar approach. Parenting is not just about raising a child; it's about raising a mother too.

It's time to reshape our behavior. Let's talk, share, support, and guide one another. We've built a virtual village at The Little Ones Village, where mothers worldwide help each other navigate this journey. No one excels at everything, but collectively, we're strong. We've got this, together.