

2GETHA MAGAZINE

Intentional
Relationships

MAY/JUNE 2020 ISSUE

Happy
Feet

Ways To Support
New Mom
During Lockdown

FATHER'S
LOVE TO A
CHILD

When She Brings
More Bacon

Lockdown
Parenting

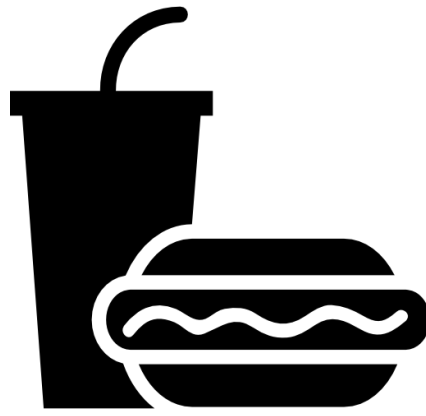
Be Patient
With Your
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How To Make
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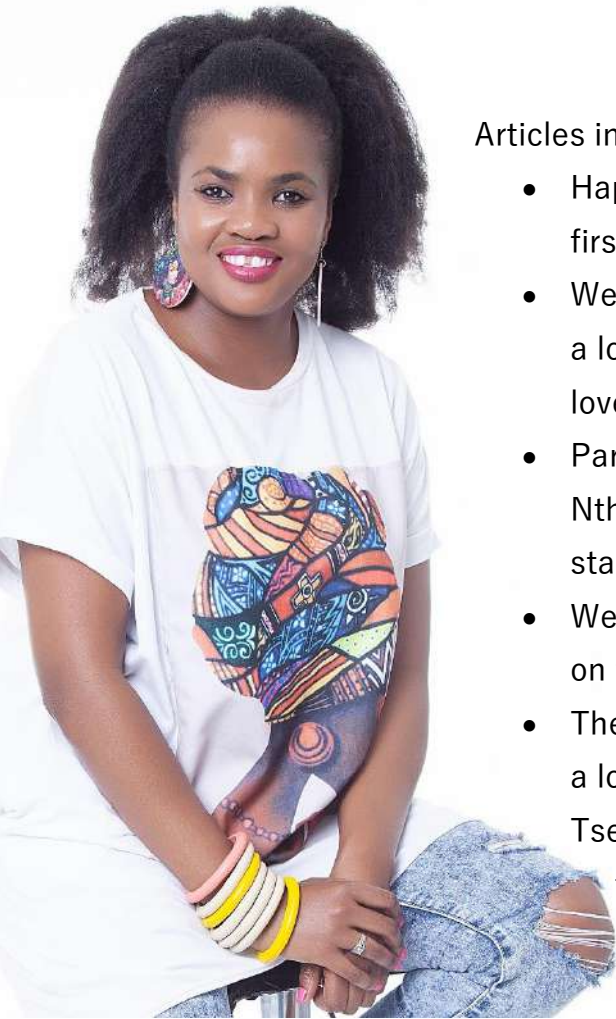


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Articles in this issue:

- Happy feet by miss Randy, who sharing about the joys of being a first-time mom. (page 8)
- We look at ways to support new moms during lockdown. There's a lot we could do to make the mom and the newborn to feel loved without our physical contact. (page 13)
- Parents its okay not to be okay! Lockdown parenting by Nthabiseng Madikgetla , she's focusing on the parent's mental stability. (page 30)
- We look at the impact a father's love has to a child. The focus is on the importance of the father role in the child. (page 34)
- The pandemic has let to a lockdown which will ultimately lead to a lot of job losses or less income. When she brings more bacon, Tselane Makhetha looks at the dynamics of a household that is financially carried by a female partner. (page 46)
- We also provide you with tips of how you can make money during lockdown. (page 49)
- How to have a healthy relationship with toxic parents? Is it possible? What if your parents manipulate you with scriptures? (page 53)
- Spending too much time with your partner due to lockdown has its disadvantages. One of them is the decrease in your patience. We discuss 10 ways to have more patience in your relationship. (page 56)



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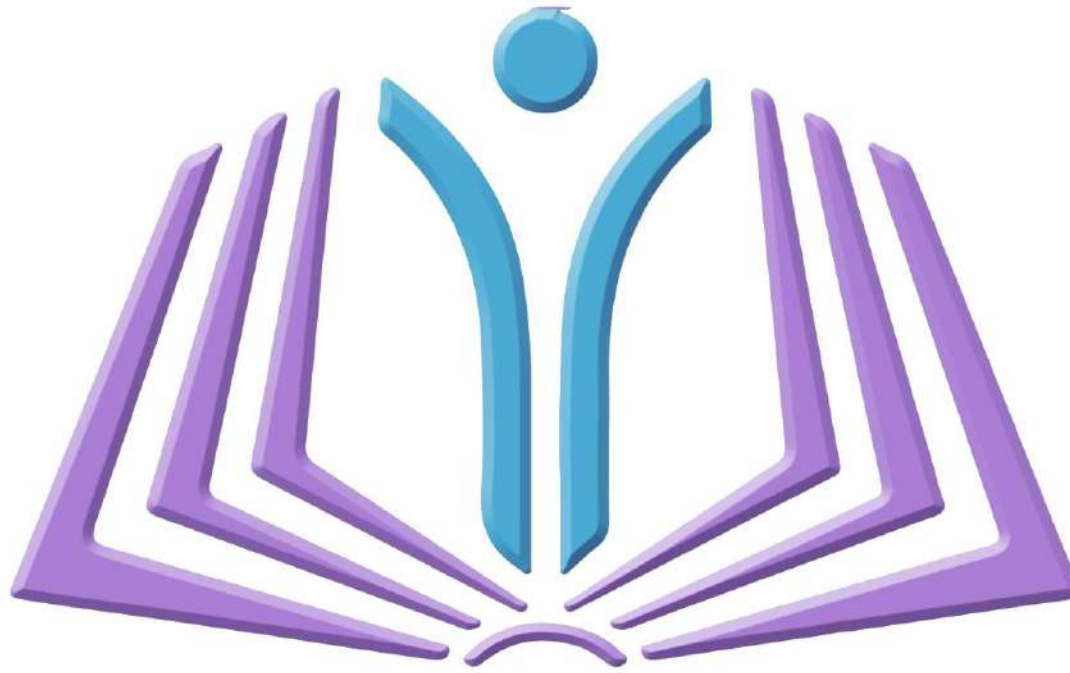
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Happy Feet

by

Randy Tsubane





Pregnancy was the last thing I could have ever expected at this stage in my life. I got the biggest shock when I found out I was pregnant, especially because I had been told by a few doctors that I would have trouble conceiving. The kind of mental and emotional preparation that comes with it is quite overwhelming, but I ended up warming up to the idea of being a Mom and I truly am grateful.

Sunday, May 10th 2020 was my very first Mother's Day and it was such a joyous feeling! Being a first time Mom is quite scary as I've never done it before, however it is the most beautiful experience I've ever gone through and I wouldn't trade it for anything in the world. God decided to trust me with a best friend, a gorgeous baby girl.



The support of my loved ones has also made this experience absolutely amazing. I'm looking forward to this lifetime journey! It gets quite scary for me at times thinking about the future, but the mother in me knows that I'm going to do my very best, in fact, I already am. 20 plenty indeed.

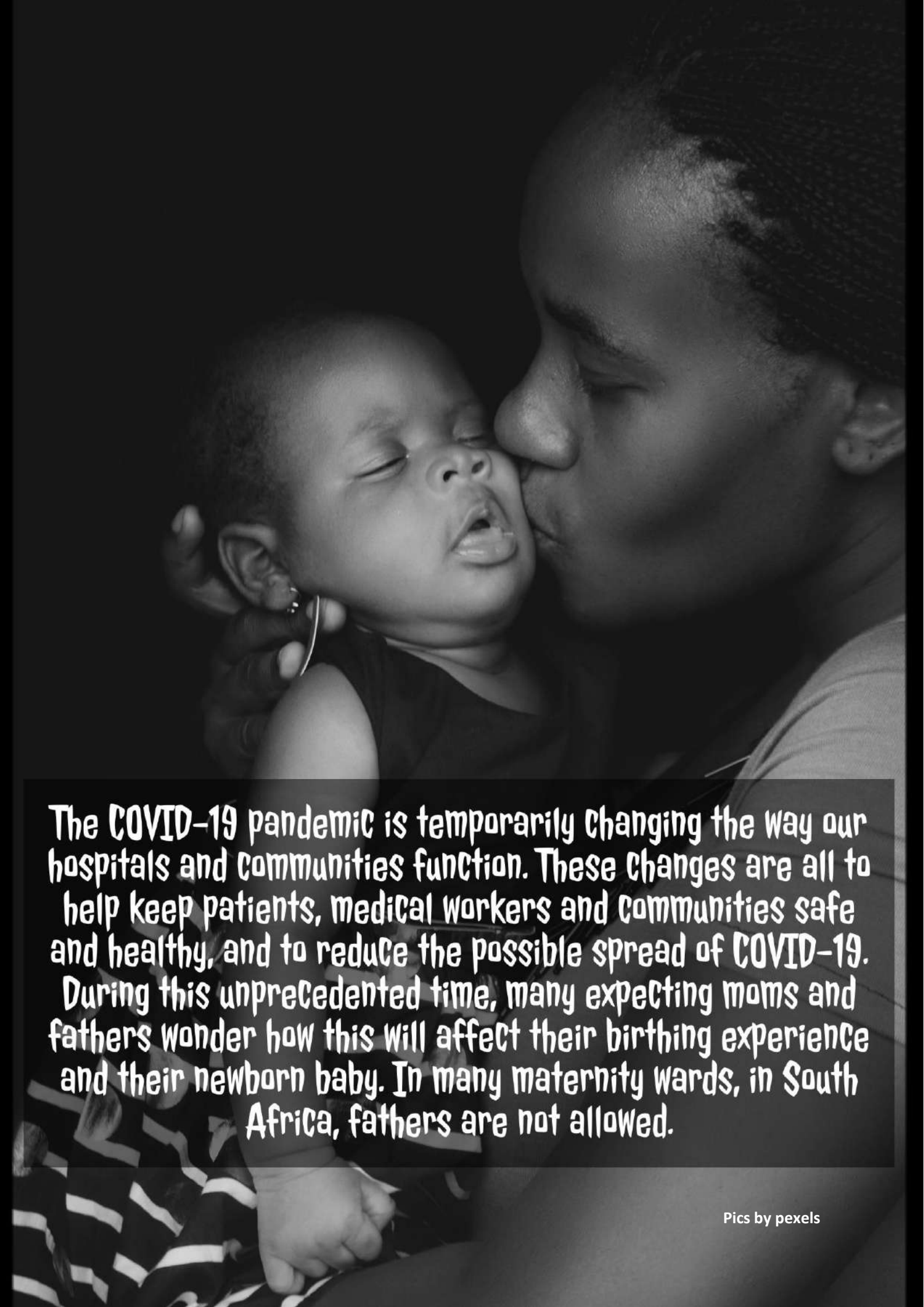
The year of my many firsts! I look at this gorgeous little face, these tiny hands and feet, and I know it's meant to be. Here's to nappy changes, the laughs, the cries, the rollercoaster rides and trying to find my "Mommy feet". Here's to the journey to motherhood. What a blessing!




**The moment a child
is born, the mother is
also born. She never
existed before. The
woman existed, but
the mother, never.
A mother is something
absolutely new.**



**WAYS TO SUPPORT
NEW MOM DURING LOCKDOWN**



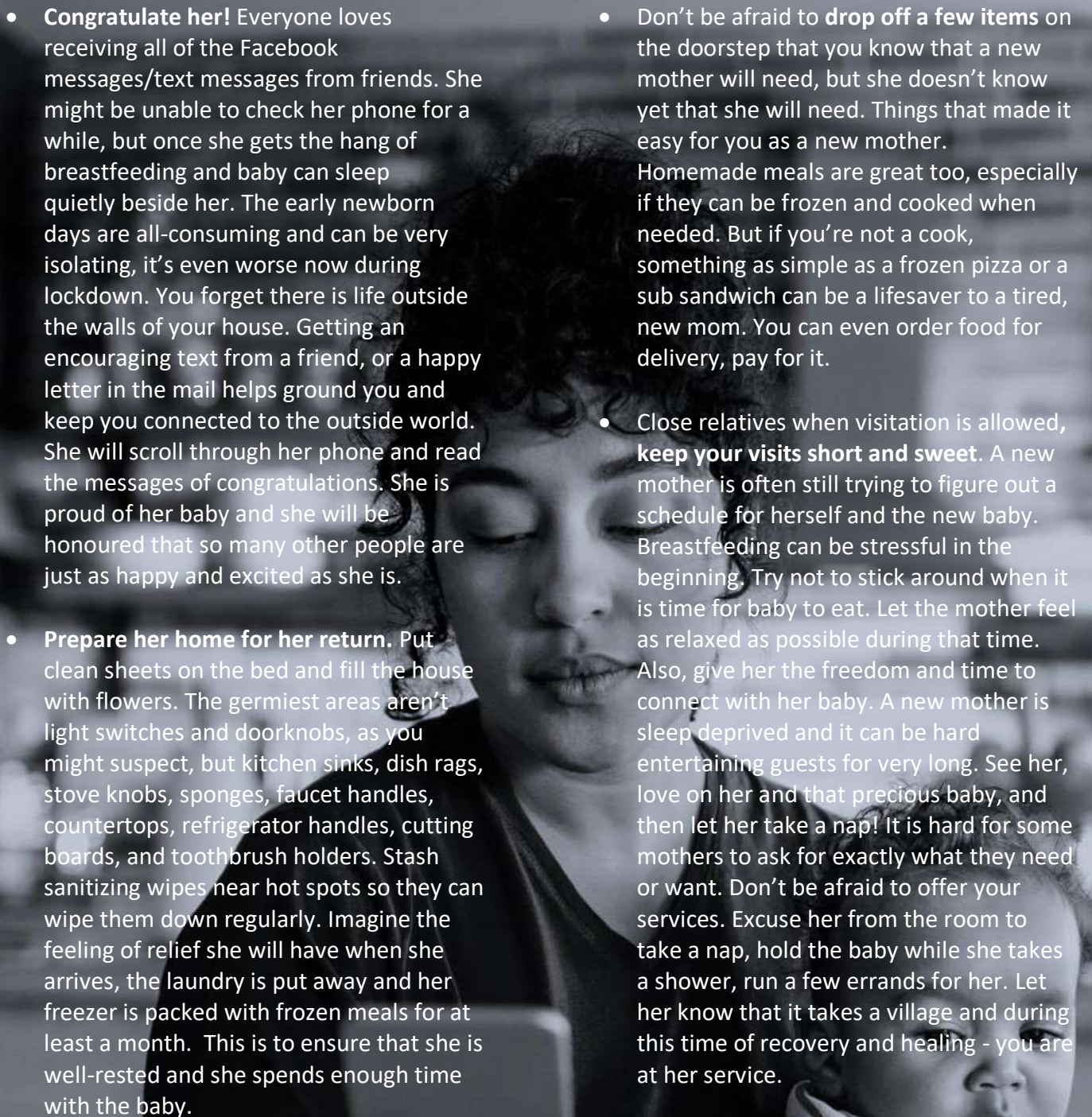
The COVID-19 pandemic is temporarily changing the way our hospitals and communities function. These changes are all to help keep patients, medical workers and communities safe and healthy, and to reduce the possible spread of COVID-19. During this unprecedented time, many expecting moms and fathers wonder how this will affect their birthing experience and their newborn baby. In many maternity wards, in South Africa, fathers are not allowed.



There's absolutely no emotional support for the mother and her newborn from the loved ones except through her phone. To make matters even worse, inter-provincial travelling is not allowed. Therefore, if your relatives are far, you are literally on your own.

Usually welcoming a new baby into the world is an exciting and thrilling moment for many. The Grandparents are ready to get their hands on their newest grandchild, friends are dying to hear every moment of your birth story, and almost everyone you know is asking to stop by the hospital or your home to visit you.

Here are a few ways that you can show support to your friend, daughter, or co-worker after she has welcomed her new bundle during lockdown:

- 
- **Congratulate her!** Everyone loves receiving all of the Facebook messages/text messages from friends. She might be unable to check her phone for a while, but once she gets the hang of breastfeeding and baby can sleep quietly beside her. The early newborn days are all-consuming and can be very isolating, it's even worse now during lockdown. You forget there is life outside the walls of your house. Getting an encouraging text from a friend, or a happy letter in the mail helps ground you and keep you connected to the outside world. She will scroll through her phone and read the messages of congratulations. She is proud of her baby and she will be honoured that so many other people are just as happy and excited as she is.
 - **Prepare her home for her return.** Put clean sheets on the bed and fill the house with flowers. The germiest areas aren't light switches and doorknobs, as you might suspect, but kitchen sinks, dish rags, stove knobs, sponges, faucet handles, countertops, refrigerator handles, cutting boards, and toothbrush holders. Stash sanitizing wipes near hot spots so they can wipe them down regularly. Imagine the feeling of relief she will have when she arrives, the laundry is put away and her freezer is packed with frozen meals for at least a month. This is to ensure that she is well-rested and she spends enough time with the baby.
 - Don't be afraid to **drop off a few items** on the doorstep that you know that a new mother will need, but she doesn't know yet that she will need. Things that made it easy for you as a new mother. Homemade meals are great too, especially if they can be frozen and cooked when needed. But if you're not a cook, something as simple as a frozen pizza or a sub sandwich can be a lifesaver to a tired, new mom. You can even order food for delivery, pay for it.
 - Close relatives when visitation is allowed, **keep your visits short and sweet.** A new mother is often still trying to figure out a schedule for herself and the new baby. Breastfeeding can be stressful in the beginning. Try not to stick around when it is time for baby to eat. Let the mother feel as relaxed as possible during that time. Also, give her the freedom and time to connect with her baby. A new mother is sleep deprived and it can be hard entertaining guests for very long. See her, love on her and that precious baby, and then let her take a nap! It is hard for some mothers to ask for exactly what they need or want. Don't be afraid to offer your services. Excuse her from the room to take a nap, hold the baby while she takes a shower, run a few errands for her. Let her know that it takes a village and during this time of recovery and healing - you are at her service.



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