October 2014,

It sounds like you had to fight really hard after the birth of your baby to not let the story of *‘my body failed me again’* take over. How on earth did you fight this? …How did you know that this was not actually the case? When you think about the moment of having a cesarean it can be easy to fall into this trap of “my body failed me.” It is easy to start to think it did not do what it was supposed to do, and what does that say about me as a mother?! This is a trap our victim mind can play!

It can be easy to fall into the motherhood myth- ‘**birthing is natural and normal and everyone else can do it naturally if they want.’** Which we know in our rational minds this is not always the case. This is why there are cesareans. And there are times when they are medically necessary to keep mom and baby safe. You did everything you could have to prepare for the birth- **you did everything you could have during the birth.**

I am wondering something… when you think about a C-SECTION VERSUS A CESAREAN BIRTH, what images come up, what feelings arise and what do you start to feel about your story when you think about the language differently?

Part of the grief work you have to go through is losing that first moment of meeting your baby in the way you imagined. Letting this idealistic moment go, which is also one of those glorified moments that we see in magazines and stories. It can be another motherhood myth. It doesn’t mean that if you don’t have this idealized moment, you did not move over the threshold into motherhood, you just did it in a different way.

The way you did it was holding that baby so tight and not letting him go no matter what, as soon as you were given the chance! Your mama bear came out roaring and strong, perhaps this may have been your moment when you crossed over into motherhood? When you think of this moment**,** you tell yourself **I am a good mom and I protect him.** You tell yourself **I did have that immediate bond with him and I keep fostering that bond, even now.**

Again, it was such a pleasure to talk with you and listen to your story, Please contact me if you need anything further.

Shannon