



Growing families the natural and organic way™

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new baby, new friends

The week before Jack arrived, I packed my little hospital bag—pretty pj's (which I never wore), my iPod with calming music (which I never listened to), and a book (yes, I packed a book. I love reading and I figured if there was any downtime...). Fast-forward to an unplanned C-section, some serious challenges with nursing, and a big adjustment to motherhood, and I soon realized I was not even remotely prepared for being a new mom.

And yet, when I look back at early motherhood with both of my kids, it was a really special, wonderful time of bonding, both with the babies and, equally important, with other moms.

At my ob's suggestion, I joined a breastfeeding support group the week after I delivered Jack. There I met Rachel (Sam's mom) who was going through exactly the same thing (C-section? Check. Low milk supply? Check. Thrush? Check). Rachel and I soon grew close and we started taking daily walks around Central Park while our boys—born on the same day!—slept in their strollers. Daily texts, playdates, and a strong friendship followed suit.

With my second child, I met Cindy (John and Luke's mom) through a new mom book group. She sent me a gift card for a food delivery service—one of the best post-baby gifts a mom can get—to make my life easier. Best of all, she had me over for playdates when she knew I hit my mommy breaking point.

Then there's Leslie (Claire and Jane's mom). I met her the week I moved to a new town. I saw her waiting at a traffic light—she was clearly pregnant and pushing a stroller (same as me) and I went up to her and introduced myself. We've been close friends ever since. I opened up to her about the balance of work and kids, about how I was thinking about going back to a full-time office job (as Editorial Director of KIWI!), and she listened and encouraged me. Days before I started my new job, Leslie and I were scheduled for a playground playdate. It started raining as I set out and I was sad that we'd have to cancel. Then she pulled up in her minivan alongside my double stroller. She rolled down her window and gave me a beautifully wrapped gift. "For your new job," she said. I was so surprised and touched. Inside was a container of organic kiwis—for your new role at KIWI magazine, she wrote—and a beautiful paperweight with one of my favorite quotes from Dr. Seuss: "You're off to great places! Today is your day! Your mountain is waiting. So...get on your way!"

Mom friends. The baby years wouldn't be the same without them!

P.S.

If you, like me, had problems nursing, check out our story on page 20. Also, don't forget we celebrate mom friendships everyday with our Moms Meet groups (greenmomsmeet.com).



Judy Koutsky
 Editorial Director



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