

# Women Empowered

**MARCH 2017 – THE TRUE  
MEANING OF MOTHERHOOD**

# GRIT

**Less lifestyle, more life!**



**Sunita Behl**  
**Editor**

This month we are very grateful to our contributors for sharing what motherhood means to them. We hope you enjoy reading their insightful views ranging from the pain of miscarriage and the loss of a mother to the challenges and pressures that becoming a parent can bring.

Following previous popular issues on health, next month we will be discussing this topic again. Do you, or a loved one, have experience of living with any medical condition? Has your life been impacted by cancer, diabetes, depression, stroke or heart disease? Please send your advice and insight to help raise awareness of any health-related issue that is important to you. Send your article on 'Health Matters' (400-700 words) to [grit@womenempowered.co.uk](mailto:grit@womenempowered.co.uk) before 20<sup>th</sup> March 2016.

We look forward to hearing from you.



## Is there a right time to have kids?

**By Rachanaa Jain, Entrepreneur, Author, Healer, Coach**

Motherhood is a blessing. You can't describe the real meaning of motherhood as these feelings do not take the form of words. According to me the definition of motherhood is someone who nurtures with love to help a child achieve what he or she is today. A birth mother keeps the baby in her womb for nine months thus creating a lifelong bond between her child and herself. However, to me, it's the nurturing of a child throughout their life that really represents motherhood.

Every society and culture wishes to have a healthy and a happy next generation. However the pressure and expectations to have a child differ across the world. Within the Asian continent many couples, especially women, are pressurised to have children even if they are not willing to. While within many Western countries the pressure to become a mother seems to be less.

I have personally felt the pressure of society to become a parent. As soon as you marry there is an automatic expectation for you to have children. I believe instead of pressurising couples to conceive it is better to support their decision. Conceiving is a challenging task for those who are experiencing this for the first time. You can't tell whether you are enjoying the experience or not! As a married couple we made a mutual decision to wait before we had a child. We both wanted to give our relationship more time so that we could develop a better understanding and due to work commitments did not feel ready.

It's better to decide the right time to have kids for yourself. Several studies have shown that it becomes harder to conceive as we get older. I find not being a mother liberating currently, but I would not like to make it a challenge for myself later either.