

Yes I can!

Expecting? Congratulations!

Scared? That's good.

I remember when I was 5 months pregnant, I got scared from the idea of being responsible for a baby. The total development of a human being totally depends on me? How can I handle my baby? How can I guarantee his safety, nutrition? The development of his mind, character and spirituality?

I got overwhelmed, fear started crawling into my mind, and I started doubting my capability of handling the whole situation.

Can I?

Does it sound familiar? Have you ever gotten those thoughts? Did fear pop up in the picture?

Well! That's normal and the answer is: "Yes I can."

While processing the thoughts of fear, I realized that fear comes from the unknown. So, the reverse of fear is knowledge.

To know what to expect and how you can handle the baby from day one, while providing a healthy environment for him or her, is the key to dissipate doubt.

From your doctor, throughout pregnancy, you can get information for classes for expectant parents that will provide hands-on teaching in everything regarding well-being, hygiene, routine and delivery for you and your baby. Through those classes you will learn everything you need to know for the first 6 months. Then, the pediatrician, appointed to your baby, will walk you through the rest. You also need a good book to walk you through this period with clarity and simplicity.

The knowledge and the classes, through the Grace of God, will give you the confidence needed for new parents, and you will find out that together: "Yes I can, yes we can."

Don't forget that you will always need to pray for wisdom, guidance, and insight.

Warmly,
Mona Y. Rizk