

# HOW DID MOTHERHOOD CHANGE YOU?

Right from conception, a woman's body changes. When her bundle of joy arrives in this world, is she ready for the changes that come with it? Some women swear that their lives were turned upside down. In a way, motherhood brings a new normal and joy, but it also tests one's resilience, love and patience.

**Maureen Nakatudde** and **Jackie Nalubwama** bring you women who share how motherhood changed them.

**SHAMILA AISHA NASSUNA, FASHION DESIGNER AND PART-TIME LECTURER OF FASHION, WAKISO**

The pain you go through while having your first child is enough to change you. However, when you get to your second offspring, it is not as painful as the first. I think this is because the brain has adjusted to it.

Motherhood changed me in such a way that before I

first spend my money now, I consider my children's needs first. Before I had children, I was employed by an institution, but when I gave birth, I had to lean more on self-employment so as to have ample time with my children. Here, I could do my business and at the same time watch over my children instead of leaving them with a maid.



Nassuna

**NANCY AKITE, STRATEGIC OPERATIONS AND PORTFOLIO LEADER**

Motherhood turned me into a full-time strategist. I am constantly thinking three steps ahead – from education savings to my daughter's next crazy growth spurt that requires a new wardrobe every week. It has shifted my priorities toward making sure this little human has everything she needs to thrive. I have also become a walking encyclopedia for all her endless 'why' questions and her personal banker.

**I VALUE MY PARENTS MORE**

**PRUDENCE UKKONIKA, BELLA WINE PROPRIETOR**  
After becoming a mother, I began seeing human beings differently because I was also contributing to having children; unlike before, where I never really cared much.

I started valuing my parents more because I now know what they went through. I also became more respectful towards parents and children, and generally human beings, too. You see people being judged, but as a mother, you can have a troubled child, too. So, I started empathising with troubled children.



Ukkonika



Motherhood made Namugaya empathetic

**THEY TAUGHT ME TOLERANCE**

**DR JALIRA NAMUGAYA, MATHEMATICS LECTURER, KYAMBOGO UNIVERSITY**  
Motherhood made me more patient and empathetic towards people. It also made me more resilient and focused, given the fact that I have children to take care of. They have taught me true friendship and tolerance for other people who are different from us.



Full-time strategist: Akite

The children also brought so much joy to my life. At every function, whether it is a 50th anniversary or a wedding, people always pray for others to get twins that I already have. But when you bear them, you have to think twice about diapers, milk and the budget has to be streamlined.

When I had the twins, I was working in Mityana as a banker. But I found issues with getting a maid. So, I would wake very early in the morning, like 5:00am and leave the children with my sister. I would then pick them up at 8:00pm. That cycle took one-and-a-half years until I got a transfer back to Kampala. When I look back, such situations made me stronger.

**EVE ZALWANGO, GENERAL MANAGER, AMERICAN CHAMBER OF COMMERCE, UGANDA**

Having children drastically transforms every woman. You realise that you are not alone anymore. Everything you do has to revolve around the beings you brought into the world. If you are a young girl who used to party a lot, this is the time to mature and stay home. You have to change your life because you become a living epistle to them.

The way you behave with other people is important, and how you portray your life on social media and in public also matters. This is because your children are always watching, and you don't want them to copy the wrong thing.

**DAPHINE SSEMPA, BUSINESSWOMAN, KAMPALA**

Once you become a mother, you start looking at the children as a priority. Meeting their needs becomes your priority, and yours takes a back seat. That is the source of your happiness. However, children test your patience. For instance, they make

a lot of noise. Before I had children, I was very impatient.

I learnt how to be patient because you cannot be with children if you are not.

**TEDDY NAKIVUMBI, A BUSINESSWOMAN, ENTEBBE**

It made me more responsible. I stopped thinking about myself only and focused attention on the people I brought into this world.



Ssempe with her sons, Kingsley Agaba Kakuru and Riley Agaba Kato



Zalwango with her daughters