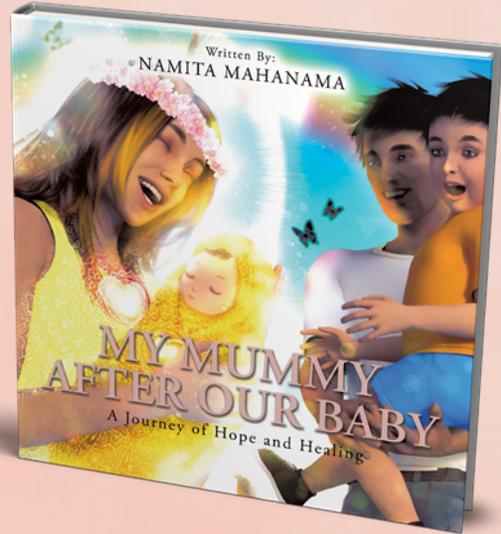


MY MUMMY AFTER OUR BABY

A Journey of Hope and Healing

BY NAMITA MAHANAMA

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My Mummy After Our Baby: A Journey Of Hope and Healing is a beautifully written and illustrated story, about the reality of post-natal depression setting in after the birth of their perfect little baby.

It is a gentle, soft, perfectly put together story, filled with an abundance of emotion and heart to explain what is happening at home, for all children who may be feeling lost and confused about what is happening to their Mummy after becoming unwell. It is written by a mother who experienced this twice herself and vowed to create a beautiful explanation and tool, in order to provide hope, solace and strength for other families, that she wished was available for her children.

This beautiful book is written in the hope of educating, as well as to be a connective and bonding tool, at a time when a family needs it the most. It is gently and eloquently written, with the most amazing illustrations, that will form the basis of a vital healing tool in the home of everyone who is going through this harrowing chapter.

The author has brought the prospect of hope in a perfect package here and is her gift to you and your family, to navigate through this chapter with as much peace and lightness as possible.



ABOUT THE AUTHOR

Namita is a mother of two boys and draws upon her heart-wrenching first-hand experience of post-natal depression, after the birth of both of her children. She is creating a myriad of support tools for women and their families, to navigate through their journeys of PND with as much ease and grace as possible.

Namita is a registered pharmacist who has qualifications in Ayurveda and Ayurveda Yoga teaching, as well as being a PMC (paediatric massage consultant) and CIMI (certified infant massage instructor). She draws upon her professional knowledge as well as her own experience, to be the support lifeline at a time when families need it the most.

Her intention is that she can be a beacon of hope and shine much-needed light, on the road towards the mothers and the entire family's healing and recovery. She hopes to inspire and uplift you through this chapter in your life.

LOOK INSIDE



His Mummy promised Aydan that he would love and adore his new baby brother. She explained that her heart was so big and full of love for Aydan that it was *overflowing*. Soon this little baby would get to feel her love pour onto him and that her love was *limitless*.

She promised that her heart could grow so big and full, that he never had to worry about anything changing or being different when the baby came home.

He absolutely believed her that her heart was limitless and couldn't wait to share this special bond with someone else too! What lucky boys we are, Aydan thought!

AUTHOR Q&A

Why did you feel this resource was needed?

I felt like our family was so alone in our journey of healing when I was unwell and felt very lost in finding our way through. I vowed, that I would create a gentle tool to give an explanation and respite to other families; knowing that we would have loved this.

What is your hope from this book?

That it is a connective tool between mother and child during her illness, which is the missing link in this condition. I also want to give the message of hope to the beautiful children and families who need to hear it.

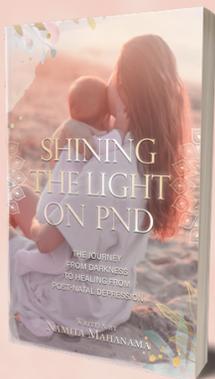
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ALSO BY NAMITA MAHANAMA

SHINING THE LIGHT ON PND

Shining the Light on PND was created as a survival guide by allowing the reader to see exactly how she was thinking and feeling, in hope that if you recognise this in yourself or your partner, you will gain the strength to reach out for help. It is an open recounting of her experience, reflections and learnings; perspectives on mindsets; and information about medications, hormones, strategies and healing tools for the mother to use, as well as her carer.

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