

## NEWSLETTER

The "Superwoman syndrome" is fading- and rightfully so. Just because women were/are capable of doing it all, doesn't make it right nor should we stamp it and adopt it as "the norm." Which circles us back to answer the posed question of how are we handling ourselves, especially as we transition from womanhood to motherhood? Allow us to navigate together, not only figuring it out, but also implementing it, especially for the future generations of mothers to come! We're the new adults and soon to be old heads \*the nerve! Lol\*

The luxurious ways always come to mind first; massage, facial, shopping spree, cocktails with friends on a beach, etc., but self-care isn't about one moment in time. Self-care is your birthright and should be implemented in your DAILY lifestyle. Self-care should be considered a ritual, particularly due to the plethora and wide range of changes your body goes through after birthing a whole human!

Here are 5 things to consider implementing before baby comes and that can be implemented ASAP if baby is here and kicking up dust already:

1. MINDSET!
2. Establish a hobby
3. Healthy eating
4. BREASTFEED.
5. Prepare

We will continue to dive into this topic. And share tips and tricks. Be sure to stay in the loop by subscribing and follow us on our socials. ❤️

-Jazmin Buford  
Owner  
The Suckle Center

At Image N You Ultrasound Studio, we believe that self-care is an essential part of womanhood and motherhood. One of the most proactive steps you can take in self-care is having regular preventative screening ultrasounds. These screenings, which include Breast, Pelvic, Obstetric (OB), Liver, Thyroid and Kidney ultrasounds, play a crucial role in maintaining your health and well-being. Preventative screening ultrasounds are more than just medical procedures; they are a reflection of your commitment to self-care and overall well-being. By prioritizing these screenings, you are taking an active role in maintaining your health, preventing potential issues, and ensuring a high quality of life.

At Image N You Ultrasound Studio, we are dedicated to providing you with the highest quality care in a comfortable and supportive environment. Regular ultrasounds not only provide critical health information but also empower you with knowledge about your body. This empowerment is a vital aspect of womanhood and motherhood, as it allows you to make informed decisions about your health and the health of your family. Embrace the power of preventative screening ultrasounds and take charge of your health today. By integrating regular preventative screening ultrasounds into your self-care routine, you can ensure early detection and better management of potential health issues. This proactive approach is key to maintaining your health, supporting your journey through womanhood and motherhood, and living a vibrant, healthy life. We offer a comprehensive range of ultrasound services tailored to meet the unique needs of women at every stage of life. Our experienced team is here to support you in your journey towards better health through preventative care. Schedule your appointment today and take the first step towards a healthier future.

Keneshia Henry BHA, RDMS  
Founder and CEO

### Embodying Self-Care

Kerrie Jones, AMFT, APCC  
Owner, *The Other Side Therapy*

Self-care is more a state of being than a state of doing. Simply doing self-care leaves us in a state of perpetual need because we are likely not fully addressing our core needs. Let's face it, bubble baths and spa days are incredible, however, if these types of treats are being used as coping mechanisms, the underlying need goes unmet and worsens over time. Being self-care, however, means being attuned with oneself; it is synonymous with self-love and self-worth. It is knowing that you are valuable and what you think and feel are important; we care for what we value.

We learn to care for ourselves by how we were cared for. Many of our parents cared heavily for our physical self-care needs, - i.e., bathing, eating, and clean clothing - however, most neglected our emotional self-care needs. Emotional self-care needs are comprised of the need to feel valuable and important, and the need to be seen and heard. In our formative years, these needs were nearly as important as eating and when we grow without them being met, we continue to neglect them for ourselves. The needs, however, are still present and we go about meeting them by trying to get others to do it for us. The problem with this is that others cannot meet the majority of our needs better than we can for ourselves. You wouldn't ask someone else to bathe you, would you? What about spoon feeding you a meal when you're hungry? No.

So, let's become self-care! Take time with yourself: learn your thoughts, desires, fears, strengths, pains, and pleasures. Reflect upon the experiences that span your day, week, and even your lifetime. Become intentional about who you want to be and why. In doing this, you'll know if you truly need a bubble bath, a vacation, to make a life change, or to cry on the shoulder of a trusted companion.

## The Women Behind Maternal Mentality



Keneshia Henry, BHA, RDMS, is a healthcare professional with extensive experience in Diagnostic Medical Sonography. She graduated from California State University of Long Beach with a B.S. in Health Care Administration in 2002 and earned a Certificate in Diagnostic Medical Sonography from Charles Drew University in 2009. With over 15 years in the field, she excels in conducting high-quality ultrasound exams. Keneshia founded Image N You Ultrasound Studio, focusing on providing pregnant women a unique bonding experience with their unborn children. She balances her professional success with being a dedicated wife and mother to three children.

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Jazmin Buford is a Runnin' Rebels alumna where she received her Bachelor of Arts in Psychology with a minor in Marriage and Family Therapy [MFT]. After many years in the corporate world and various entrepreneurial endeavors, she has finally found her niche. Her naturally bubbly, eager to help and resourceful personality has led her to marrying her love for MFT and her lived experience in lactation by birthing *The Suckle Center Brand & Foundation*. To establish these services and serve families in a high regard, she has begun her further education in becoming an International Board-Certified Lactation Consultant [IBCLC] and a doula.

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Kerrie Jones is an Associate Marriage and Family Therapist and Associate Professional Clinical Counselor who has a passion for healing. She specializes in anxiety, sexually related issues, childhood and sexual trauma, young adult transitions, and recovery from narcissistic abuse relationships; In addition to the formal education she received from Pepperdine University, Kerrie has received extensive training in trauma and couples work. Kerrie trusts in the power of therapy; she spent years in the process as a client, working to heal herself because a strong and healthy relationship with the self leads to healthy and fulfilling relationships with others.

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### Challenging Perceptions of Self-Care: Unsubscribing from the Mainstream Idea of Self-Care.

When I think of "self care" as a woman, mom and therapist, it has little to nothing in common with the ideas the world seems driven to selling us. The notion that the road to meeting my "best" self is littered with expensive gadgets, trips to a spa or monk-level meditation skills is so far from the realities of day to day life that it makes sense to me that these ideas live most successfully on social media- and don't get me started on the underlying message - that we need to feel our best in order to best serve those who we take care of.

The idea goes, if we have accomplished our self-care goals (yet another item on the to-do list!) we can be most productive at work, super-moms at home and excellent performers all around. Well, sure that all sounds wonderful- but what about the idea that we deserve to feel our best, simply because we deserve to feel so? What if it isn't about how your well-being benefits everyone else, and it gets to be just about what it does for you?

If there is one take away that I could bestow up on the mom, new or seasoned, it is this; you deserve to feel your best. That's it. That's the revolution.

As your best self, you do ideally have access to the power and desire to commit to life's realities and obligations, but are you not worthy of that power even in the absence of your performance? With that, what makes you feel your best? The answer to this question is different for each of us. Whether it is time with friends, a solid workout schedule, a marathon on Netflix, more sleep, a manicure...the list is as varied as each of us are and ever changing as you are from day to day. In my book, anything that you do that creates connection to self and validation is the highest of self-care

Contribution from Rachel Adler, AMFT #994144 Former Certified Doula & Childbirth Educator  
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### Self-care is Exactly What YOU Need

Megan Plotkowski, MA, MS, AMFT, PhD

Motherhood is the best and most rewarding job in the world. We've all heard it before, right? And it's absolutely true. However, being a new mom can also be completely overwhelming. This is why self-care is essential. But, what, exactly, is self-care? Searching this simple phrase provides many different definitions. As a mother of two, a neuroscientist, and an associate marriage and family therapist, my definition comes from a blend of my own personal and professional experience. *Self-care is anything that rejuvenates your body, mind, or spirit.*

Just a few days ago, I saw something on Instagram that attempted to define self-care. The point of this post was that self-care is not material things like shopping, spa days or candles, but in fact, is only activities like having therapy, setting boundaries and saying no. While each of these things is definitely self-care, please do not let the internet or anyone else shame you for showing up for yourself in the ways that you need. If taking a bubble bath, getting a mani/pedi or enjoying a glass of wine after a long day is what makes you happy or feeds your soul... go for it! Only you know what you need.

One other major aspect of self-care that we oftentimes overlook is *allowing others to care for us*. As new moms, many of us feel that we should be able to do it all when, in fact, we are in our greatest time of need. These pervasive feelings of inadequacy can create shame or even bring on depression. This leads to my final piece of advice. Take the help...all of it. And if help isn't offered, ask for it. Above all, honor yourself and your needs during this precious time - your mental health and your future self will thank you.

*Dr. Megan Plotkowski is a former neuroscience researcher turned associate marriage and family therapist. A mom of two humans and three fur babies, she is a wannabe gourmet chef, an amateur fiction writer, and an experienced margarita connoisseur.*

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