

## What do Mothers need to plan for as they age?

Mothers need to consider several important factors as they age, especially if they plan to have children later in life. I accent the 'later in life' as the trend towards waiting to have children later in age continues to grow across many geographies.

In my daily coaching conversations with leaders, it has become clear to me to add that Mothers need to see themselves more as Leaders. To take on that mindset to better prepare and execute on the journey. And as a leader, though you may feel alone sometimes, you have a team. Learning how to build your team, collaborate and delegate makes healthy sense.

Here are some key considerations:

- **Fertility and Pregnancy Risks:** As women age, fertility declines, and the risk of complications during pregnancy increases. Advanced maternal age, otherwise called 'geriatric pregnancy', typically defined as being 35 or older during pregnancy, is associated with a higher likelihood of infertility, gestational diabetes, and high blood pressure during pregnancy [5].
- **Health and Well-being:** Mothers should prioritize their physical and mental health. Regular exercise, a balanced diet, and stress management are essential for a healthy pregnancy and raising children at any age. It's crucial to consult with healthcare professionals for age-appropriate health screenings and check-ups.

## What do Mothers need to plan for as they age?

- **Support Network:** Building a support network is vital. Mothers, especially those who are older, may benefit from the help of family members, friends, or support groups. Having a reliable support system can ease the demands of parenting. Remove the risks affecting our mental wellbeing when we spend too much time isolated or alone.
- **Work-Life Balance:** Balancing career and family is an illusion. Priorities are what allow you as a mother to feel those moments of being in balance. Be sure to get clear on your priorities and take action on them. Ask for what you need. Learn to be a leader in your own life. Delegate with confidence.
- **Estate Planning:** As mothers age, estate planning becomes important. This includes creating wills, designating guardians for children, and ensuring financial assets are managed appropriately in case of unforeseen circumstances.
- **Education and Lifelong Learning:** Encourage continuous learning and skill development to keep up with the changing needs of children. Staying engaged in your own personal and/or professional development has its mental wellbeing rewards. Consider part time studies or work.

## What do Mothers need to plan for as they age?

- **Financial Planning:** Raising children can be expensive. Mothers should create a comprehensive financial plan that accounts for childcare expenses, education costs, and retirement savings. Consideration should also be given to the potential impact of career decisions on long-term financial stability.
- **Self-Care:** Don't forget self-care. It's crucial for mothers to find time for themselves, relax, and rejuvenate to maintain their physical and mental well-being [2]. That sense of 'balance' happens within your self care practice.
- **Quality Time:** Prioritize spending quality time with children. Focus on building strong relationships and making memories. Be curious, ask questions, be a great listener.
- **Social and Emotional Well-being:** Motherhood will be emotionally demanding. Seeking support from counsellors and coaches is NOT a sign of weakness. It will be beneficial in coping with the challenges of parenting and building a life you love.

In summary, mothers need to build a team around them, including health practitioners, coaches, finance experts, friends and family for sharing time and issues with, and lets not forget self-care and wellness practitioners.

 Dianne

# A Mothers Wellness Checklist

## 1. Physical Health:

- Schedule regular check-ups with your primary care physician.
- Maintain a balanced diet rich in fruits, vegetables, and whole grains.
- Engage in regular physical activity, aiming for at least 30 minutes most days.
- Get enough sleep, typically 7-9 hours per night.
- Stay hydrated by drinking an adequate amount of water daily.
- Consider age-appropriate vaccinations and screenings.

## 2. Mental Health:

- Practice stress management techniques such as meditation or deep breathing.
- Prioritize self-care activities that bring you joy and relaxation.
- Seek professional help if you experience persistent mental health issues.

## 3. Social Connections:

- Maintain and nurture your relationships with family and friends.
- Engage in social activities and hobbies you enjoy.
- Consider volunteering or joining social groups to stay connected.

## 4. Emotional Well-being:

- Learn how to acknowledge and express your emotions in a healthy way.
- Practice gratitude and positive thinking. (Journal writing is great for this)
- Seek support if you're dealing with grief or emotional challenges. (Coaches)

## 5. Financial Health:

- Create a budget and financial plan for your future.
- Save for retirement and unexpected expenses and your dreams bucket
- Review and update your financial goals regularly.

## 6. Safety and Preparedness:

- Ensure your home is safe and free of hazards.
- Have emergency contacts and plans in place.
- Consider long-term care insurance if applicable.

## 7. Healthy Habits:

- Limit all that you know is bad for you! (sitting is the new smoking)
- Practice safe sex & sun exposure
- Stay up to date on recommended health screenings. (the healthy ageing tribe)

## 8. Lifelong Learning:

- Engage in activities that stimulate your mind, such as reading or puzzles.
- Pursue hobbies and interests that encourage continuous learning.

## 9. Regular Health Assessments:

- Assess your wellness regularly and adjust your goals as needed.
- Consult with healthcare professionals for guidance and support.

## 10. Enjoy Life:

- Make time for activities and experiences that bring you joy and fulfillment.
- Embrace the journey of aging with a positive attitude.

Remember that wellness is a holistic concept, and each person's journey is unique. This checklist serves as a starting point to help you prioritize your well-being at every stage of life.