

my mom is having a baby

My Mom Is Having a Baby: Embracing the Joy and Changes Ahead

my mom is having a baby—these words can stir up a whirlwind of emotions, from excitement and curiosity to a little bit of nervousness. Whether you are a sibling-to-be, a close family member, or just someone learning about this wonderful news, understanding the journey ahead is both fascinating and heartwarming. Having a new baby in the family transforms life in so many beautiful ways, and knowing what to expect can make the experience smoother and more memorable.

What It Means When My Mom Is Having a Baby

When my mom is having a baby, it's not just about a new family member arriving—it's about a whole new chapter unfolding. Pregnancy brings along physical, emotional, and lifestyle changes not only for the mom but for the entire family. The anticipation of a baby's arrival fills the household with hope, love, and a sense of togetherness.

The Physical Changes Mom Experiences

Pregnancy is a remarkable process, and my mom is having a baby means her body will go through significant transformations. From the early signs like morning sickness and fatigue to later stages where she may feel the baby's movements, every phase is unique. Hormonal shifts can impact mood and energy levels, highlighting the importance of patience and support from loved ones.

Understanding these changes helps family members empathize and provide meaningful assistance. For example, helping with chores, preparing nutritious meals, or simply offering a listening ear can make a big difference.

The Emotional Journey

Pregnancy isn't only a physical adventure; it's an emotional rollercoaster too. When my mom is having a baby, she might experience moments of joy, anxiety, excitement, and sometimes even fear. These feelings are completely normal and part of the natural process of preparing for motherhood. Open communication within the family allows everyone to express their hopes and concerns, strengthening bonds.

Preparing for the New Arrival

The news that my mom is having a baby often prompts a flurry of preparations. Getting

ready for a newborn involves much more than just buying baby clothes or setting up a crib. It's about creating a nurturing environment and mentally preparing everyone in the family.

Setting Up the Nursery

One of the most exciting parts of expecting a baby is designing the nursery. This space becomes a sanctuary for the new little one—a place filled with comfort and warmth. When my mom is having a baby, choosing colors, furniture, and decorations that promote calm and safety is key. Many families opt for soft pastels or neutral tones, along with practical items like changing tables, storage for diapers, and cozy rocking chairs.

Gathering Baby Essentials

There's a long list of essentials every baby needs. When my mom is having a baby, it's helpful to have items like:

- Diapers and wipes
- Bottles and formula (if not breastfeeding)
- Onesies and soft clothing
- Swaddles and blankets
- Car seat for safe transportation
- Baby monitor for peace of mind

Having these ready in advance reduces last-minute stress and ensures the baby's needs are met from day one.

Family Role Adjustments

When my mom is having a baby, everyone in the family often needs to adjust to new roles. Older siblings might feel a mix of excitement and jealousy, so involving them in preparations or giving them special responsibilities can help ease the transition. Partners and other family members may take on more household duties or provide emotional support to the expectant mother.

Understanding the Stages of Pregnancy

Knowing the stages of pregnancy can be empowering when my mom is having a baby. It helps family members anticipate what changes to expect and how to best support her.

First Trimester (Weeks 1-12)

This initial phase is critical as the baby's organs begin to form. Symptoms like nausea, fatigue, and frequent urination are common. It's important to encourage rest and gentle activities.

Second Trimester (Weeks 13-26)

Often considered the "honeymoon" trimester, many moms feel more energetic. This is also when the baby bump starts to become noticeable, and ultrasounds can reveal the baby's gender. Nutritional focus remains vital to support fetal growth.

Third Trimester (Weeks 27-Birth)

As the due date approaches, my mom is having a baby means she may experience discomfort from the baby's size and position. Preparing hospital bags and birth plans become priorities, alongside regular prenatal checkups.

Health and Wellness Tips for Expectant Moms

Supporting my mom when she is having a baby involves promoting health and wellness to ensure both mom and baby thrive.

Nutrition and Hydration

Eating a balanced diet rich in vitamins, minerals, and proteins is essential. Foods like leafy greens, lean meats, dairy, and whole grains provide necessary nutrients. Staying hydrated also helps with common pregnancy issues such as swelling and fatigue.

Exercise and Rest

Moderate exercise, like walking or prenatal yoga, can improve mood and circulation. However, adequate rest is equally important to combat tiredness.

Regular Medical Checkups

Consistent visits to the healthcare provider monitor the baby's development and manage any complications. When my mom is having a baby, keeping track of appointments and following medical advice is crucial.

Embracing the Emotional and Social Impact

The news that my mom is having a baby doesn't just affect her—it resonates throughout the family and social circles.

The Role of Support Networks

Family, friends, and community groups often rally to provide emotional and practical assistance. Sharing experiences and advice can alleviate stress and provide comfort.

Preparing Siblings and Family Members

Helping siblings understand what to expect fosters acceptance and excitement. Reading books about becoming a big brother or sister or involving them in baby preparations can be very helpful.

Looking Forward to the New Chapter

When my mom is having a baby, it's natural to feel a mix of anticipation and curiosity. This life-changing event is filled with moments that bring families closer and create lasting memories. From the first ultrasound to the baby's first smile, every step is a celebration of life and love.

Welcoming a new baby is a journey that requires patience, understanding, and a lot of heart. By embracing the changes and supporting one another, families can navigate this beautiful time with joy and confidence.

Frequently Asked Questions

How can I prepare for my mom having a new baby?

You can prepare by learning about babies, helping your mom with chores, and getting excited about being a big sibling.

What should I expect when my mom has a baby?

Expect changes like a new family member, more attention needed for the baby, and sometimes your mom may be tired or busy.

How can I help my mom when the baby arrives?

You can help by being gentle, playing quietly, helping with small tasks, and showing love to both your mom and the baby.

Will having a baby affect my relationship with my mom?

Your relationship might change a bit because your mom will have less time, but with love and communication, it can become even stronger.

How can I feel included when my mom is busy with the baby?

Ask your mom to spend special time with you, help care for the baby, and share your feelings so you feel involved.

What are some fun ways to welcome the new baby?

You can make a welcome card, help decorate the baby's room, or pick out a special gift for the baby.

Is it normal to feel jealous when my mom has a baby?

Yes, it's normal to feel jealous sometimes, but talking about your feelings and spending time with your mom can help.

How can I learn about taking care of a baby?

You can read books, watch videos, ask your parents, or help with simple baby tasks to learn more.

What should I do if I feel upset about my mom having a baby?

Talk to your mom, a family member, or a trusted adult about your feelings so they can support you.

Additional Resources

My Mom Is Having a Baby: Exploring the Dynamics of Late Motherhood

my mom is having a baby—a phrase that might evoke surprise, curiosity, or even

concern in many families. The phenomenon of women having children later in life has become increasingly prevalent across the globe, influenced by social, economic, and medical factors. This article delves into the multifaceted aspects surrounding the experience of a mother expecting a child at an older age, analyzing the implications, societal perceptions, medical considerations, and family dynamics that come into play.

The Rise of Late Motherhood: Statistical Overview

Over recent decades, demographic shifts have illustrated a noticeable trend: women are choosing to delay childbirth. According to the Centers for Disease Control and Prevention (CDC), the average age of first-time mothers in the United States has risen from 21.4 years in 1970 to approximately 26.9 years in 2020. More strikingly, the number of births to women aged 35 and older has steadily increased, accounting for nearly 20% of all births in some developed countries.

This shift is attributed to various factors including career prioritization, advancements in reproductive technologies, and changing societal norms regarding family planning. When someone says, "my mom is having a baby," and the context implies late motherhood, it reflects a broader societal trend that warrants understanding from both medical and social perspectives.

Medical Considerations in Late Pregnancy

Pregnancy later in life is accompanied by unique medical challenges and considerations. Women who conceive after the age of 35 are categorized as having "advanced maternal age," which is associated with increased risks during pregnancy and childbirth.

Risks and Monitoring

Some of the notable medical concerns include:

- **Higher incidence of chromosomal abnormalities:** The risk of conditions such as Down syndrome increases with maternal age.
- **Gestational diabetes and hypertension:** Older mothers have a heightened risk of developing these conditions, which can complicate pregnancy outcomes.
- **Miscarriage and stillbirth rates:** These risks are statistically elevated in late pregnancies.
- **Labor complications:** Cesarean sections are more common among older mothers due to various factors including fetal distress or labor progression issues.

Despite these concerns, advances in prenatal care—including detailed ultrasounds, genetic screening, and maternal-fetal medicine—have significantly improved the safety and management of pregnancies in women of advanced age.

Fertility Treatments and Their Role

In many cases, women who experience delayed motherhood may rely on assisted reproductive technologies (ART) such as in vitro fertilization (IVF). The success rates of ART vary depending on age, with younger women experiencing higher success rates. However, for women in their late 30s and beyond, fertility treatments provide a viable pathway to conception that was less accessible in previous generations.

When reflecting on the statement "my mom is having a baby," the involvement of fertility treatments might be a factor for some families, underscoring the intersection of medical science and personal choice in modern parenting.

Social and Emotional Dynamics

The decision or circumstance of a mother having a baby later in life influences family relationships and social perceptions. It challenges traditional views on generational roles and can impact emotional bonds within the family.

Intergenerational Relationships

When a mother has a child at an older age, the age gap between siblings or between the child and grandparents may be significant. This can affect:

- **Sibling dynamics:** A child born to a mother who already has adult children may experience a different family environment compared to families with children close in age.
- **Grandparent involvement:** Grandparents may be older and less able to participate actively in childcare, influencing support systems.

Psychological Impact on the Mother

Late motherhood can bring both positive and negative emotional experiences. On one hand, older mothers often report greater financial stability, emotional maturity, and preparedness for parenting. On the other hand, concerns about energy levels, health risks, and social isolation may surface.

Mental health professionals emphasize the importance of support networks and counseling services to help mothers navigate the unique challenges they face.

Economic and Lifestyle Considerations

Choosing to have a baby later in life often correlates with established careers and financial resources. However, it also involves balancing the demands of parenthood with work and personal health.

Financial Stability and Parenting

Older mothers frequently have advantages such as stable income, home ownership, and health insurance coverage, which can contribute to a supportive environment for child-rearing. This contrasts with younger mothers who may face economic hardships.

Balancing Career and Family

Late motherhood often coincides with peak career years, making work-life balance a critical issue. Employers and policymakers are increasingly recognizing the need for flexible work arrangements and parental leave to accommodate diverse parenting timelines.

Societal Perceptions and Cultural Factors

The experience of "my mom is having a baby" at an older age is often filtered through cultural norms and societal attitudes toward family structures.

Changing Norms and Acceptance

In many Western societies, delayed motherhood has gained acceptance as a norm rather than an exception. However, in some cultures, early motherhood remains the expectation, and late pregnancies may be met with skepticism or stigma.

Media Representation

Media portrayals of older mothers have evolved from sensationalizing the rarity or risks to highlighting empowering stories of women balancing motherhood with diverse life paths. These narratives contribute to reshaping public opinion and reducing age-related biases.

Preparing for a New Baby When Mom Is Older

Families where "my mom is having a baby" later in life often adopt particular strategies to ensure a healthy and nurturing environment.

- **Enhanced prenatal care:** Regular check-ups and specialized screenings tailored to maternal age.
- **Support networks:** Engaging extended family, friends, and community resources to provide assistance.
- **Lifestyle modifications:** Emphasizing nutrition, exercise, and stress reduction to optimize maternal health.
- **Educational resources:** Attending parenting classes and counseling to prepare for the unique challenges of late motherhood.

Such proactive measures not only mitigate risks but also promote positive outcomes for both mother and child.

The narrative encapsulated by the phrase "my mom is having a baby" in the context of late motherhood reflects a broader social evolution. As more families embrace this path, understanding the medical, emotional, and cultural dimensions becomes essential. The journey may differ from traditional timelines, but with informed care and supportive communities, it can be equally fulfilling and successful.

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a month-long vacation, particularly for Arlie, who's looking forward to the time away from her demanding mother. But only a few days into the trip, Arlie's parents are seriously injured in a car accident, and her mother falls into a coma. On the very same day, a new girl arrives in Arlie's fifth-grade class. Casey has the same short brown hair, the same stubbornness, and the same bossiness as Arlie's mother. Is it possible that she is actually Arlie's mother as an eleven-year-old girl? Can Arlie somehow help her mother by befriending Casey? Or is this a gift from the universe for Arlie: a strange and wonderful way to know her mother before she was her mother?

my mom is having a baby: My Mom Had An Abortion Beezus B. Murphy, 2021-12-23 *My Mom Had an Abortion* is a unique coming-of-age tale told by a self-described dyslexic-asexual-lesbian-feminist teenager and illustrated by body-positive comic artist Tatiana Gill. We follow our protagonist Beezus B. Murphy as she chronicles her evolving understanding of menstruation, reproduction, and abortion and finds her place in a confusing world. Initially influenced by harmful narratives in pop media such as the "the pregnant teenager" cliché, we watch Beezus's ideas change as her body changes and as she learns more about the intricacies of her family history and her mom's own reproductive experiences. She grows from a confused, out-of-place kid into a self-assured, empathetic, and strong-willed activist teen. As Beezus says, "People shouldn't be shamed for getting or not getting abortions. Young people absorb the information that we gather from our surroundings. Sometimes it's good information and other times it can be harmful. But now I realize abortion is perfectly normal and should be kept safe and legal." Sprinkled with pop culture references, hilariously apt descriptions of unwanted body changes and menstruation like the chapter "Blood, Bath, and Beyond," and instantly understandable revelations of growing-up, this beautifully illustrated short graphic novel crucially fills a cultural gap around complexities of abortion, pop culture, body changes, and finding out where we fit in.

my mom is having a baby: The New Mom's Guide to Life with Baby Susan Besze Wallace, Monica Reed, MD, 2011-05-01 A new mom runs into a host of new challenges once baby arrives. With compassion and humor--and always the privilege of motherhood in mind--*The New Mom's Guide to Life with Baby* helps mom establish a daily routine, keep her marriage strong, understand the changes in her body, and find her own mothering style. This practical book offers real advice from women who have been there, done that, and want other moms to benefit from their trials and triumphs. A perfect gift for baby showers, Mother's Day, or any day, this guide is designed for the mom who can only find a few minutes of peace each day to read.

my mom is having a baby: My So-Called Family Courtney Sheinmel, 2008-10-21 Leah Hoffman-Ross just moved to New York and she wants her new friends to think she's a typical thirteen-year-old. But Leah has a secret: She doesn't have a father; she has a donor. Before Leah was born, her mother went to Lyon's Reproductive Services and picked Donor 730. Now Leah has a stepfather and a little brother, and her mom thinks that they should be all the family Leah needs. Despite her attempts to fit in and be normal, Leah can't help but feel like something is missing. When she finds the link to the Lyon's Sibling Registry, Leah has to see if she has any half siblings. And when she discovers that one of the other kids from Donor 730 is a girl her age, Leah will do anything to meet her -- even if she has to hide it from everybody else. Debut author Courtney Sheinmel puts a contemporary spin on a timeless question in this heartfelt novel about what makes a family.

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prescription drugs, which would have caused her death by blood poisoning, and how he warned her in dreams about her daughters being raped if she died. Through her courage she began a journey to discover that life is precious and it is a gift to be cherished. *How Do I Live* opens the door to a realm in the spirit in which the Lord announces his victory over death. Death is vanquished. This book beckons the dying to forget about death and walk into the life of Jesus Christ, he came that we may live!

my mom is having a baby: Saved by Grace Marc E. Willis, 2013-11-05 The testimonies that you will read on the following pages are personal stories of courage, hope, faith and strength in the face of adversity. Some will make you cry, some will make you laugh and some will simply bring home the fact that God is. *A Book of Triumphs and Impossibilities* There is definitely a higher power up there in the heavens. My co-author Andreka Eberhart and I know this first hand because I was brought back from not being able to see at all, to being able to see; not being able to walk at all, to walking with confidence to being on the brink of certain death to doing things I once did before and sometimes better than before and Andreka's bout with MS had her brain ravished, where doctors gave her little chance of a complete recovery. We contribute all of our health and wealth and blessings to God Jesus Christ our Lord and Savior. What is a testimony? The dictionary defines a testimony as a statement under oath, proof or evidence of something. My definition of a testimony is simply a lesson: a lesson in life, in truth and the knowledge of God and His promises. It is my hope that your faith will be strengthened and you will have greater hope, peace and joy by reading these testimonies and that you will discover beyond a shadow of a doubt that with God, all things are possible!

my mom is having a baby: The Journey of Andrea Andrea, 2015-12-08 The book is about this girl named Andrea. When she born, she only was 1lb and 1oz. When her mom was in labor with Andrea, she had come feet first. So they to rushed her to another hospital because she almost died. They both could have died if they didn't make it to the other hospital on time. So when Andrea was old enough to go to school, that was when she found out that she had a learning disability problem. She was not a fast learner like the other students. So her whole school years, she was placed in a resource class with the mentally retarded student. While she was in school, her whole year she was bullied because of her learning disability problem. It's also about when she was coming up, she didn't get a chance to have a birthday present or Christmas present because she was kind of poor. And it is about how she lost her father and grandma and auntie. It's about how she quit school and went off to a company for work. And how she ended up and so many different relationships while she was going to the company. The other thing is how she kept her boyfriend back at home while she was in a relationship with so many guys at work. But she finished work at the company and got a job working at a manufacturing plant and falls in love with this guy that already had a girlfriend. After that, she got fired from her job because the supervisor lied and said that she was not working. So she ended up unemployed for about a year. That is when she found another job at a manufacturing plant and ended up having other woman hate on her just because of this nice-looking guy that liked her. That was when she met a guy that she didn't know anything about and ended up moving with him and his daughter.

my mom is having a baby: My Omega's Baby S.C. Wynne, 2017-06-26 Mpreg Romance Enemies to Lovers. Blade Carr and Wyatt Smith are bodyguards from rival agencies who can't stand each other. Blade is a younger omega who thinks, Wyatt, a slightly older alpha, is arrogant and disrespectful. Wyatt believes Blade is nothing but a cocky punk. But when Wyatt receives a death threat, his boss decides the last place anyone will look for him is at Blade's house. Both men dread spending time together and are shocked when, despite their dislike of one another, they are suddenly physically attracted to each other. When they give into their lust one night, Blade just wants to pretend the perplexing night of passion never happened, but when the younger omega discovers he's pregnant, the two men are forced to form a closer bond as they try to find a way to come together for the child. This is a heartwarming, but steamy, 55,000 word story featuring a non-shifter Alpha/Omega world and contains mpreg (male pregnancy). This is a standalone

fated-mate, gay for you story and Book One in the: Bodyguards and Babies mpreg series.

my mom is having a baby: *Experiencing Abortion* Eve Kushner, 2013-05-13 If you've had an abortion and are feeling isolated and vulnerable, *Experiencing Abortion* will remind you that you are not alone and that you must feel your emotions in order to accept your choice and heal. Each woman responds to abortion in her own way, yet, as this sensitive, insightful book shows, there are many similarities among women's post-abortion emotions. Sharing in the firsthand, personal experiences of other women who speak for themselves in this book will help you come to terms with anguish, stress, grief, anger, or any other overwhelming emotions you might be feeling. Don't go on ignoring or blocking out your feelings. Learn to incorporate your experience into your sense of self in a healthy way. By reading *Experiencing Abortion*, you will learn about the multiple feelings and reactions abortion can trigger, the process of accepting an abortion, and the struggle to control fertility without treating your body as an enemy. Offering you a safe, honest, and supportive environment in which to explore your feelings about your abortion, this book discusses many important topics, including: the way moods can overtake you after abortion how avoiding your experience can defer acceptance, which in turn leads to denial and guilt how pregnancy, abortion, and subsequent bleeding can affect your perception of your body the struggle to enjoy sex after your abortion your heightened awareness of gender after an abortion how your intimate relationships may change after an abortion the psychological reasons you may sometimes forgo birth control accepting yourself after a second abortion *Experiencing Abortion* will help women who have had an abortion understand that it is a complex physical and emotional experience that doesn't necessarily end after a week or a month or a year. It will also help professionals in abortion facilities and therapists who offer pre- and post-abortion counseling understand how abortion affects each individual differently and how they might help women work through their feelings both before and after abortion. Partners, friends, and families will find this book helpful and informative as they try to help their loved one get through this sometimes difficult, even traumatic, experience.

my mom is having a baby: *My Mom's Gone, Now What?* Christine Kotlowski, 2015-11-23 Written from a daughter's perspective, *My Mom's Gone . . . Now What?* seeks to inspire others who may find themselves in a similar situation to come to terms with their loss, and more importantly, to move forward in their lives. The author's mother was to undergo a standard catheterization procedure when she suddenly goes into cardiac arrest at the age of sixty-two, leaving the family in shock and disbelief. Unable to share her sadness with anyone, Kotlowski struggles to cope by throwing herself into various activities-including operating her own day spa and salon-and consequently neglecting her health. When she discovers that she has high cholesterol levels just as her mother did, she slowly comes to the realization that she needed to make changes in her life; she needed to move on in order to live. Filled with insightful advice and anecdotes, *My Mom's Gone . . . Now What?* is a journey of self-discovery and making the commitment to living a quality life.

my mom is having a baby: *First the Fire, Then the Lie* Elaine Nelson, 2022-01-12 This story takes place in the Mile High City of Denver, Colorado, in the early fifties. Elaine was a happy, playful five-year-old living with her single mom and four older sisters. Then tragedy suddenly struck home. A short time later, her mother was diagnosed with schizophrenia and chronic depression. As a result of her mother's illness, Elaine and her sisters were separated and placed in foster homes. After several temporary stays with her grandparents and other relatives, she became the property of the state of Colorado, placed permanently into the foster care system. After years of trying to trust the system, Elaine was transferred to an orphanage. It was for colored children located in another city many miles from her friends and familiar surroundings. After years of suppressing the dark fires and lies of her haunting memories, Elaine found strength in forgiveness and love, and now she has opened up to the world to share her challenges, hoping in some small way others will draw strength from her stories of survival.

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my mom is having a baby: *A Cry for Help* Desiree, 2014-09-12 My name is Desiree. Yes, I was

married and divorced three times. and each divorce, I asked for my maiden name back. I am a mother of two daughters and have eight adult grandchildren and three great-granddaughters. I'm taking this time out in my life to write my story because there are so many children and adults crying out for help. They cannot afford Dr. Phil or Oprah or trust anyone enough to talk to them. At one point of time, I tried to reach out to both of them and hit a dead end each time. I always wondered how people get in touch with them. Twenty-five or more years ago, I started writing Oprah a letter when she had Ms. Erica Kane and all of the All My Children husbands on her show with her. the letter turned into a book! So I never tried to send it. I called it Will the Real Erica Kane Please Stand Up. (All the Men I Loved.) Not who loved me because I really can't tell who loved me. My journey took me to hell and back. Through all of my trials and tribulations, I had to come back to Jesus. When he said, I will never leave nor forsake you, he meant just that. It gets hard sometimes to believe it, but when you keep hitting a brick wall and facing death in the face so many times, you start wondering, why am I still here? It's not as though we can stand in a line and pick our race or our mother and father. Wow! Would life be any different? Believe me--it's only by the grace of God that any of us are still here. We all have a purpose for being on this earth. My belief is my purpose is to encourage others to believe in yourself and trust that God really does have your back no matter what the devil throw your way. As the song says, He paid it all. Meaning, Jesus paid for all of our sins, and I thank him for allowing me to be alive long enough to acknowledge that. So here's my story.

my mom is having a baby: *My Family Past Is Precious* Yolanda Young, 2014-04-22 I, Yolanda Jean Young, wrote this story because I feel that my family, past is precious to me. I want my family and peers to understand that I love them. And I want my memories of that to last forever. So with that being said I took the time to look up my family history. With hope that this would help the family with important facts about my family life. And this book can go from my generation to future generations to learn about our roots and how we came to be.

my mom is having a baby: Great Answers to Difficult Questions about Sex Linda Goldman, 2010-02-15 Sex is never an easy subject for discussion and adults often struggle to find the right words when talking about it with children. This book explores children's thoughts and feelings on the subject of sex and provides parents and other caring adults with guidance on how to respond to difficult questions.

my mom is having a baby: Conception and Childbirth LaShela Annette Jones, 2018-12-04 Conception and Childbirth His (Christ's) Way is a refreshing, eye-opening look at how the church should view being fruitful and multiplying. LaShela Jones seeks to expose the myths and beliefs of today's world concerning conception, birth control, childbirth, and fruitfulness. Based on personal experience, she expresses the truth of God's Word as she deals with each topic. You will be educated and inspired as you turn each page. This book is a must read for all women regardless of age.

my mom is having a baby: *Rising Sun* Deana Coak, 2014-05-15 You're about to take an adventure from an Asian culture and its struggles to the land of opportunity in the United States! This book captures the emotions and ways of life of for a young Laotian girl as she follows her destiny to become a successful American woman after years of struggling and fighting for her life, surviving in refugee camps and awful, abusive relationships. See what life was like in the 1960s through the 80s in the communist country of Laos, and learn what it was like to experience the freedoms and responsibilities of America, an utterly different world. If you know struggles, then you can relate to the raw emotions that this book entails. survival to the land of opportunity smile at adversity no matter how hard it is courage to stand up against abuse newfound freedom and adventure finding God and the man of my dreams! Read this book if you have ever asked, Will life ever get better for me?

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