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Baby is a Four Letter Word

by *Helen Simpson* Thu, 17 Aug 2006 04:39:00 GMT



Name: Dorianne Sager

Age: 34

Due date: July 22, 2006

Where do you live? Kingston, Ontario

1. What is the pregnancy-motto by which you live?

To be honest, I am not the most gracious pregnant woman. Labor complications with the birth of my son, and the miscarriages I suffered between my first pregnancy and this one have made for nine months of intense worry. I don't really have that pregnancy glow – it's more likely the sheen of sweat from a panic attack of some kind! But I do try and remind myself of a quote by Erma Bombeck about all the things she would do differently if she had her life to live over:

“Instead of wishing away nine months of pregnancy, I'd have cherished every moment, and realized that the wonderment growing inside me was the only chance in life to assist God in a miracle.”

2. What do you love the most about being pregnant?

Despite the anxiety, the piercing pelvic and sciatic pains and the raging hormones, I do love how being pregnant makes me feel like a goddess when I can feel the baby kicking and moving around. And I love how there is no guilt when it comes to indulging food cravings when pregnant – if my body is begging for a pint of Ben & Jerry's ice cream then it must be because the baby needs it!

3. Who's your model mom? Why?

At the risk of sounding like someone who is sucking up to guarantee free babysitting, I would say my model mom is my own mother. Fiercely loyal and supportive of her family, she has managed to keep her sense of humour and her faith that all things work out – regardless of what life may throw a person's way.

4. Finish this sentence: The thing I am most looking forward to about having this baby is....

Seeing my ankles again, sipping a rather large glass of chardonnay while eating a hunk of gorgonzola, and knowing that it will be at least 18 months before this precious little baby learns the word, “NO!!!!”

5. What gives you butterflies about becoming a Mom?

The fact that since this is my second child, I am now considered an “experienced” mom who should know what she's doing. When in reality, I feel just as unprepared to raise this child as I did with my first. Of course, living with a three-year-old insomniac has at least prepared me for the sleep deprivation that comes with a newborn!

6. What is your biggest pregnancy pet peeve?

My biggest pregnancy pet peeve is the same one I have about motherhood – that talking about the ‘darker’ side of becoming a parent; the anxiety and fear many women experience, the hormonal surges, and the aches

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and pains, is often interpreted by others as a lack of maternal instinct; especially by women who did not experience a difficult pregnancy or never had a hard time adjusting to the realities of motherhood. Creating a life and raising a child is a wonderful privilege, but it is also wrought with worry, frustration and self-doubt. Women should feel free to talk about, and more importantly – as I try to point out in my book – laugh about, how they are coping with all aspects of pregnancy and motherhood without the fear that this somehow makes them ‘bad mothers.’

7. What is the strangest advice you’ve received about being pregnant – solicited or unsolicited?

It wasn’t the advice that was so strange – to buy myself a breast-pump so I could share feeding times with my husband and get some sleep – it was the fact that the advice was delivered by a 65 year-old man behind me in line at Canadian Tire that felt a little odd!

I also had a pizza delivery guy who told me I should go for all the drugs I could get during labour, and then proceeded to tell me about his wife’s horrific birth experience, which wouldn’t have been so bad if I wasn’t standing at the door with my pizza getting cold!

8. What is the one piece of baby paraphernalia that you’ve bought or been given that you are really excited about?

I am very excited about my new stroller; it has a forward facing bassinet, can be converted into a stroller, and the best part – it comes with two coffee cup holders!!

9. What do you think it will be like to be a Mom-on-the go?

As the mother of a very active three-year-old, I am familiar with the logistics of being a mom-on-the-go, and I have come to accept the fact that I will never be on time for anything, ever again. My collection of sexy and stylish handbags is gathering dust in my closet as I have somehow managed to convince myself that the industrial size backpack required to lug around the various paraphernalia needed to keep a three-year-old and an infant clean, fed and entertained during a trip to the grocery store or coffee shop, does in fact go with any outfit.

10. Where’s the best place to strike up a chat with other moms or moms-to-be?

When we were living in Vancouver, the best place I found to strike up a chat with other moms was at my son’s Baby Bubbles swim class, or other programs like Gymboree. I have yet to discover the best places in Kingston, but my guess would be at any Starbucks at about 11am, or around the Thomas table in the Chapter’s kids section.

11. Of all the places you like to hang-out, which one(s) do you think will be the most baby-welcoming? And why?

Again, I have discovered that the most baby-welcoming places are local coffee shops, especially late morning and afternoon when the business crowd has thinned out and the majority of patrons are tired moms searching for a caffeine fix. Starbucks have changing tables in both washrooms and high-chairs which makes stopping for a coffee even more inviting!

Additional questions....

- Rate your readiness for this baby:

o Low: you’re in week 35 and you have only purchased two sleepers and a few blankets

o Medium: you've done some research into strollers and started to setup the crib; you got enough to get you by at the baby shower

o High: you're hospital bag has been packed for 3 weeks already, the nursery is complete and you've oiled the wheels of the stroller at least 4 times

Very, very low. With only 10 days to go, this time I am horribly unprepared. We have recently moved to Kingston, are just finishing up some renovations to the house and are frantically trying to unpack boxes. If I could find an overnight bag I would try and pack it, although I have been carrying around a spare toothbrush in my purse just in case I go early. But my main concern right now is getting my husband to assemble the crib – once we can find the screws that hold it together!

BIO

Dorianne Sager received her Masters of Journalism from the UBC School of Journalism in Vancouver, BC in 2000. She also holds an Honours BA in Japanese and Religious Studies from McMaster University in Hamilton, Ontario where she learned one should never choose a major while hung over. She has also lived in Montreal, Japan and the Channel Islands before briefly settling down with her husband in London, UK between 2000-2002. While there she worked for various UK magazines, including Maxim, Telegraph Magazine, Code, and PC Gear. Sager was a launch editor for EMAP's women's web portfolio, heading up the online versions of Red, more! and ELLE UK and was a contributing writer for New Woman. Her work has also been featured in the Globe and Mail and Western Living.

With a baby on the way, Sager and her husband returned to Vancouver where she wrote the successful humor column, Baby Steps, for the Vancouver Sun. Despite being a self-proclaimed non-expert on parenting and admitting her only qualifications for the job are a sense of humor and a strong stomach, she still managed to find an appreciative audience for her parenting stories.

Sager has been in training most of her life to be a writer, jotting down her observations about life as her parents, afflicted with a terminal state of wanderlust, dragged her around the Caribbean and Australia during her formative years. She may blame them for ruining her adolescence, but hey, at least they gave her plenty to write about.
<http://www.babyisafourletterword.ca>

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