



For  
*Mumas*  
with *Bubas*

*Zanardi Bahi*

For  
*Mumas*  
with *Bubas*

*by Zanardi Bahi*

**Sample only - for complete book of  
poems, please contact us via the  
contact page, or email  
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*For Mumas with Bubas*

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for  
Luna

thank you  
for choosing me

*A Break in the Madness* 🌙 3.08am

A lot of these poems I wrote really late

A lot of you I know will be able to relate

Reflections from my mind, the highs and falls

Some make sense, some don't at all

Please enjoy them, maybe laugh at one or two

A journey to motherhood for me, maybe you

You may even cry knowing that's how you feel

Don't worry Mummas, yes, your feelings are real.

Though in your baby's world you are the only one

You aren't the only woman who's become a mum

It's taken hard work, a strong will, with everything baby took

Yes, they are our blessings!

I hope I've captured it in this book.

I hope I've captured it in this book.

## *INTRO: POEMS - FOR MUMAS WITH BUBAS*

As a first-time Muma at the peak of the first Lockdown in 2020, when breastfeeding, or when my baby would nap on my lap, or during night feeds, I started to note down my thoughts to capture this magic of... My Buba.

Trapped within my home's four walls, while my feelings felt exclusively mine, I was certain many other Mummas felt the same way within theirs.

I wanted to breach those walls, to share, to relate through the lockdown, that we are amazing. We should toot our horns at the end of each day, however that day went. YOU know how incredible every day has been. Or how much of a struggle it may have felt. We got to the end of the day!

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4 The creativity came randomly, hence the timestamps, which will make sense to experienced Mummas, and hints at what's to come for Mummas to be...

The poems were written in states of sleep depravity, of pure love, of absolute despair with feeding, of reflection, all of it very raw and real. We are not alone Mummas! It's a journey. These poems may be an easy read to ease the mind, or...

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Muma; in all forms  
who give birth, who give homes  
who didn't have a choice, who did  
who tried so hard in all types of ways  
who fell into it, being in the right place.

A Buba, under your wing when the time was right  
natural births, nitrous, epidurals, forceps,  
C-sections, home delivery or water-pool,  
'Muma!' We are! To the Buba who loves you.  
Now you're one, how, is neither here nor there.

Grand-Muma, the head of the new family,  
Or life growing as Muma-to-be,  
Whether first time, second, third, fourth, fifth...!  
Each different new Buba, all a gift.  
A Muma is a Muma will always be a Muma  
A fierce gentle soul protecting our Buba.

So little yet divine  
Your fingers play with mine  
So perfect and so soft  
Exploring the world and all it's got  
I wonder what they'll hold when you're older  
One day they won't hold on to my shoulder

Your teeny fingers slowly move  
Gently you feel every groove  
As I carry you  
Everything you touch is new

Each new thing  
Your face shows surprise  
It's all exciting in your eyes

Feeling your tiny hand on my chest  
Makes me forget all the rest  
You continue to stroke me  
Your eyes close  
You start to doze  
I capture you just being

I watch your breathing  
Your breath  
coming and leaving  
It soothes me and I stay in  
that moment  
Your head gets heavy  
Your body gets ready  
Not a single word  
is spoken

8

Times like this  
I feel pure bliss  
I barely move

trying

not

to

make

a

sound

I Smile, tip my head back  
Maybe I'll get to nap  
To this sofa together we are bound.



First time mum  
New things to come  
Where was the aftercare  
It wasn't quite there  
Lockdown baby  
Lack of staff maybe  
New to feeding  
Guidance was needed  
Did anyone check  
One visit  
Then we were left  
Unsupported  
Transported  
Hospital to home  
All alone.

Am I alone.  
No visitors allowed.  
No family allowed.  
Lockdown forgot this new Muma

I feed the best I can  
Milk will come in  
My baby won't be thin  
She will be healthy  
With or without them helping  
I will be the best mum I can be  
I am the best mum.