

**A Study on Motherhood in
North Cyprus: ‘Yorgun Anneler Kulübü’
(Tired Mothers Club)**

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ABSTRACT

This thesis would like to investigate where Alpha generation mothers in North Cyprus stand in regards to certain topics. The Alpha generation children are born between 2010-2025. Their mothers are mostly working women. The topics of interest are the existence of maternal instinct, breastfeeding practices, (specifically their approach to breastfeeding in public) maternity/paternity leave, and parenting practices. Mothers of today are literate and have access to excessive knowledge through new media, unlike previous mothers. In this thesis, certain related posts on a Facebook group formed by a woman living in North Cyprus, ‘Yorgun Anneler Kulübü’ / ‘Tired Mothers club’ was analyzed, along with in-depth face-to-face interviews carried out with 12 mothers. The results depict that mothers are not pleased with the duration of maternity leave, and they believe that it affects the recommended exclusive breastfeeding for the first 6 months. The fact that paternity leave does not exist at all is considered a huge deficiency that needs to be addressed. It is as if the patriarchal government is intentionally creating a distance between the father and baby/ mother/ domestic duties. Mothers clash with the grandparents of the child regarding childcare and child-rearing but barely have a say as this is unpaid labor (provided by ‘women’ yet again. Better conditions need to be created to promote exclusive breastfeeding and better conditions need to be made to involve fathers for a healthier step to parenting. Some fathers (not all) have come a long way in comparison to previous generations but the state needs to do its part. More lactation consultants are needed, and prenatal post-natal classes should be established and funded by the government. Needless to say, babies are the future and every party should do its best to ensure that they are both psychologically and physiologically well.

Keywords: maternity instinct, motherhood/ fatherhood, breastfeeding,
maternity/paternity leave, parenting

ÖZ

Bu tez, Kuzey Kıbrıs'ta Alpha kuşağı annelerinin belirli konulardaki duruşlarını araştırmak istemektedir. Alpha kuşağı 2010-2025 yılları arasında doğar. Anneleri çoğunlukla çalışan kadınlardır. Annelik içgüdüsünün varlığı, emzirme deneyimleri (özellikle toplum içinde emzirmeye olan yaklaşımları), annelik/babalık izni ve ebevyklik uygulamaları ilgi duyulan konulardır. Günümüz anneleri okuryazardır ve önceki annelerin aksine yeni medya aracılığıyla sonsuz bilgiye erişebilmektedirler. Bu tez çalışmasında, Kuzey Kıbrıs'ta yaşayan bir kadının oluşturduğu bir Facebook grubunda, 'Yorgun Anneler Kulübü' ilgili bazı paylaşımlar analiz edilmiş ve 12 anne ile yüzyüze derinlemesine görüşmeler yapılmıştır. Sonuçlar, annelerin doğum izni süresinden memnun olmadıkları ve bunun Dünya Sağlık Örgütü'nün önerdiği ilk 6 ay sadece anne sütü ile beslemeyi etkilediğine inandıklarını göstermektedir. Verilen sürenin iyileşmek için yetersiz olduğunu ve de bebekleri için کافی olmadığına inanmaktadırlar. Babalık izninin hiç olmaması, giderilmesi gereken büyük bir eksiklik olarak görülmektedir. Sanki ataerkil yönetim kasıtlı olarak baba ile bebek/anne/ ev işleri arasında mesafe yaratıyor. Anneler, çocuk bakımı ve çocuk yetiştirme konusunda çocuğun büyükanneler ile çatışır, ancak bu ücretsiz emek (yine 'kadının' omzunda: bu sefer büyükannelerin) olduğu için neredeyse hiç söz sahibi değildir. Anne sütüyle beslenmeyi teşvik etmek için daha iyi koşullar yaratılmalı ve ebevykliğe daha sağlıklı bir adım atabilmek için babaları dahil etmek için daha iyi koşullar oluşturulmalıdır. Bazı babalar (hepsi değil) önceki nesillere göre çok yol kat etti ama devletin üzerine düşeni yapması gerekiyor. Daha fazla emzirme danışmanına ihtiyaç vardır, devlet tarafından finanse edilen doğum öncesi doğum sonrası sınıfları oluşturulmalıdır. Bebeklerin gelecek olduğunu söylemeye gerek yok ve her taraf hem psikolojik hem de fizyolojik olarak iyi olmalarını sağlamak için elinden gelenin en iyisini yapmalıdır.

Anahtar Kelimeler: annelik içgüdüü, annelik/babalık, emzirme, annelik/ babalık izni, ebevynlık

DEDICATION

To my children; Nazra and Aren and my husband Burak Ünal; for making me a mother and showing me patience and giving me endless love.

To my mother and mother-in-law; for setting excellent examples...

To my father, wish you could have seen the completion of this thesis, you would have been proud.

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Chapter 1

INTRODUCTION

Born too late to be the first, too early to be the last, the middle child, only daughter of Cypriot immigrants living in the UK. Proud to say that my father was shipped out of the island by his mother (of fear that his rebellious nature would get him killed) even though he wanted to stay, he then made his way back only to be sent away with his bride. After living in the UK with his wife and three children they decided to return to the motherland for a 'better' way of life. What they were unaware of was the fact that the island had evolved, whereas my parents' way of thinking was stuck in the 60s, the years they had left.¹ I was raised being constantly reminded that I was a girl, therefore there were things that I could and could not, and things that I should do. With the birth of my brother eight years younger than me, I was taught to change diapers, bottle-feed and soothe. Interestingly my older brother was not exempted from these duties so I should give credit to that. At the age of twelve, upon coming to Cyprus and realizing that my parents' views on the dynamics of gender and gender based roles were outdated, I found myself questioning things. Having studied English Language and Literature, absorbing feminist theory, helped shape my character and challenge my parents' fixed ideas to the extent of actually helping them transform, though it had not been an easy journey. As a single woman I had my issues with patriarchy, traditions

¹ While some immigrants tend to blend into the new culture, others feel threatened and as a result they cling onto their own beliefs and traditions in fear of assimilation. This is a struggle for the new generation born and raised in the new world.

and societal gendered expectations but it was after becoming a mother (at the age of 36) I really saw the bigger picture. Issues that had never occurred to me dawned upon me. After my daughter was born, I joined a Facebook group, ‘Yorgun Anneler Kulübü’/ Tired Mothers’ Club and found myself scrolling down reading random posts and the topic of conversations with peers had taken a turn. I had never actually fully comprehended the issues evolving around motherhood until I ‘became’ one. Quotation marks are used here to emphasize the word became and bring it to another context which is basically one of the main issues addressed in this thesis. The dynamics of motherhood has long been a field many scholars have had an interest in. The notion that maternal instinct does not exist and that it is a social construct has been argued by many scholars, and child rearing responsibilities could very well be performed by either parent has been stressed. “Social constructionism is defined as a perspective that believes that human life exists the way it does due to social and interpersonal influences.” (Gergen, 1985). (Kappor, 2021 p. 2583).² The phase ‘parenting’ is the new trend that opposes the idea of mothering. Mothering has come a long way and the working mother of this century cannot, should not try to be a superhero. It is a fact that by not stepping up to participate in the parenting experience, not only do fathers actually miss out on a lot of unique moments, but they also create a situation where an unfair labor exists. It is more beneficial and healthier for all parties such as children and parents if both parents participate in the child rearing process equally. The mother is no longer the fulltime occupant of the home, and it is unfair to expect the mother to rear children, fulfil domestic duties, cook, arrange playdates and private lessons, drop off, pick up, feed, bathe and put to sleep after a long day at work. And one must

² Kapoor, T. (2021). Rethinking Motherhood: A Feminist Exploration of Social Construction of Motherhood in India. *International Journal of Policy Sciences and Law*, 1.(4), 2582-2591. https://ijpsl.in/wp-content/uploads/2021/07/Rethinking-Motherhood-A-Feminist-Exploration-of-Social-Construction-of-Motherhood-in-India_Tanvi-Kapoor.pdf

question if it is really possible for a human being to have an occupation plus be a nanny/ governess, teacher, housekeeper, cook, event planner, chauffeur, psychological counsellor and healthcare provider? Apart from the fact that this is an unequal situation, fulfilling all these duties in the given timeframe, on top of having a full-time job whether successfully or unsuccessfully seems impossible. Trying to do all of these without support may very well result in some sort of breakdown. Partners need to realize that rearing children requires a team for everyone's sanity. Breastfeeding is another issue I find fascinating. When discussing motherhood, one of the most prominent issues is of course the issue of 'breastfeeding'. According to WHO mothers should exclusively breastfeed for 6 months and continue to breastfeed after solids are introduced preferably up to the age of 2. There are significant obstacles mothers face while breastfeeding. Some of the major obstacles are ignorance on the benefits of breastfeeding for baby and mother, discomfort in breastfeeding in the public sphere, the absence of facilities for the embarrassed breast feeder, maternity leave laws and lack of support by the workforce.

Many scholars have already stated the problems related to the belief of a maternal instinct and obstacles regarding breastfeeding. However not much has been done in North Cyprus to see where alpha generation³ mothers stand compared to other countries. Do they think maternal instinct exists? What are their views on breastfeeding in public? Are they content with the maternity leave policies? Are they aware that according to WHO they should exclusively breastfeed their babies for the

³ Those born after 2010 are considered to be the descendants of generation z. The most prominent aspect differing them of the previous generation is the fact that they are born and will grow up in the digital world.

first six months and that the system is far from promoting this? Are they content with their husbands' involvement, and do they want paternity leave? This thesis aims to draw attention to; the needs of equal parenting, breastfeeding rights, family needs regarding maternity/ paternity leave in North Cyprus, by pointing out the needs and conditions in comparison to other countries. The observation material for this research consists of two groups. The first group is a Facebook group 'Yorgun Anneler Kulübü' which was formed by Bahar Kahraman Şahin, a mother and a cabin crew supervisor for an airline. This group has 20.285 members and the diversity within the group is undeniable. However, there is one common ground apart from being a mother; they are tired. Motherhood can be pleasurable and rewarding but the 'tiredness' that comes with it is taken as a given. The fact that the word 'yorgun'/'tired' is actually the name of the group speaks for itself and emphasizes that it should not be taken as a given. In an Era where technology is in its highest form, new media is of great significance. One can say that new media has created the 'smart'⁴ mother. In this context one cannot deny the power of new media, and mothers have also found a way to instantly connect via new media. Mothers do not need to physically come together to share a problem and ask for advice. However, I must add that in comparison to other mom groups where most mothers live in the USA, certain themes seem do not appear, as if taboo or nonexistent. In other mum groups, problems regarding drug abuse, sex, partners or mother in laws always pop up but not in 'Yorgun Anneler Kulübü.' We live in a very small community, and everyone seems to know a friend of a friend, and some like to talk. People are wary of what they share with whom however with the recent updates on the settings of the group mothers can ask their questions or vent *anonymously* now

⁴ My definition of a 'smart' mum is a mother who uses a smart phone to download and actively use pregnancy and child development Apps and also to access professional/ scholar articles on these topics.

if they want to. The option to be able to hide your identity is especially useful in such small communities. The last thing one needs is to let on personal information regarding her home to acquaintances. Perhaps with the new settings mothers will be able to share more, however that is yet to happen. Women, mothers share their problems, insecurities, experiences and in-experiences. They give each other guidance, recommendations, and on the whole, there is a sense of support in the sense that they are not alone in this journey. Sometimes they clash, but it's still nice to see what others are doing whether it works for you or not. I have used the search engine for something specific, but not for health issues since I prefer to do more scholarly research. For me it was generally scrolling down recent posts and reading what other mothers were experiencing out of curiosity, wondering if I could be of any assistance. There is a desire to share experiences and help one another and that's what makes it worthwhile. I chose this group because they are mothers mostly living in the same island, speaking the same language, with similar cultural background. It interested me to see what I could find within the group regarding the themes I had in my head, without actually asking them what they thought about it.

The second material analyzed were 12 in-depth interviews. Since the focus was people's experiences a qualitative approach was used. The posts and comments were texts from the start whereas the interviews were transcribed and translated into texts. This is a textual analysis within a feminist framework. Snowballing sampling was partially used to find interviewees, (friends recommended by friends), fellow colleagues, mothers met at the school run. Their ages vary from 26-50 and a variety of occupations and employment status (private/ public) was essential. Also, recent breastfeeding experience was a requirement so that they have a more vivid memory of their experiences. 26 semi structured questions were created however improvising

occurred. The location, date and time of the interviews were arranged strictly to suit the interviewees. They were informed of the study beforehand and the duration of the interview. They were promised anonymity and asked to sign off permission for their interview to be used for the study. Even though some mothers spoke English they were given the choice to use their mother tongue if they preferred. 8 interviews were conducted in Turkish 4 interviews were in English. The interviews in Turkish were transcribed and translated into English, the interviews in English were only transcribed. The interviews were printed, and pre-determined themes were highlighted. Responses were categorized. For the Facebook group: pre-determined themes were typed into the search engine and posts of interest were saved to be revisited, and comments were thoroughly analyzed and categorized according to for/against or similar/ difference in opinion. Both texts were later brought together to be analyzed in relation to how they connect with or differ from the scholars' opinions in the literature review.

This study is significant because there are unjust dynamics within the homes regarding child rearing, unjust policies regarding maternity/paternity leave with dire consequences, and unjust working conditions that do not promote the universally recommended exclusive breastfeeding for 6 months in North Cyprus. I'm hoping that this study will show more than the tip of the iceberg and trigger change ideally from the smaller core to the wider community all the way up to the highest form of authority.

Limitations

Every study has its limitations. The main limitation of this study is that there has not been much subjective research done specifically regarding mothers in North Cyprus.

The data collected from mothers in North Cyprus is also on a small scale due to time constraints.

Chapter one is the introduction to the study. Chapter two, the literature review, is divided into two parts. The first part will look in detail at what scholars have said about the notion of maternal instinct's existence and the alternative to it. The second part will focus on breastfeeding practices, the benefits and obstacles faced while breastfeeding. I will then move on to state the advantages of breastfeeding, the obstacles and how to overcome them and also, I will take a look at maternity/paternity leave policies in North Cyprus in comparison to other countries. Chapter three will explain the method used. Chapter four will be an analysis of some posts on a Facebook group 'Yorgun Anneler Kulübü' regarding motherhood, breastfeeding and the involvement of the father by looking closely at the comments and interviews. Chapter four will also provide an analysis of certain themes drawn from the in-depth interviews with 12 mothers whom 11/12 are members of the same Facebook group. Chapter five will be the conclusion.

Chapter 2

LITERATURE REVIEW

2.1 Motherhood: Born to be a mother?

From the moment one discovers that there is a heartbeat in one's womb, there is a societal expectation that an instinct will manifest itself. According to the online Collins English dictionary maternal instinct is “the tendency that a mother has to behave or react in a particular way around her child or children”. This “maternal instinct” is supposed to start from conception⁵ and embeds self-sacrifice, knowledge of how to raise a child –from giving birth and breastfeeding to find best schools, etc.-, and know what is best for them *naturally*. Does it *really* exist? Could the bearer, and caregiver really truly have such ‘magical powers’?

This discourse has been very controversial in the space of time. Many scholars have stated different opinions on the matter. Patriarchal societies have forever placed women in the home. The human baby in comparison to other mammals is the neediest of them all. Women's biological capacity to bear, push out and physically produce the vital nourishment has made the mother the essential, one and only primary carer. This biological nature has created the perception that this ideology is plainly natural, thus the way it should be. And yes, in tribal era while men went and hunted women cared for their young and fulfilled the domestic duties. This surely went on for a very long

⁵ Or some would even argue that women, due to their biology, whether married or single, ultimately desire to be a mother; the idea that the biological clock is ‘ticking’.

time in history. While bearing, giving birth and breastfeeding are truly and solely in the capability of the mother this does not necessarily mean that they have a maternal instinct to go with it. In 'Unsex Mothering' Rosenblum argues that mothering is not a biological phenomenon. He breaks down the core biological elements of women's physiognomy that make them 'mothers' into three parts: ovulation, gestation/birth and lactation. He then makes the argument that eggs can be borrowed, surrogate mothers can be used, and similarly so can wet nurses. If either of the three elements are taken out of the picture once their mission has been completed, then, the woman who provides primary care is actually generally considered the 'mother'.⁶ (Rosenblum, D. 2012, pp. 69-70). He also justifies his argument by saying: "However, just as their absence does not deprive someone of the status of "mother," their presence does not *make* someone a mother." (Rosenblum, D. 2012, p. 71). Being able to biologically become a mother does not necessarily mean one can 'mother' and not being able to conceive does not mean one cannot 'mother'.

Mothering is a learning experience a cultural phenomenon that was passed on to mother by mothers for generations. Who is to say that if *willing* a father could not master taking care of a baby or rearing a child? In tribal era or past generations when breastfeeding was the only possibility mothers had to be available for 0–8-month-olds every few hours. This factor prevented the mother from individual mobility. However today this has changed. With the invention of breast pumps and formula mothers no longer have to be present 24/7.

⁶ Rosenblum, D. (2012). Unsex mothering: toward new culture of parenting. Harvard Journal of Law & Gender, 35(1), 57-116.

2.1.1 The primary goal and the problem that has no name

From the gainings of the 1st wave of feminism women were able to vote, but this was obviously not enough for equality, but it was a small step that had to be taken to reach the bigger goal. Yes, women had access to education and were welcomed to the workplace however their teachings / upbringing (due to their biology) embedded the notion that their ultimate goal was to marry, have children and facilitate everything regarding their children's, husband's lives and of course the maintenance of the house. As if this primary goal was the pursuit of feminine fulfillment. In 'The Feminine Mystique' Betty Friedan speaks of *the problem that has no name*. A controversial book of the time that has extracts from different women's experiences and concerns, women from different economic backgrounds with the same thing in common; educated women who 'succeeded' in their ultimate goal.

Experts told them how to catch a man and keep him, how to breastfeed children and handle their toilet training, how to cope with sibling rivalry and adolescent rebellion; how to buy a dishwasher, bake bread, cook gourmet snails, and build a swimming pool with their own hands; how to dress, look and act more feminine and make marriage more exciting; how to keep their husbands from dying young and their sons from growing into delinquents. They were taught to pity the neurotic, unfeminine, unhappy women who wanted to be poets or physicists or presidents. They learned that truly feminine women do not want careers, higher education, political rights- the independence and the opportunities that the old-fashioned feminists fought for. (Freidan, 1963, pp. 15-16).

Even though the 2nd wave of feminism had occurred Freidan points out that these young American women were somehow brainwashed (though the system itself media

and commercials) to believe they were destined by biology to choose and embrace this path. These women have 4-6 children and extremely busy schedules. Friedan goes on to say that on an April morning in 1959 she overhears 4-5 women talking about ‘the problem’ as a magazine writer she later on interviews many women and states that the problem was a common one spread among a vast majority from:

suburban ranch houses on Long Island and in New Jersey and Westchester County; in colonial houses in a small Massachusetts town; on patios in Memphis; in suburban and city apartments; in living rooms in the Midwest... college dormitories and semi-private maternity wards, at PTA meetings and luncheons of the League of Women Voters, at suburban cocktail parties in station wagons waiting for trains...” (Freidan, 1963, p. 20).

The problem that had no name was described as a sense of ‘emptiness’ a feeling of ‘incomplete’, ‘non-existence’ or ‘tired’ all boiling down to the main question “Who am I? Some called it the ‘housewife syndrome’ some ‘housewife fatigue’. Home economists and college educators suggested workshops to prepare women for home management and domestic life. A number of educators suggested seriously that women no longer be admitted to the four-year colleges and universities. Not only was it considered a wasted spot in the classroom it was also believed that having the education in the first place could be the reason behind women’s desperation; perhaps an uneducated woman would be happier and content in her home with her role... Freidan concludes with her main argument. She claims, (although she does not provide evidence) after talking to “suburban doctors, gynecologists, obstetricians, child guidance clinicians, college professors, marriage counselors, psychiatrists and ministers” (Freidan, 1963, p. 31) that she has found clues to a certain truth about the problem via “certain new research and theoretical developments in psychological, social and biological science whose implications for women seem never to have been examined.” She believes that that the evidence the clues are pointing at have not been

reported publicly because the “evidence... throws into question the standards of feminine normality, feminine adjustment, feminine fulfillment and feminine maturity.” (Freidan, 1963, p. 31). Though not explicitly stated one can read these words along the lines that what she is trying to subtly say is that women’s biology and psychology is beyond the roles that the feminine fulfillment dream made it out to be. She is challenging the notion of the feminine fulfillment dream as she has seen that it has only led women to depression. That undeniable voice in women “... want something more than my husband and my children and my home” (Freidan, 1963, p. 32), they need identity.

2.1.2 Motherhood as a social construct

In ‘The Reproduction of Mothering’, Nancy Chodorow analyses in depth the idea of mothering. She starts off by stating that yes, “men’s greater agility, strength, speed, and aggressiveness made it natural for them to hunt, and that women therefore gathered and reared children.” (Chodorow, 1978, p. 17) and also the fact that there was no contraception meant that women were frequently bearing children or constantly lactating. For the mortality of humans, it was essential for women to be closer to the child. The assignment of these roles was based on these facts. Chodorow does not believe that this is applicable to:

... industrial societies like ours which do not need this division of labor for physical reproduction. In our society women do not spend most of their “child-bearing years” bearing children, do not have to nurse, and in any case nurse for only a relatively few months. ((Chodorow, 1978, p. 21).

Women also have to work to make ends meet. Childcare, expressing milk and formula (though not preferred) has made it possible for children to be reared by others and:

It may even be the case today that this division of labor conflicts with the requirements of production, which in most industrial societies seems to be drawing women of all ages into the paid labor force. . . We should see the original sexual division of labor as a once necessary social form used by and

modified by other social forms as these have developed and changed. The sexual division of labor in which women mother has new meaning and functions, and is no longer explicable as an outcome of biology or of the requirement of survival. The evolutionary functionalist account does not provide a convincing argument grounded in biology for why women, or biological mothers, should or must provide parental care.” ((Chodorow, 1978, p. 21).

Chodorow believes that the existence of mothering characteristics in female looking children with hormonal abnormalities such as Turner Syndrome and androgen-insensitive chromosomal males is evidence that biology cannot determine the mothering role given to women. Chodorow believes that hormones do not play an important role in caretaking.

Caretaking behavior can be called up both with hormones and without in both males and nonparturient females. Nor can we argue that biological aggressiveness in human males prevents nurturance, since boys in many societies, and men in our own and elsewhere, can provide anything from occasional to extensive care of young children. (Chodorow, 1978, p. 30).

The highlight of her argument is that women mother because they always have, she believes that this notion is a social construct. Her standing point is that girls grow up idealizing and identifying with their mother. This has become a chain repeating itself. The self-sacrificing caring mother creates an expectation for both sexes. Girls try to be them; boys reject and repress their feminine side in order to be masculine. She believes that in time biology has created an oppressive world for women by placing them in the domestic zone in contrast to the social world where men were the prime breadwinner; therefore, constructing the patriarchy:

That women mother is a fundamental organizational feature of the sex-gender system: It is basic to the sexual division of labor and generates a psychology and ideology of male dominance as well as an ideology about women's capacities and nature.” ((Chodorow, 1978, p. 208).

In the 1940's studies claimed that in American society mothering when carried out by one person, obviously the mother, resulted in 'over protection'. Living in isolated suburban homes without other extended family and the father being away meant that the daughter could not detach herself from the mother. Women tended to overinvest in their children, and this is undeniable extremely unhealthy. Since mothering is a social construct the qualities necessary to mother can be created in men too. The only act that is specific to women is breastfeeding, all other parenting relationships such as 'warmth contact and reliable care' (Hrdy, 2009, p. 217) can be provided by either sex. Children, as Hrdy states never really needed exclusive mothering. Like the famous saying states, "it takes a village to raise a child". Thus it is widely believed that allomothers "an individual other than the biological mother of an offspring that performs the functions of a mother (as by caring for an infant temporarily" (URL 1) are necessary. In her anthropological studies Hrdy comes to the conclusion that "Without alloparents, there never would have been a human species." (Hrdy, 2009, p. 109). Seems extreme but makes perfect sense. In tribal age where survival was a serious struggle one needed to be able to rely on and trust others. How different is our modern age in that aspect? Yes, we do not need to go out and hunt and pick berries, but we still need to go out and work to provide for our offsprings. In a sense daycare is a modern replacement for the hut where the children stayed while their mothers went to harvest the crops or pick berries or slay a deer. In a setting where there are *two* parents present, whether gay or heterosexual, exclusive single parenting is unhealthy for mother and child / child and other. "Mothers in such a setting are liable to overinvest in and overwhelm the relationship. Similarly, I think, children are better off in situations where love and relationship are not a scarce resource controlled and manipulated by one person only." (Chodorow, 1979, p. 217). In 1979 Chodorow had hope that things could change

although this change would seem undesirable to some, especially men. She had faith that there were men out there who will eventually realize that they are missing out on a lot and who will want equal role. Because at the end of the day “Men don’t rear children because they don’t want to rear children. (This implies, of course, that they’re in a position to enforce their preferences.)”⁷ (Polatnick, 1973, p. 60.) This quote is not applicable to today. Actually, one can say that the men stated in this quote are heterosexual men of Polatnick’s time. Many gay couples willingly raise children today and this is proof that rearing a child has absolutely nothing to do with intuition or talent, it is about having the desire, patience, good will to do so, and in patriarchal sense to diminish the division of sexual labor.

2.1.3 Institution of motherhood

On reading “Of Woman Born,” Adrienne Rich, as a woman living in 2022 one realizes that we are blessed to be able to acknowledge the pleasures of motherhood. As much as there are ups and downs, certain constraints and difficulties faced, more women today (even though not all) have more control over their bodies. What about women throughout history who didn’t? Women who could not benefit from healthy means of contraception... Women, who if contraception failed could not have had an abortion... (Though the right to abort still is an issue in many countries unfortunately.) Women who were raped or women who were with child every other 10 months... How could they ever feel delight in having the 11th child whose primary carer would solely be themselves? In her book Rich quotes a letter sent to Margaret Sanger, an American birth control activist, sex educator, writer, and nurse, who published a selection of the 250,000 letters she received from women asking for advice on birth control in her book

⁷ Polatnick, M. 1973, "Why Men Don't Rear Children; A Power Analysis," Berkeley Journal of Sociology, 18, p. 60.

“Motherhood in Bondage”. Women were in desperate need to stop the reproduction which turned from a blessing to a curse. Throughout her book Rich tried:

... to distinguish between the two meanings of motherhood, one superimposed on the other: the *potential relationship* of any woman to her all powers of reproduction and to children; and the *institution*, which aims at ensuring that the potential-and all women-shall remain under male control.” (Rich, 1976, p. 13).

Rich believed that in certain cultures in the past:

... the idea of women-as-mother has worked to endow all women with respect, even with awe, and to give women some say in the life of a people or clan. But for most of what we know of the “mainstream” of recorded history, motherhood as institution has ghettoized and degraded female potentialities. (Rich, 1976, p. 13).

Rich blames patriarchy for pushing women into an institution of motherhood, and this is therefore ‘unnatural’. She also implies that ‘patriarchy’ a woman opposes could be “individual men, the welfare system, the medical and psychoanalytic establishments or the organized network of drug traffic, pornography, and prostitution.” (Rich, 1976, p. 283). Rich believes that patriarchy needs to be demolished and women need to take control of motherhood. She also believes like Hrdy a “return to a “village” concept of community” (Rich, 1976, p. 282) is essential and like Chodorow she believes that:

There is a ripple of interest in “new fatherhood” in the establishing of a basis for proof that men, as well as women, can and should “mother,” or for redefinitions of fatherhood which would require a more active, continuous presence with the child. (Hrdy, 2009, p. 282).

In 2022 some fathers have proven her to be correct and this is a huge progress for humanity. This point will be further explored in the following chapters.

2.1.4 Intention

In The Theory of the Parent-Infant Relationship, D. W. Winnicott stated that:

Mothers who have it in them to provide good enough care can be enabled to do better by being cared for themselves in a way that acknowledges the essential nature of their task. Mothers who do not have it in them to provide good enough care cannot be made good enough by mere instruction. (Winnicott, 1960, p. 7).

So much can be said about this quote. Firstly, it is obviously stated that some mothers 'have it in them' while others do not. Therefore, one can argue that according to Winnicott, the idea that maternal instinct is absolute and universally embedded in all women is not true. He believes that desire and will in other words intent to provide 'even good enough care,' is essential. Without this desire, if one does not have it in her heart, even the best instruction cannot be of use. This is true for everything. Just like fathers could take care of children if they really wanted to. Winnicott also recognizes that mothers who care for children need to be cared for too. They are not supernatural beings, they get burnt out, and need to be reminded that they have a self other than the mother identity some bind them with. Winnicott has a sexist approach that reveals itself when he underlines that taking care of children is "their task". So, one can interpret this as even though women have not been blessed with this instinctual – innate desire to be better mothers, (we can say it isn't in their nature to do so) it is still culturally their responsibility nevertheless, and that's fine. This is the point where I stray from his perspective. Yet again man distances himself from the responsibility and enjoys the freedom of patriarchy. Attachment is a necessary bond for a child, however as in everything, even attachment is healthier when balanced between both parents.

2.1.5 One is not born but rather becomes, mother

In "The Second Sex" Simone De Beauvoir, clearly affirms her standing point by stating:

One is not born, but rather becomes, woman. No biological, psychic, or economic destiny defines the figure that the human female takes on in society; it is civilization as a whole that elaborates this intermediary product between the male and the eunuch that is called feminine.” (Beauvoir, 1964, p. 330).

According to Beauvoir it is society that creates sexes and shapes their role, and I cannot agree less. Beauvoir also believes that traditions and society bind the mother to the children, therefore the home. She recognizes that women would be healthier in body and mind if they had control over their bodies and had a village to help them raise the children, the village in today’s sense, would be childcare, maternity visits, support groups etc.:

The burdens that come with maternity vary greatly depending on customs: they are overwhelming if numerous pregnancies are imposed on the woman and if she must feed and raise her children without help; if she procreates as she wishes and if society helps her during her pregnancies and provides child care, maternal duties are lighter and can be easily compensated for in the realm of work.” (Beauvoir, 1964, pp. 87-88).

Similar to Chodorow, Beauvoir is aware of the cyclical element of motherhood. In an age where women constantly fell pregnant and had numerous children mothers tended to shift some of the weight onto the elder girls. These elder girls not only looked after their younger siblings, but they also participated in the chores, while mostly boys were exempted from these kinds of responsibilities. Robbed of their childhood girls performed what was expected of them. This is still practiced if not severely, but girls are constantly reminded that they will one day become mothers whether consciously or unconsciously. One may ask is this a bad thing? I believe if it is narrowing down, one’s capacity to one day become an astronaut or groundbreaking scientist, then yes, it is.

A great part of housework can be accomplished by a very young child; a boy is usually exempted from it; but his sister is allowed, even asked, to sweep, dust, peel vegetables, wash a newborn, watch the stew. In particular, the older

sister often participates in maternal chores; either for convenience or because of hostility and sadism, the mother unloads many of her functions onto her; she is then prematurely integrated into the universe of the serious; feeling her importance will help her assume her femininity; but she is deprived of the happy gratuitousness, the carefree childhood; a woman before her time, she understands too soon what limits this specificity imposes on a human being; she enters adolescence as an adult, which gives her story a unique character. The overburdened child can prematurely be a slave, condemned to a joyless existence. (Beauvoir, 1964, p. 347).

It is of no wonder that throughout history some of these ‘little women’ trapped in these households, caring for and cleaning after dozens of people, sought to escape, creating their own little prison of two, which multiplied within two years of marriage and so forth. And some would be forced to leave as it would mean an extra mouth to feed. Married off to someone they have no feelings for, resulting in the pattern repeating itself with unwanted children whose father they despise. We have undeniably come a long way; however the journey is not complete and will not be complete until women have complete control over their bodies, mind and lives, and when societies, governments are not only aware of but start to act upon the very necessary requirements to assist parents in having and raising children.

2.1.6 Motherhood and patriarchy in Cyprus

The term patriarchy in its simplest meaning can be defined as ‘rule of fathers’. In her article *New Breast milk in old bottles*, Rothman clearly states the issue that we are most familiar in more ancient Cypriot culture. There is the mentality that the ‘seed’ is the vital component and “nurturance is reduced to “soil,” to “dirt . . .” (Rothman, 2008, pages not for citation p.2) for the continuation of ‘*mankind*’ and for men to be able to have sons “men must pass their seeds through the body of women.” (Rothman, 2008, p. 2) In Cyprus, the now deceased or living elder generation (80 and above) have mostly favored sons to their daughters. The notion that ‘the seed’ is the real continuation of their genes regarding women as merely vessels of another man’s genes,

has been a major reason for this sexist favoritism. This favoritism manifested itself in division of labor within the household. Mimicking parents boys grew up doing less chores in the home than their sisters even though they *all* went to the fields. Lisaniler stated that through 1571- 1960 Cypriot women performed: “unpaid domestic work like looking after children or the elderly, making winter provisions and clothes for the family, working in family owned farms as unpaid family workers and in the textile industry.” (Lisaniler, 2003, p 23).⁸ Some girls were denied of education while the boys went on to high school. Once they were eligible to marry, a house was built for the young man. I remember in 1990 villagers (in Mormenekşe and Tuzla) started to build their 10-year-old son a house. That was the norm, the man provided the house, and the woman (woman’s family) furnished it. It was documented that the last house to be built before a marriage for a son was in the year 2000 in the village Kufez. (Yağlı, (2008, p 106).⁹ This system placed the women in a disadvantage from the start as the woman had no property and was stuck in the marriage whether she wanted it or not/abused or not. The alternative would be to return to the father’s home, and that was generally not an option, so they sucked it up. Sadly, sons also inherited the bigger chunk as if it was their lawful right for having male genitals. Until 30 years ago, while the daughter received one right to receive a share of the inheritance, her brother was given two rights. (Yagli, 2008, p. 11). It is important to point out that apart from rare exceptions the parents were generally looked after by their daughters in old age. It is heartbreaking that this sex discrimination was not only performed by fathers, but unfortunately mothers also too went with it. It was probably the highest form of

⁸ Lisaniler, F. (2003) *Assessing the Status of Women: A Step towards Equality*. Turkish Cypriot University Women Association.

⁹ The book *Kufez’den Çamlıca’ya Kıbrıs’ta Köy Gerçeği* (2008) consists of two parts, part I: Yağlı’s thesis, a sociological study on his village (written in 1962) and Part II a comparison of the sociological changes from 1962-2004)

Patriarchy our generation experienced. Of course it would be wrong to generalize, but I remember questioning why my uncles inherited more than my mother and aunt and why my uncle started to build a house for his 11-year-old son. The answer was very simple yet complex, because they were men. Perhaps mothers couldn't even imagine that the cycle could be broken hence the silence, maybe they didn't have the voice to speak up, or maybe they had always been made to believe that they were the inferior sex not deserving equality and silently accepted their own and their daughters' fate. Also, the pressure to create a male offspring was always present in these eras.

Nowadays this has changed to a certain extent. Life is a lot more expensive, and there has been a shift from the norm where the man had to have a house in order to marry. People now marry for love unlike the arranged marriages of the past, girls have equal access to education and enter the work force. Partners either build or buy a house together. Women have their names on contracts and have 50% ownership rights and the parents of today's middle-aged people generally divide their wealth equally. The effort to produce a male offspring is not prominent and a daughter suffices a son. Times have changed and people cannot afford to keep trying for a certain sex, the number of children families now are 1-2. Parents now have higher expectations for their children, they want better education, and better healthcare therefore private sectors are preferred. Though Cypriot culture has come a long way rearing child is still primarily the mother's responsibility.

Referring back to the ideology of patriarchy Rothman stated that:

. . .it is men's babies that are being made. From the standpoint of the market, not all work is equally valuable, and not all products are equally valued. There is not a direct relationship between the value of the worker and the value of the product . . . under capitalism, workers do not own or control the product of their own labor. Babies at least healthy white babies, are very precious products these days. Mothers, rather like South African diamond miners, are

the cheap, expendable not-too trustworthy labor necessary to produce the precious product. (Rothman, 1989, p. 39).

Rothman believes that through the eyes of patriarchy and capitalism one can see similarities between the mother/baby and worker/product. Breasts are a means of mass production and women's nurturance work is devalued as it can pretty much be hired (Rothman, 1989, p. 2).

2.2 Breastfeeding

Throughout history the approach to breastfeeding has differed from time to time and culture to culture. There was a point when it was the most natural and only thing to do for the survival of infants. However, in time this changed, in some societies royalty, aristocrats and the noble started to perceive breastfeeding as a common act. Too common for them to indulge in, therefore they hired wet nurses. In the 15th Century attempts were made to use cow or goat milk as a substitute however this was not a success. Later on, in the 18th Century another attempt was made, a mixture of broth flour or cereal was made and this also did not work. In the mid nineteenth Century formula was invented to substitute wet nurses and breastfeeding altogether. Breastfeeding during the early 20th Century began to be perceived negatively it was considered to be an uncultured practice of the lower class. After World War II formula became highly popular, especially with women having to enter into labor force. However, from 1960 onwards, things started to change even though the negative attitudes to breastfeeding continued by some. (URL 2). Breastfeeding is extremely intimate. Not only is it intimate in the sense that the baby is suckling on the breast, but it also requires embrace and there is usually intimate eye contact. The two bodies become one frequently, one can say that it is quite romantic. There is a certain bonding that takes place however it would be extremely wrong to say that those who do not

breastfeed cannot bond. But it is undeniably a bond on a very primal level. Breastfeeding while the woman was in the domestic space was a practicality, it was free of charge and convenient. This was challenged when the woman entered the work force. It was just not physically possible for a mother to be with her child when the baby needed a feed. Formula naturally substituted breastmilk. It would not be wrong to state that the scenario about to be described is probably applicable to many countries, especially North Cyprus. The habitat of people also changed. One could say a modernity crisis occurred. It was just not cool to be living in the suburbs/villages. Everything was happening in the city, cinemas, shopping options, cafes, restaurants, bars, clubs, and activities for children from entertainment to private tutoring... Once the bell rang kids from the village had to hop on the bus, while the city kids got to socialize. It would not be wrong to say there was a social status difference between the city kids and village kids. In time migration from rural areas to the city occurred. Due to the demand blocks of flat were built to accommodate the new generation.

Although until mid-1980s living in an apartment block was an uncommon and unappealing condition, with the widespread applications and increasing urban density apartment blocks became the residential norm in the city.” (Kürüm, 2009, p 100).¹⁰

Governmental mass housing also became popular to invite young couples to the city. “...in late 1970s ... The developments were composed of two types; row houses followed by apartment blocks and were realized in order to provide accommodation especially for young families which constituted the new urban workforce.” (Kürüm, 2009, p 87). So houses in the village were abandoned, the new home were flats in the

¹⁰ Kürüm, C. (2009) *Surviving Modernism: The Live-in Kitchen Including The Turkish Cypriot Case*. [Masters in Architecture, Eastern Mediterranean University] emu.summon.serialssolutions.com. <http://i-rep.emu.edu.tr:8080/xmlui/bitstream/handle/11129/226/Kurum.pdf?sequence=1>

city similar to breastfeeding being replaced with formula. It was not only a feminist movement that demanded this change, but it was also the economy. High school graduate girls entered the workforce if they were not married and probably even if they were married as the mentality had gradually changed. However, in time the overpopulated city, diverse people's existence awoke a feeling of returning to the rural, to the motherland. Though with this flip the rural has become a gold mine worth fifty times more of what it was. The idea of modern living space has now transformed yet again from the compact flat in the city to houses on the outskirts of villages. One's marital status and having children or not is a major influence on the choice of living space. But it is a fact that the government schools based in the city are being deserted by locals, who also prefer private schools outside the city. Working parents need their child to be in an institution to suit their working hours, and public schools finish between 12:30- 13:00. Is there a connection between this migration and the comeback of breastfeeding, or preferring organic food non- organic food? I believe so. Man-made, scientifically engineered products were made easily accessible and due to mass production, they were cheap. The working class had no time to make their own bread or get milk from the farmer and wait for it to be fermented let alone look after chicken in the city for the organic eggs. The city is no place for chickens anyway. Yes, the working class is busy but they are not illiterate, though mass products are convenient there is an awareness that it's not the healthiest option. Doctors have been warning that nonorganic products could be the reason for early puberty symptoms in girls. And for a price, organic products are more accessible now than they were. I believe this shift from mass products to organic products plus the level of literacy has also played an important role in the comeback of breastmilk. Though in North Cyprus, we are not a

part of the EU and are not directly influenced by its policies there is a certain awareness of what is recommended in the world. According to WHO:

Breastfeeding is one of the most effective ways to ensure child health and survival. However, nearly 2 out of 3 infants are not exclusively breastfed for the recommended 6 months—a rate that has not improved in 2 decades.

Breastmilk is the ideal food for infants. It is safe, clean and contains antibodies which help protect against many common childhood illnesses. Breastmilk provides all the energy and nutrients that the infant needs for the first months of life, and it continues to provide up to half or more of a child's nutritional needs during the second half of the first year, and up to one third during the second year of life.

Breastfed children perform better on intelligence tests, are less likely to be overweight or obese and less prone to diabetes later in life. Women who breastfeed also have a reduced risk of breast and ovarian cancers.

Inappropriate marketing of breast-milk substitutes continues to undermine efforts to improve breastfeeding rates and duration worldwide. (URL 3)

According to Binns, Mikyung and Wah there are short term benefits and long-term benefits to breastfeeding for both mother and child. Short term benefits are “reduced rates of infection” (Binns, Lee, & Low, 2016, p. 8). However there are certain limitations to this study as it is unethical to intentionally deprive babies of breastmilk and expose them to formula for research purposes. Long term benefits of breastfeeding in the Who report include;

- breastfeeding was associated with higher performance on intelligence tests and cognitive development
- breastfeeding significantly reduces the risk of obesity in childhood and later in adults next
- a reduction in the risk of type II diabetes
- a small protective effect was found against elevated systolic blood pressure (Binns, Lee, & Low, 2016, p. 10).

“The long term benefits for mothers include reduced rates of ovarian cancer, reduced premenopausal breast cancer, reduced obesity, type II diabetes and heart disease.” (Binns, Lee, & Low, 2016, p. 8). The female body was designed to serve this purpose;

thus the benefits should not be surprising. It is not the end of the world if one cannot breastfeed for whatever reasons however it is the authority's duty to promote it and simply choosing not to breastfeed for convenience or to preserve one's body image according to me is to deny one's own child of their rights. The WHO's brief *Breastfeeding in the 21st Century*, blames the marketing of breastmilk substitutes for affecting mothers' choice whether to breastfeed or not. "Formula advertisements portray it as good as or better than breastmilk or present it as a lifestyle choice rather than a decision with health and economic consequences." (URL 4, p.5) In the same brief the WHO openly states consequences of the latter.

There is overwhelming evidence that breastfeeding protects against the two leading causes of death in children under 5 years—pneumonia and diarrhea. Nearly half of all diarrhea episodes and one-third of all respiratory infections would be prevented with breastfeeding.¹¹

At an age where majority of pregnancies in developed countries and even undeveloped countries are planned and desired what could be the reasons for not breastfeeding?

2.2.1 Why breastfeeding lost its popularity

One cannot disregard the power of media and advertising which resulted in the popularity and normalization of formula and even replacement of the breastmilk. Slogans such as "breast is best" popped up in the 1990's after WHO campaigned against formula and for breastfeeding. Since then, many mothers have gained

¹¹ Same as above. p. 2

awareness. Although some mothers desire to breastfeed their babies many factors affect the practice percentages.

1. Ignorance on the benefits of breastfeeding for baby and mother and breastfeeding practices.
2. Misinterpretation that formula is equivalent to breastmilk.
3. In some societies breastfeeding is just not practiced by the masses and formula feeding is simply more popular.
4. Lack or minimal family and social support.
5. Discomfort in breastfeeding in the public sphere.
6. The absence of facilities for the embarrassed breast feeder.
7. Lactation problems.
8. Going back to work.
9. Being provided with formula samples by hospitals and other forms of advertisements.

2.2.2 Ignorance on the benefits of breastfeeding for baby and mother and breastfeeding practices

Breastfeeding is a challenge. Especially until you master it, and mastering breastfeeding is a challenge within itself. Many mothers today were once children who observed their siblings being bottle-fed. I was. Therefore, it is very natural for the new mother to constantly doubt whether the baby is full or not because you do not see the amount of intake. WHO launched the concept of the Baby Friendly Hospital Initiative to provide families with the support they need:

Ten steps to successful breastfeeding Critical management procedures

- 1a. Comply fully with the International Code of Marketing of Breast-milk Substitutes and relevant World Health Assembly resolutions.

1b. Have a written infant feeding policy that is routinely communicated to staff and parents.

1c. Establish ongoing monitoring and data-management systems.

2. Ensure that staff have sufficient knowledge, competence and skills to support breastfeeding.

Key clinical practices

3. Discuss the importance and management of breastfeeding with pregnant women and their families.

4. Facilitate immediate and uninterrupted skin-to-skin contact and support mothers to initiate breastfeeding as soon as possible after birth.

5. Support mothers to initiate and maintain breastfeeding and manage common difficulties.

6. Do not provide breastfed newborns any food or fluids other than breast milk, unless medically indicated.

7. Enable mothers and their infants to remain together and to practice rooming-in 24 hours a day.

8. Support mothers to recognize and respond to their infants' cues for feeding.

9. Counsel mothers on the use and risks of feeding bottles, teats and pacifiers.

10. Coordinate discharge so that parents and their infants have timely access to ongoing support and care. (URL 5)

Unfortunately, through my own personal experience I can wholeheartedly state that neither of the two hospitals I gave birth at complied with the Baby Friendly Hospital Initiative. Bear in mind that both hospitals were private hospitals supposedly more equipped and better than the state hospital. I even remember the nurse giving my baby formula! Basically, you are on your own once you leave the hospital. You have to learn what ointment you can use for your chapped nipples, grind your teeth to bear the pain and a newborn is generally breastfed every other two hours for the first few days. It's exhausting for a new mother, and extremely painful, especially if you have just had a c section. This is why support from the other members of the family is required, for the mothers' energy levels are so low, they can barely keep up with the feeding schedule let alone fulfil other duties. And there are so many things that need to be attended to. Mouths need to be fed, clothes need to be washed, and diapers need to be changed whilst living in a clean and hygienic environment. That exhausted mother needs to be woken from her naps 24/7 every other two hours to feed a newborn. I call

them naps as one cannot really get a good night's sleep working around that kind of clock. This is another reason why mothers need support.

2.2.3 Misinterpretation that formula is equivalent to breastmilk and advertisement

If there is little or no breastmilk, then formula is the second-best option. However, some prefer the latter automatically without putting up a fight. According to the WHO's brief on breastfeeding "A 2008 population-based US study found that 67 percent of mothers had received free milk formula samples, and that such gifts were associated with shorter breastfeeding duration. (URL 4). Formula milk campaigns have promoted formula for many years. Their main argument was science vs nature. Science being a signifier of; being cultured, rationality, modernization; the future in a sense. Nature on the other hand signified being uncultured, traditional and even old fashioned. In a sense one can say formula is man's attempt to better nature. See figure 2.1. Lately some formula advertisements have been banned, as many people have begun to protest its promotion and WBW (World Breastfeeding Week) holds an annual global campaign every year (1-7 August) to raise awareness. Campaign themes have been Step up for breastfeeding- Educate and support (2022), Protect breastfeeding- A shared responsibility (2021), Support breastfeeding- For a healthier planet (2020) and Empower parents- Enable breastfeeding (2019). (URL 6).



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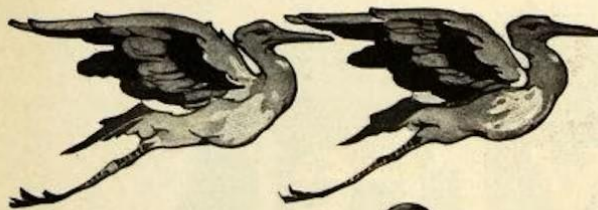
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Don't Wait Too Long Before You Wean the Baby

IF YOU do the little one is likely to be weak and anemic. Mother's milk is, of course, the best food for young babies, but the time comes when it isn't sufficient for the fast-growing body. Doctors say that this is when the baby is about six months old. That's the time to begin using NESTLÉ'S FOOD, because NESTLÉ'S is so like mother's milk that the tiny stomach won't notice the difference.

At about the sixth month, then begin to give the baby NESTLÉ'S once a day in place of a nursing; then gradually increase the NESTLÉ'S until by the seventh or eighth month the baby is entirely weaned. Thus your baby will pass the most critical period of its babyhood, and not even notice it.

Don't tax the little stomach by changing abruptly to cow's milk. Milk as it comes from the cow, so often full of germs and heavy with indigestible curds, is not the food for a little baby; but cow's milk contains something life-giving that nothing else will supply and is the ideal food for the baby after it has been purified and made digestible. That requires a long, patient, scientific process which is all done for you in NESTLÉ'S FOOD.

NESTLÉ'S FOOD is the nearest thing in the world to mother's milk. It is the richest cow's milk from our own sanitary dairies, with the proteids made digestible and the sugar and fats rightly proportioned—all under scientific direction. And this splendid triumph of care and science comes to you as a powder. All you do is to add water and boil two minutes to make it ready for the baby—a bone-building, muscle-building, delicate and satisfying Food.

The coupon brings you a trade-size package of NESTLÉ'S FOOD free, so that you can see for yourself what other mothers have learned for forty years that NESTLÉ'S is the best substitute for mother's milk.

HENRI NESTLÉ, 70 Chambers St., New York. Please send me, free, your book and trial package.

Name _____

Address _____

Please mention Good Housekeeping Magazine when you write our advertisers

¹² Nestlé advertisement, 1911. Nestlé

<https://theconversation.com/new-technologies-claiming-to-copy-human-milk-reuse-old-marketing-tactics-to-sell-baby-formula-and-undermine-breastfeeding-159771>

This advertisement clearly states that doctors 'say' breastmilk is not sufficient 6 months onwards.



Figure 2.1: Formula milk advertisements

2.2.4 Discomfort in breastfeeding in the public sphere: “Are they looking?”

According to Bartlett, nowadays women are postponing having children until their thirties and beyond. This means women have already established their professional careers and have had an active participation in the public space in comparison to the home. (Bartlett, 2002, p. 112). As a result mothers of today cannot be confined to the home like the previous housewives. Inventions such as prams, baby car seats, the toddler reins, the baby kangaroo carriers (a modernized version of the sling which

literally dates back to nomadic times), and slings all aid the parent to get out and about. Once the new mother of today is back in the public sphere she is faced with a new challenge. To breastfeed in public or not... Is it ok? Will someone make me feel uncomfortable? Will someone say something? The public eye has been so used to seeing the breast as a sexual object that this has become normalized. However, in some places breastfeeding women have been verbally attacked or made to feel uncomfortable. This has resulted in many countries taking a legal step to protect the rights of breastfeeding mothers. Not very long ago in 2018 in the south of Cyprus a mother's complaint resulted in 'Prevention of a mother who is breastfeeding' as an offense.



European network of legal experts in gender equality and non-discrimination

NEWS REPORT

Country:	Cyprus
Title:	Prevention of breastfeeding in public considered a criminal offense
Date:	01 August 2018
Expert:	Lia Georgiades
Context:	
Issue at stake:	Complaint on preventing a mother who was breastfeeding in public. Amended Law Article 99B of the Criminal Code.
Ground of discrimination:	Sex
Source:	File Number A.Δ. 3/2018- Commissioner for Administration and Protection of Human Rights (Ombudsman)
Field:	Maternity
Applicable law:	Amended Criminal Code by Law 24(I)2018 'Prevention of a mother who is breastfeeding in Public'

Content

On 30 March 2018, the Criminal Law was amended by Law 24(I) 2018 so as to include the 'Prevention of a mother who is breastfeeding' as an offense. In particular Article 99B provides that "Any person who in public and in a manner that is of a threatening, abusive or offensive nature, speaks out or makes a gesture or places any object or distributes written or illustrated texts or behaves inappropriately or any other actions that prevent a mother from breastfeeding, is guilty of an offense and if convicted, is subjected to a fine not exceeding EUR 3000.

At the same time a complaint concerning the prevention of breastfeeding was filed to the Commissioner for the Administration and Protection of Human Rights (Ombudsman)¹. The complainant was a woman who visited the social Insurances Office, where an employee of the ministry of labor refused to attend her because she was breastfeeding in front of her. The applicant was subsequently attended by another employee who came to the defense of her colleague's attitude.

The Ombudsman requested the Head of the Social Insurance Services to investigate the incident under Article 81 (2) of the Civil Service Law of 1/1990 as amended.

Subsequently on 21 May 2018, the Ombudsman requested all the pertinent ministries including the Ministry of Health, the Ministry of Justice and Public Order, the Ministry of Labour/Welfare and Social Insurance to cooperate in order to take all necessary measure

¹ Commissioner for Administration and Protection of Human Rights (Ombudsman) File Number A.Δ 3/2018.

to consolidate and promote respect for the right to breastfeed reinforced by the recent legislative changes.

Internet Source:

[http://www.ombudsman.gov.cy/ombudsman/ombudsman.nsf/All/4340B2B512D8003FC22582960028F673/\\$file/%CE%A4%CE%BF%CF%80%CE%BF%CE%B8_3-18_21052018.pdf?OpenElement](http://www.ombudsman.gov.cy/ombudsman/ombudsman.nsf/All/4340B2B512D8003FC22582960028F673/$file/%CE%A4%CE%BF%CF%80%CE%BF%CE%B8_3-18_21052018.pdf?OpenElement)

Figure 2.2: Legal document Article 99B

Source: <https://www.equalitylaw.eu/downloads/4660-cyprus-prevention-of-breastfeeding-in-public-considered-a-criminal-offense-pdf-279-kb>

According to Wikipedia Africa, Morocco, China India, Malaysia, Nepal, Philippines, Saudi Arabia, Taiwan, Czech Republic, France, Germany, Iceland, Italy, Ireland, the Netherlands, Norway, Poland, Spain, the United Kingdom, the Vatican City, Canada, 50 USA states, Australia, New Zealand, South America and Brazil are countries that have a positive attitude to breastfeeding in public. (URL 7)

Some of the countries mentioned above have had to create laws against those who have objected to the practice, whereas some, do not have a law regarding breastfeeding but they openly welcome it. Many women in different parts of the world have organized events where mothers have come together to breastfeed to make a point. World Breastfeeding Week 1st- 7th August is a celebrated week that aims to spread awareness globally. Even in North Cyprus, on 6th October 2018 such an event was organized by Cyprus Breastfeeding Association and Birth Forward and it was promoted by the admin of the Facebook group Yorgun Anneler Kulübü. Unfortunately, participation was low. In contrast to our numbers, according to the online newspaper Gulf news Filipino mothers broke the Guinness World Record “held by the city of Berkeley, California in the USA where a total of 1,130 women breastfed their babies in one session in 2002.” The Philippines beat the world record with “A total of 3,754 mothers from the city of Manila participated in the mass breastfeeding event that was held at the San Andres Sports Complex in Manila...”(URL 8)

It comes as surprise that women are still holding breastfeeding protests in developed countries such as Australia in 2021 even though in “Australian Federal Law breastfeeding is a right, not a privilege. Under the federal *Sex Discrimination Act 1984*, it is illegal in Australia to discriminate against a person either directly or indirectly on the grounds of breastfeeding.” (URL 9)

Even though in the UK according “to the Equality Act of 2010, treating a woman unfavorably because she is breastfeeding a child of any age is considered sex discrimination (URL 10) a mother in Staffordshire, U.K was secretly photographed without consent and posted online anonymously being called ‘a tramp’ in 2014. 600-1000 mothers turned up to protest and simultaneously in different parts of the UK protests were made. (URL 11)

In Minnesota (Minnesota statute 145.905) “A mother may breastfeed in any location, public or private, where the mother and child are otherwise authorized to be, irrespective of whether the nipple of the mother's breast is uncovered during or incidental to the breastfeeding.” (URL 12)

Yet again 2 mothers were asked to cover at a pool in Minnesota, US and the police even showed up. The public reacted with a protest. (URL 13)

These are maybe just a few events publicized, one cannot help but wonder just how many women have been made uncomfortable whilst breastfeeding. In a social experiment carried out at a mall in the US, two actors were used. One wore a low cut top and no-one said anything to her. The other had a doll and pretended to breastfeed. She was approached by 4 people who all used the word ‘disgusting’ and only one person sat next to her to and conversed with her and that was a pregnant woman. (URL 14).

One can draw the conclusion that even though breastfeeding in public is a legal right, the civilians and even in some cases such as in Minnesota, the authorities are unaware. The legality of this issue needs to be more publicized, via media billboards etc. Health and Education ministers should collaborate to educate the younger generation.

2.2.5 The absence of facilities for the embarrassed breast feeder/ Where do I go about my business?

Many countries still do not have facilities where those who do feel embarrassed can benefit from. The absence of these places not only confide mothers to the comfort of their homes, but they also result in either skipping a feed or substituting it with formula.

2.2.6 Going back to work

Last but not least having to return to the working environment has a huge impact on the breastfeeding mother. The duration of maternity leave differs from country to country. One can say that there is hypocrisy at play here. On the one hand women are being told that exclusive breastfeeding is best for the first 6 months and on the other hand they are expected to return to the workforce. On an American health website, Nemours Children's Health, a mother was advised that "Waiting too long to nurse or pump can slowly reduce your milk supply. The more you delay nursing or pumping, the less milk your body will make. That's because overfilled (engorged) breasts send a signal to your brain that you need to make less milk." (URL 15)

If the workplace does not provide the mother with a clean and private place to express her milk and a fridge to store it, this would result in a decrease of her milk supply and formula may very well gradually replace breastmilk altogether.

2.3 Maternity leave in North Cyprus

According to the European Commission brief, "Maternity leave Policies" Lucy Strong and Miriam Brooks; maternity leave policies have a huge impact on breastfeeding practices.

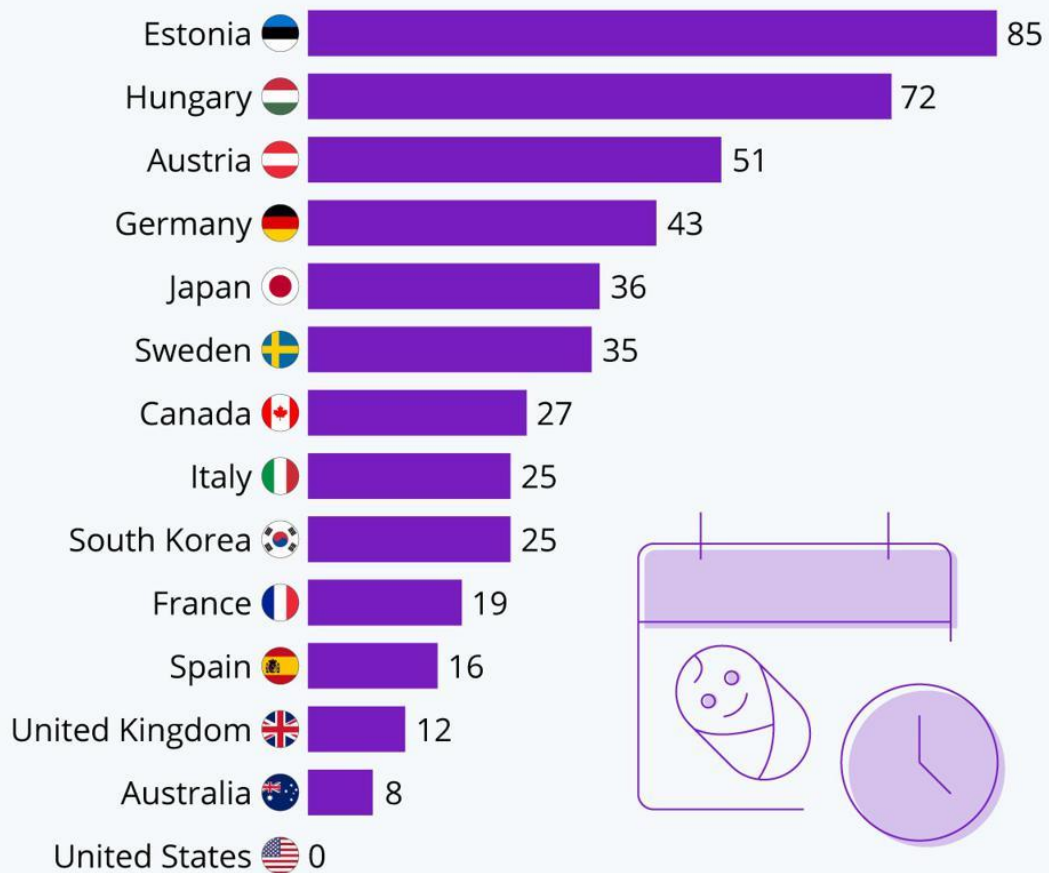
Having to return to work for financial reasons and using informal day care arrangements, rather than they themselves or their partners caring for their infants were other factors found to limit breastfeeding. In addition, exclusive

breastfeeding significantly declines after returning to work and mothers begin complementing it with formula or replacing it all together. (URL 16)

Paid leave is recognized as a necessity in many parts of the world. However, the duration of paid leave has not been globalized therefore it differs from country to country. According to the business magazine Forbes (May, 2021) the three countries with the highest paid leave are Estonia (85 weeks), Hungary (72 weeks) and Austria (51 weeks).

The U.S. Remains Light-Years Behind In Maternity Leave

Total weeks of paid leave available to mothers
(full-rate equivalent)*



* As of 2016. Weeks are presented as full-rate equivalent (total length of leave entitlement multiplied by the average wage replacement rate).

Source: UNICEF



Forbes statista

Figure 2.3: Paid maternity leave around the world.

Source: <https://www.forbes.com/sites/niallmccarthy/2021/05/31/the-us-remains-light-years-behind-the-rest-of-the-world-in-maternity-leave-infographic/?she4a893d5b6de3>

In North Cyprus the duration of paid maternity leave is inhumane in the sense that it does not enable a mother to fulfil the basic needs of a newborn such as breastfeeding

or give the mother enough time to really adjust to her new life or even heal physically.

In an EU funded report, *Motherhood in Cyprus*, (URL 17) Shirin Jetha Dağseven states details of the maternity leave law.

In the northern part of Cyprus there are different legal texts for women working in the “public” and private sectors. Mothers working in the “public sector” are entitled to 40 days maternity leave before birth and 40 days after birth, fully paid. Private sector workers are given 16 weeks in total; usually eight weeks before birth and eight weeks after birth, but there is also the option to take two weeks off before birth and 14 weeks after birth. Two thirds of a woman’s salary during this time is paid by social security, and one third should be paid by the employer. (Dağseven, 2020, p. 11).

It is important to note that the social security office pay women’s salary upon *return* to work. This means that the once working, earning woman, at a time when she needs money the most, is stripped off her earnings, in a sense literally forcing her to return to work. These issues need to be raised, and authorities need to take action.

2.4 Paternity leave in North Cyprus

Around the world some countries recognize the need for shared parenting and have proved this via their paternity laws. Some examples: Lithuania 30 days, Japan 1 year, Sweden 480 days shared leave, Estonia 2 weeks/ 435 days shared parental leave, Iceland 12 months combined, Slovenia 12 weeks, Norway 15 weeks, Canada 5 weeks/ 35 weeks shared, France 4 weeks and Portugal 20 days.¹³ (URL 18)

Not too far, merely a 5-minute walk away in the south of Cyprus fathers are entitled to two weeks paid paternity leave. According to Dağseven’s findings “There is no paternity leave as such offered in the northern part of Cyprus. Fathers are given three days off from work, but it is classed as compassionate leave and not paternity leave. (Dağseven, 2020, p. 12). (URL 17)

¹³Paternity leave by country – 10 of the best policies SAFEGUARD GLOBAL, 23 December, 2021

Though widely known I would still like to define what compassionate leave is. According to Cambridge online dictionary, compassionate leave is “paid time off work that someone is allowed to have because a member of their family has died, or because they have a serious personal problem.” (URL 19)

If a country’s laws, therefore its government does not recognize the necessity of the paternal presence when a newborn has arrived, then how could society realize it? Isn’t this patriarchal system defining the roles from day one? And how can one associate ‘birth’ with death or a serious problem? Isn’t patriarchy itself abandoning the mother by sending the father back to work in 3 days? It has been argued that implementing paternity leave, frees fathers of the demands from work constraints to provide them:

a sense of responsibility that is often positioned as a core element of mothering while simultaneously gaining mastery of and confidence in parenting tasks. Extended time off for fathers, defined here as a greater than three weeks, challenges the popular perception of the naturalness of mothering by highlighting the hands-on, learned nature of parenting. (Rehel, 2014, p 111).¹⁴

Hence the result that most Cypriot fathers feel unconfident to care for newborns; this is later discussed in the analysis section. It would not be extreme to assume that high divorce rates in North Cyprus may have a connection to the unequal distribution of duties. Farré states that “After the reform spouses entitled to paternity leave were less likely to divorces during the first years of child’s life, the period when most divorces take place (Steingrimsdottir and Vardardottir 2014). (Farré, 2016, p. 55).¹⁵ In a scene

¹⁴ Rehel, E. M. (2014). WHEN DAD STAYS HOME TOO: Paternity leave, gender, and parenting. *Gender & Society*, 28(1), 110-132. <https://doi.org/10.1177/0891243213503900>

¹⁵ Farré, L. (2016). Parental Leave Policies and Gender Equality: A Survey of the Literature. *E Studios de e Conomia a Plicada*, 34(1) 45-60 <https://www.redalyc.org/pdf/301/30143731003.pdf>

where both spouses work full time and one continues to slave away in the kitchen, while assisting homework, doing laundry etc. and the other relaxes; tension and resentment is bound to occur. New policies regarding maternal/ paternal leave must be established.

2.5 Women as caregivers

It is not only childcare that has been imposed upon women. Looking after the elderly or sick has also been the responsibility of women throughout history not only in homes but also in institutions. During the first and second world war (women being deprived of education) men were the doctors and they trained women to be the nurses. This contribution to the wounded stuck with women for a very long time. We are living in an era where more men choose to be nurses voluntarily this proves the point that it *can* be done by both sexes. As a matter of fact, some patients and their relatives actually prefer male nurses as they are stronger and can lift the patients up more easily resulting in less pain and aggravation. The fact that women have cared for the elderly and sick I believe is not due to any instinct at all, but it is based on a gendered system. Men do not lack compassion or ability to clean excrement, the fact is they have not wanted to, therefore have not. According to the website carersuk, In the UK “1 in 8 adults (around 6.5 million people) are carers...58% of carers are women and 42% are men.” (URL 20) Though these percentages put a smile on our face that men in a certain country have stepped up to care for others, every country has their own reality, and many of them still need a long way to go. “Carers save the economy £132 billion per year, and average of £19,336 per carer” (URL 20)

Even though carers save the economy a huge sum unfortunately the carers allowance is “£67.60 for a minimum of 35 hours, the lowest benefit of its kind.” (URL 20). Yet

again in many societies, carers don't even get an allowance. 'Voluntary' caring jobs somehow always find, the mother/woman. On the basis of my own observations in North Cyprus, I can say that the elderly are not too keen on living in a nursing home. The feeling of abandonment kicks in. "Despite these facilities, the responsibility of caregiving for the elderly mostly falls upon family members."¹⁶ (Korkmaz, B., & Fırat Kılıç, H. 2019, p.475). Since mothers especially devote their whole lives to their children and grandchildren when they are old, they expect the favor to be returned. This was possible in the past where women were housewives. Nowadays working women are finding it hard to care for their parents while working and caring for their children, thus the need arose to hire help. Now many Vietnamese, Turkish, Turkmens, Kazakhs, Pakistanis are working in this field. Recently a scandal was revealed in a seniors' home.¹⁷(URL 21) Unfortunately retirement homes are not 5-star hotels, and the public is well aware of that. However, they should be.

2.6 Grandmothers to the rescue?

The allomothers in Cyprus are no other than the super grandmothers, if one is lucky enough to have such support. Lucky in the sense that you are not leaving your child with a stranger, and of course the fact that this is basically free childcare. However, isn't the system still giving way to free caring labor, in this context: the grandmother? It is a never-ending cycle of bearing and rearing children passing from generation to generation, from the mother to the grandmother. In a country where no child benefit or carers allowance is implemented it is always the women trapped in the unpaid labor force, and they are expected to accept these roles willingly disregarding the fact that

¹⁶ Korkmaz, B., & Kılıç, F, H. (2019). Burden of Family Caregivers of the Elderly and Factors Affecting Their Burden. *Turkish Journal of Geriatrics/Türk Geriatri Dergisi*, 22(4).

¹⁷ Kulis, Kıbrıs. (2022, February 24) Kalkanlı Yaşam Evinde Skandal Görüntüler... *Gündem Kıbrıs*, 3B.

they might be financially impotent. A negative aspect to grandmothers being the new primary carers is the generation gap. New mothers follow new trends such as Baby Led Weaning, sleep patterns, discipline yet it would be wrong to make the generalization that grandmothers prefer their own old-fashioned way of rearing and leave it at that. As I know from my own hands-on experience with my mother in law, some grandmothers watch healthcare programs on TV while cooking and looking after their grandchildren and do follow the latest trends on baby-care. One can easily ask or tell her employed nanny what to do and what not to do, however the same cannot be said for some grandmothers. This can create tension between the parties. The reality in North Cyprus is that if the circumstances are suitable, (and they generally are, since grandmothers of today are either housewives, or are retired) grandmothers take on the responsibility of the newborn once the mother returns work. Their assistance does not stop there, some cook dinner and even do domestic duties if they look after the child in the new mum's home. This system depicts that women (in this case the grandmothers) are enforced to work in an unpaid labor via societal expectations, and out of goodwill. Hence, it gives them a certain power that can be said is justifiable to a certain extent.

2.7 Childminders/ nannies/ daycare in the workplace

If grandmothers are not available, then parents' next choice is daycares or nannies. Municipality daycares are the cheapest yet limited. Private daycares are expensive. Working hours of parents generally clash with the working hours of public daycare. Mothers have to either choose private daycares to suit their working hours or childminders. It is very hard to find a childminder that you can blindfoldedly leave your baby. Childminders are generally women, mothers with hands on experience

only. The authorities need to provide courses for nannies/ childminders. This is also something North Cyprus needs to address.

In some big firms in the world mothers are able to return back to the workforce and drop off their child to a facility within their firm or they are given child benefit by their government so they can pay towards childcare. It must be such a comfort to drive work without making a stop to drop off your child, to know you can use your breaks to go and breastfeed your child and what a motivation that would be. There are not many big companies in Cyprus, so the feasibility is questionable. Institutions such as universities could provide such a facility, yet nothing of the sort has been done. Instead, universities such as Girne American University and Near East have established private pre-schools and schools for profitable purposes rather than supporting its employee. Though it must be added that personnel receive a favorable discount.

Chapter 3

METHODOLOGY

The third chapter describes how the research has been conducted. A qualitative approach was used. In his book ‘Qualitative Research’ Silverman defines qualitative research: “Qualitative research is the type of research that finds out about people’s experiences. It helps to understand what is important for people.”¹⁸ (Silverman, 1997, p. 3). While quantitative methods deal with facts and numbers, qualitative approach is more interested in the subjective matter therefore it is generally a more useful tool for the social sciences. This research deals with very personal experiences that cannot be boiled down to questions that require yes/no answers. Two different types of data were analyzed, in depth interviews were conducted and posts on a social media group ‘Yorgun Anneler Kulübü,’ on Facebook. A questionnaire could have been shared on the social media group; however it may not have been as intimate and revealing. It would have been blacker and whiter. Interviews are far more personal than questionnaires. Interestingly the women interviewed were so willing to share and (re)tell their stories, it actually felt like they were not given the opportunity or time to contemplate their experiences. At the end of each interview, they thanked sincerely for the time dedicated to them even though they were actually the ones doing a favor by sharing their experiences. No questionnaire would have been as sincere and pleasurable for both interviewer and interviewee. The questions had to be semi

¹⁸ Silverman, D. (Ed.). (1997). *Qualitative research: Theory, method and practice*. Sage Publications, Inc.

structured since it was overseen that interviewees would share unanticipated things which demanded improvising. The fact that the interviewees knew they had to dedicate minimum 30 minutes to the interview resulted in them making necessary arrangements accordingly and they truly devoted themselves to the interview. I believe I was able to create a comfortable environment for the mothers and after the few general questions via body language and the fact that I am myself a (working) mother living in North Cyprus too along with my calm and sympathetic attitude automatically created a bond in the sense that I too could understand and would not judge them. They were able to genuinely share their personal experiences, and thoughts on certain matters. In regards to posts chosen from the group to analyze; they were found by using the search engine of the group. Certain themes and keywords were determined beforehand. Also, some members stood out with their comments and ideas so their posts were particularly scrutinized. A textual analysis was implemented using feminist theories as a framework.

3.1 Interview participants

3.1.1 Selection of participants

Considering the content of the interview the participants needed to be willing to share their experiences in full honesty. Some of the participants were recommended friends of friends (snowballing sampling), some were fellow colleagues, and some were mothers met at the school. Their age varies from 26-50. Also, a significant point while choosing the participants was their employment. Having a variety in means of employment status and sector was necessary. Interviewees consisted of mothers working in the public / private sector, freelancers, bosses and also stay home mothers. All mothers had to have some experience in breastfeeding. 12 mothers were interviewed.

3.2 Procedures

3.2.1 Creating the questions

The areas that needed to be covered were determined and the questions were formulated accordingly. Roughly 26 questions were on paper, though some responses gave way for spontaneous follow up questions. The questions were proofread and checked for relevancy and ethical issues by the supervisor and sent to the Research and Publication Ethics Board, Eastern Mediterranean University. After confirmation, the participants were approached for the interviews.

3.2.2 Location of the interviews

Majority of the interviews were conducted at the participants' homes, 1 participant preferred her office, 1 participant came to my house after the school run, 1 interview was conducted at a quiet café, as she lived far, and we met halfway in a foreign city. All locations were left to the choice of the participants. It was very crucial to accommodate them so that they were comfortable and not to disrupt their routine. Most of these homes I had never been in before, they were very welcoming and eager to share.

3.2.3 Conducting, transcribing, and translating the interviews

The participants were informed of the study beforehand and reminded at the beginning of the interview. Upon confirming approval on participation, recording and reminded that their identity would remain anonymous, interviewees were asked to sign a document. The interviews lasted between 25-40 minutes. 4 interviews were conducted in English and 8 interviews were conducted in Turkish. All audios were transcribed, and the interviews conducted in Turkish were translated to English after transcription. Mothers were given a pseudo name.

3.3 Collecting data from the posts and interviews

3.3.1 Collecting data from ‘Yorgun Anneler Kulübü’ on Facebook

Keywords of interest were identified, and the search engine of the Facebook group was used to scrutinize rigorously. All relative posts were saved to be revisited. Comments were thoroughly analyzed and categorized according to similarity and opposition. Unfortunately, some themes were not found on the page.

3.3.2 Collecting data from the interviews

All interviews were printed, and predetermined themes were highlighted. Especially themes that were posted on the Facebook group were identified and also themes that were important for the thesis. Mothers’ responses to the questions were categorized according to similarity and opposition in this section too.

3.3.3 Combining the data

The separate data was brought together to see a bigger picture. On social media people might not necessarily reflect their true selves, however with face-to-face interviews you are more likely to hear a true story or at least sense if the interviewee is holding back. In the analysis both data was looked at closely and interpreted along the lines of the literature review.

Chapter 4

ANALYSIS

Analysis of posts in Yorgun Anneler Kulübü and interviews regarding motherhood issues;

Upon identifying themes of interest posts and interviews were analyzed. Topics of interest were responses to mothers unable to breastfeed, returning to work, grandmothers, (conflicts in childcare) breastfeeding in public, lack of facilities, husbands, paternity/maternity leave, instinctual mothering and interviewees opinion on ‘Yorgun Anneler Kulübü.’ Interviewees were given a fake name, commentators on the posts are referred to as e.g., M*** B***. Some demographic information on the twelve women interviewed should be reminded. Their age varies from 26-50, all are Turkish/ British Cypriots, 1 is a stay home mum, 3 work for the government, 4 work in the private sector and the last 4 are self-employed.

4.1 To breastfeed or not... /peer pressure

Women poured out their hearts under the admin’s post on the group. The admin’s post was about breastfeeding. (See Appendix A) This post is an explicit support to mothers who had not, or do not breastfeed. One cannot deny that the post is also an Avent bottle advertisement. It starts off with her own family’s breastfeeding history. How her mother breastfed all 6 children, and how her son is the only grandchild out of the 7 who wasn’t breastfed. She continues to point out the reasons one might not breastfeed, maybe the baby was premature, maybe mothers just did not have the patience, or they had postpartum depression. Anything could have happened, and she says though it

would have been great to breastfeed, it's not the end of world if it couldn't be done. She then goes into a lot of details on why she recommends the brand. It is a fact that this support group has changed dimension. The admin advertises certain brands from time to time. Some interviewees have mentioned the discomfort they feel regarding this, as seen in 4.10. 85 comments were made, 5 women confessed they couldn't breastfeed at all or barely breastfed and 48 women breastfed. Out of the 48 women who had or were still breastfeeding when the comments were made some of them were not successful with their first baby but breastfed the second, and half of them topped up with formula. The mothers were not judgmental towards those who didn't or couldn't breastfeed and the tone of the comments regarding this was very supportive. The most important thing is that they are growing healthily, it is not the end of the world...

4.2 Inappropriate visitation

However, a certain theme reoccurred that is worth mentioning as it was also brought up by some of the interviewees. This was not a theme that had occurred to me beforehand, yet it is very significant. Many mothers are uncomfortable with the crowds of people that visit them from day 1 at the hospital all throughout their postpartum period, and unfortunately, it's not only their presence that annoys them but also their questions and comments. Perhaps it wouldn't be wrong to say that the logic behind baby showers is to provide the newly parents to be with some financial support as well as an early celebration of the arrival of the newborn. A list of necessary items is generally made and friends and family pitch in. It is a fact that these baby accessories cost a fortune when added up. However, baby showers are very new to Turkish Cypriots. Some even criticize the event saying it's a posh western thing. Turkish Cypriots are generous when it comes to gifts, however they have generally preferred to present their gifts *after* the baby is born. Some may even say it is bad luck to give

an unborn child a gift or perhaps the need to give the gift as soon as possible (so it can be used) results in an early visit. Some might even believe that in order to show how much they love and care the family the sooner they should visit. Or perhaps it wouldn't be wrong to say that in the past Cypriots lived a more commune way of life. One can make the assumption that due to the war, the fact that many families had to desert their homes and live crammed together with other people in refugee homes followed by being placed into a Greek village in the north again with fellow people created a sense of closeness. Trauma bonded people and all they had was each other. Yet, we do not know how the new mothers of that period felt having so many people around them at such a time, perhaps they appreciated the comments or maybe it drove them mad too. But it is a fact that in the past new mothers relied on the previous generations' experiences regarding motherhood. Whereas the new generation mothers are more educated and have access to more professional resources on the tip of their finger. 'Smart' mothers have both in interviews and in posts expressed their negative feelings towards comments made by guests and their untimely visits. Unfortunately we live in an era where people seem to take it upon themselves to comment on everything. They seem to know what's best and unfortunately some people have no filter and do not respect others' feelings or consider what they might be going through before speaking. M*** B*** " I couldn't breastfeed my first born and the people around me upset me so much... you're incapable, you're not doing it out of fear that your beauty will deteriorate. I cried a lot, I was so sad..."

Ü*** A ****:

I tried everything to increase my milk but it finished. I got a lot of negative responses from the people around me... it was as if they came to my house to demoralize me, for example "I breastfed, why aren't you?" or "why c section and not natural birth?"

E*** A*** ... I had twins my milk wasn't enough... one was suckling but everyone was saying something, "it's good to breastfeed, do this do that . . . when everyone said something I felt terrible, as if it was my fault..." Mothers with similar experiences reach out to comfort one another. E*** T*** replies to the comment above:

It's so hard, I feel for you. Unfortunately we are very behind regarding this topic. Women, who should really be more understanding, are doing this to one another. You end up feeling terrible, I have twins and it was so difficult to breastfeed them. One would breastfeed the other wouldn't, it creates a lot of stress and the milk can decrease, there's nothing we can do about it, I'm sure that everyone wants to breastfeed. The only advice I can give you is not to pay attention to what others say, do whatever you want and whatever makes you comfortable so that both you and your baby can be happy...

R*** P*** "Before having my son I had made up my mind, my child was going to be breastfed, I tried so hard but I couldn't do it. I was constantly crying. Everyone who visited asked "Are you giving breastmilk? It made me cry harder..."

H*** O***

My baby had colic, it was a classic comment, everyone said my milk wasn't enough, when I had had enough I said "I prefer to starve him!" They thought I was crazy and gave up... I gained weight after giving birth too and they always joked that there was another baby forgotten inside.

Some people are so ignorant and unsympathetic. This group has given these mothers the chance to share their experiences and give support and advice to one another:

M*** C***

I have seen visitors coming during the postpartum period asking questions regarding breastfeeding without taking into consideration what one has been through. It was so important for them. If the child doesn't suckle she / he won't develop, the brain won't develop. The child they are talking about is 3.5 but they still mention how long she was breastfed. I regret not putting them in their place, I regret letting them get to me during postpartum. If the

development of the brain was based on being breastfed, where were the brains of all these ignorant people? Every child and mother are different and cannot be compared. No mother should allow this and let them depress them that's why I'm writing this. Believe me no one is more important than you, if you are not respected then you don't need to respect them.

The interviewees also share their discomfort regarding the visitors. Cemile "I wished they were never there... I don't understand why people tend to get upset when you're not there to welcome them, I mean like halloo, I've just given birth." (Cemile, personal communication, June 1, 2022).

Zehra also felt attacked and even felt that it was done out of spite:

And there was pressure from people around me all the time. They were asking: "Are you breastfeeding? Is your milk sufficient?" and they were saying that the baby was hungry, I should hold and breastfeed the baby as they show me etc. Even one of them held my nipple and squeezed it to show me. It was really disgusting... There was someone who I saw frequently, we were close. She used to tell me that her daughter had so much milk. Now you say it once, twice, thrice, four times, five times... I was really losing my patience. Once, she mentioned this when there were other people around as well. She said "My daughter had so much milk that when she went to work she had to express and dump because there wasn't a fridge. And I said "What ignorance! Why did she dump? How could she? She could have brought ice packs a freezer bag with her and kept it!" Everyone was shocked at my response. In fact, it was the response of my hormones. Because, at that difficult time, there are things one needs to hear and things that she doesn't need to hear. Ok you tell it once but don't tell it again. (Zehra, personal communication, June 3, 2022).

This poor new mother had terrible experiences with her guests, not only was she bombarded with questions, but she was physically literally touched not to mention someone rubbing the fact that her daughter had so much milk in her face, I am not surprised she exploded in the end.

Another mother Izlem, shared her pain "People came to visit the baby and that was driving me crazy, because my baby was in the hospital, and I was going back and forth

for a week.” (Izlem, personal communication, June 5, 2022). It wasn’t easy for this mother to get pregnant. She had an IVF treatment, a difficult pregnancy mostly confined to the bed and a premature birth. The last thing she needed were visitors while her baby was still in the incubator. This was literally the first week of bringing her baby into the world.

Sel, describes her struggle to breastfeed as a first-time mother:

I am a shy person ... I didn’t mind the parents, but my friends, my husband’s friends... I mean they came because they cared but I mean breastfeeding is a private, intimate thing... I was only able to properly breastfeed when I went home.” (Sel, Personal communication, June 5, 2022).

As much as Sel appreciated the visits of close friends on the first day at the hospital, she found it hard to breastfeed her baby. She is well aware that this time was actually a precious intimate time for her and her baby, however due to her character she didn’t want to be critical of her friends. Interestingly while majority mothers were not happy with the guests arriving so soon and thought this was an act of inconsiderateness one mother, Turkan felt the opposite:

So I came home hoping that there would be family, like my husband’s aunts cousin, no one. I waited everyday hoping someone would come, but they didn’t. And then after 1 month they called and said “ohh we didn’t want to disturb you,” but that’s when you need the people. (Turkan, personal communication, June 3, 2022).

I guess balance is the keyword here. It’s nice to know you have support if needed as long as people are considerate enough to give space and think before they speak.

‘Smart’ mothers are from a different generation, they are 2 generations apart from the refugee generation. They are educated working women who have their own living spaces. Though they appreciate their mother’s and mother in laws experiences and knowledge, they also learn a lot on baby development via professional articles, social media groups, books and apps. The fact that they are 2 generations apart does not free them of the affects of the refugee lifestyle. People still tend to visit too soon and comment on things they should not. They experience dilemmas with the previous generation too from time to time but what can they do, they have to return to their jobs. In fact they have to return a lot sooner than many mothers in the world.

4.3 Time’s up!!! Off you go to work!

The fact that the working woman in North Cyprus who has just become a mother has very limited time to recover and bond with her newborn is a defect. Actually the interviewees use the adjectives below to describe the maternity leave duration. “Unfair” “Funny!” “Absolutely ridiculous” “Disgusting” “Injustice” “Sad” and my favorite “A crime against humanity”. As mentioned above, the interviewees have different statuses regarding to work. However, the one thing they all have in common is their view on the duration: not sufficient. In fact a mother (Turkan) resigned from her job after giving birth, another (Hatice) also resigned but then had to take her resignation back, another (Arya) had to take unpaid leave, 3 mothers benefitted from the Pandemic and got to spend more time with their babies, 2 mothers went back when their time was up, the mothers who had their own businesses were more flexible and a part-time instructor had to go back 16 days after giving birth or she would have lost her job. These 12 women’s’ experiences are a miniature version of the bigger picture. Carrying and growing a baby inside of you and bringing a baby into the world is a big thing. One’s body and psychology go through major changes and you have to be

physically and mentally well in order to take care of a baby. A baby's wellbeing is highly connected to the wellbeing of the primary carer. In our culture when a baby is born the primary carer is the mother and this is supported by the patriarchal government who does not grant fathers paternity leave. Though mothers are expected to continue to be primary carers the fact that they are required to go back to work in 40 or 56 days paints a pretty unrealistic picture. Arya took 2 months unpaid leave to stay with her baby, yet she still believes that "if I had stayed home more, I could have breastfed them longer." (Arya, personal communication, June 6, 2022). Recalling the negative impacts on breastfeeding in the European Commission brief, Maternity leave Policies, "going back to work results in complementing breastmilk with formula and gradually replacing it altogether." (URL 16). One should be reminded here that the maternity leave in North Cyprus is not even that long. It is a fact that going back to work has a serious negative impact on breastfeeding practices.

Waiting too long to nurse or pump can slowly reduce your milk supply. The more you delay nursing or pumping, the less milk your body will make. That's because overfilled (engorged) breasts send a signal to your brain that you need to make less milk. (URL 15)

Many mothers have experienced this. There is also a theory that some babies start to reject the breast once they are bottle fed and naturally this also affects the milk supply. Mine, "Also, I had started work earlier, at around 4 months; I would come home to breastfeed, but I would also express milk, so the baby soon got used to the bottle and even started to reject my breast, so we had some trouble." (Mine, personal communication, June 1, 2022). This mother states that she started work earlier in comparison to her first experience. She realizes that she had the luxury to stay longer with her babies and had flexible hours even when she finally did return to work, yet even after breastfeeding her child for four months going back to work having to

express affected her milk supply. Although ‘smart’ mothers emphasize the importance of one’s individuality and stress the fact that a mother’s only job is not to take care of a baby, they all agree that the granted maternity leave is not sufficient. Mine, went to back to work after 5 months with her second baby, “I also wanted to work in order to socialize. At that time as well, you know, you don’t feel great, you feel great as a mother, but you need to socialize. It was good for me to get out and work and socialize.” (Mine, personal communication, June 1, 2022). Izlem, a freelancer thinks maternity leave should be minimum 3 months even though she too emphasizes that:

40 days is so little but there needs to be a system for the mother to return back to her previous life. Her whole life shouldn’t be motherhood. She should go back to her life, her job, she should socialize with her friends but there shouldn’t be restrictions for example 2 months... or if she is going through postpartum depression... these are details that need to be taken into consideration. (Izlem, personal communication, June 5, 2022).

Izlem has made an important point, postpartum depression should not be disregarded, it is a very serious issue with serious consequences. Huriye went back to work when her baby was 6 months old by joining her maternity leave with her annual leave and yet she also felt terrible:

I hated my life. It felt meaningless because I don’t save the world, I was thinking “what am I doing here, why aren’t I with my baby?” I was wondering what my baby was doing, missing him, needing him. It was torture. Some days very rare it felt good to get dressed, put on makeup and feel fresh, but generally I felt guilty, and I felt that it wasn’t fair on my baby or me that I wasn’t there. But we have to work and earn money for his future but there was an element of sadness. (Huriye, personal communication, June 6, 2022). (Huriye, personal communication, June 6, 2022).

Mothers have mixed feeling regarding going back to work, for a moment it feels good, but then they feel guilty because they feel they should be with their baby. When reminded of other mothers who have to leave their baby 40 days after, Huriye states that this “fills her heart with sorrow.” (Huriye, personal communication, June 6, 2022).

She also makes an important point that she feels like she is missing out on the best part of the day with her son since she has to commute quite a distance on top of her working hours. Mothers' ideal maternity leave duration vary from a minimum of 3 months to a maximum of 18 months, so that the baby can be left with a crèche. The strongest argument regarding maternity leave was made by Turkan:

...babies are too dependent to be away from their mother at such a young age but that goes hand in hand with not being forward about mums breastfeeding here. Coz if you really care about mums breastfeeding then you wouldn't take them away from their mother at such a young age. I think 6 months is good because it's what is recommended, exclusive breastfeeding for 6 months. I don't blame mothers who say my milk finished when my baby was 3 months old, because yeah you're not with your baby. (Turkan, personal communication, June 3, 2022).

Turkan makes the argument that the recommended exclusive breastfeeding for the first 6 months can only be achieved if the mother is available to breastfeed at all times. Zehra also makes an important point as to why mothers need longer maternity leave. Sleep deprivation. "The baby doesn't have a proper sleep schedule until 4 or 6 months, this is scientifically proven. So why do you send this baby's mother to work? How healthy is this? She can't be productive." (Zehra, personal communication, June, 3, 2022). Cemile also makes a similar argument; "I was in the classroom, but was I? Sleepless nights and teaching the next day..." (Cemile, personal communication, June 1, 2022). Cemile also adds that "a mother should go back part time first so both mother and baby can adjust. It needs to be small steps. Imagine the dependency of the baby to the mother and vice versa and all of a sudden BOOM! Mother has gone!" (Cemile, personal communication, June 1, 2022). These are excellent arguments that need to be taken into consideration. The longest to breastfeed out of the 12 interviewees were 4 mothers, 2 of whom were stay home mums; Didem and Turkan, 1 who had to work from home due to the pandemic Tijen, and Cemile. The three mothers' babies were

constantly with their mother. However, Cemile is an exception. Cemile, worked part time and went back to work only 16 days after giving birth. She was adamant to breastfeed from day 1 and determined not lose her part time job:

But lots of sacrifices had to be done. My mum was waiting for me with the baby in the car. My husband was waiting for me in the office with the baby, because I had engorged breasts. I was only breastfeeding, he didn't have any formula or expressed milk... I introduced solids at 6 months, but my breastmilk was the main source for 18 months. He was just nibbling on things. (Cemile, personal communication, June 1, 2022).

Izlem's story is pretty different. Her son rejected her breast, but she continued to express and give him breastmilk. When she recalls the past, she regrets the time and energy she spent to express her milk. She thinks she could have had more quality time with her son instead of pumping milk every other three hours. Even though she accepts that breastmilk is important she values the wellbeing of the mother above everything as she believes a baby's happiness and health is intertwined with the mothers.

Regarding breastfeeding: the pressure the doctors are putting on mothers are not helping. If someone wants to breastfeed they will. I don't think it's right for them to pressurize mothers to breastfeed. Yes, breastmilk is important but so is the mother's psychology. In my mother's time, some women didn't have milk and they just gave formula it was not a big deal. My father was breastfed by the neighbor, I was probably breastfed for a month. I mean this shouldn't really be a big issue. (Izlem, personal communication, June 5, 2022).

Similar to Tomori Izlem believes that "parenting ideologies that fully embrace breastfeeding – in mandating the specific form of breastfeeding practices – could be morally oppressive..." (Tomori, 2015, 140).¹⁹

4.4 Grandmother, nanny, crèche or resignation?

Out of the 12 interviewees 10 mothers went back to work. 1 took her twins to a crèche since her mother had to look after her father, 2 had babysitters, and 7 left their baby

¹⁹ Tomori, C. (2015) *Nighttime Breastfeeding*. Oxford: Berghan Books.

with either mother or mother-in-law. It would not be wrong to call them ‘allomothers’ (Hrdy). All would have preferred to leave their child with a blood relative.

...evidence shows that employed mothers indeed show a preference for leaving their child in the care of the grandparents (Mertkan, 1993; 1994; 1995). The willingness to care for the grandchild and the preference over other forms of childcare could be attributed to a shared belief in society that children under the age of three are loved more and tended better by family members and close relatives in the home environment than collective daycare. (Mertkan, 2003, p. 3)²⁰

Ilknur wasn’t worried as she had cameras installed in her home. Though Ilknur being a very mature (compared to the others) first time mother (age 50), stated that her parents had passed away, so she wasn’t able to benefit from their presence. As relieving as it may seem to be able to leave your baby with your mother or mother-in-law all mothers would have preferred to stay with their baby longer than the official maternity leave.

ZEHRA: My husband takes my baby to mother in law at 7:30 in the morning, imagine winter mornings. My mother is a teacher, she picks her up at noon and takes her to her own house. When I finish work in the afternoon, I pick her up from my mother’s house.

FATMA: So the baby goes to 2 different houses.

ZEHRA: 3 houses including our home. Yes they look after my baby but it shouldn’t be like this because I have to leave my baby, so little somewhere else in such cold weather. Some other people are not as lucky as me. There are people who look after my baby. They have to take their child to a crèche and it’s expensive to have a babysitter at home. Crèche are terrible and many don’t accept little babies. (Zehra, personal communication, June 3, 2022).

Sometimes ‘smart’ mothers clash with their mother/ mother in laws and this is a problem. Since this is an unpaid labor done out of love, mothers find it hard to intervene and even when they do the response, they get is entirely different than the

²⁰Mertkan, B. (2003). Social and Emotional Development of Turkish Cypriot Children and Caregiving Style. *Woman* 2000, 3(2)

respond they would get from hired help. Huriye's experience with her mother in law I was relieved but I have concerns regarding this because she cannot look after and raise him 100 percent as I would want her to." (Huriye, personal communication, June 6, 2022). She continues to specify their disagreements. The first one she mentions is their approach to feeding practices. Huriye wanted to try baby led weaning but her mother in law insisted on using a blender and liquidizing her son's food. When approached her response was, "I won't let him choke on my watch, if you want to feed him like that do it on your watch." (Huriye, personal communication, June 6, 2022). Her mother in law's fear and her more traditional approach is understandable; however, it doesn't change the fact that this mother's preferred technique to introducing solids to her son was not applied. Though as simple as it seems it just proves that you are not in control of your baby's upbringing. Another issue they had was regarding walkers.

HURIYE: Also she insists we buy him a walker, and says he won't start walking until we do. Even though I told her that orthopedists today do not recommend baby walkers, and I shared the information she still thinks it's necessary. She's not open to intervention but she listens a little.

FATMA: But she wouldn't go behind your back and buy one anyway...

HURIYE: No, but she will continue to nag about it. (Huriye, personal communication, June 6, 2022).

Huriye's mother in law disregards scientific evidence and still nags, this is undeniably very frustrating for her. Turkan also has many conflicts with her husband regarding bringing up her children. She prefers to base her upbringing on research whereas her husband prefers real life experiences.

It's always the majority vs me. In Cyprus it's very much, my mum said, my grandma said, my aunty said, my neighbor said...it's never let me research. Let me educate myself. And because I'm doing this my word theoretically goes against everyone else's. He doesn't think I'm right until I actively google

something and show the page. It gets ridiculous. (Turkan, personal communication, June 3, 2022).

Experienced mothers' knowledge is challenged by the *smart* mothers and vice versa. This conflict can cause tension between the parties. If new mothers had longer maternity leave, they could raise their babies as they pleased. But this conflict does not only exist when mothers go back to work, it's a cultural thing unfortunately. Even stay home mums experience conflicts from time to time. Didem is a stay home mum and she also has issues with her in laws too:

I'm really against this, but I can't say much or do much as I don't want to hurt anyone's feelings. I always say that the children don't need to eat sugar, and that they can get their sugar from fruit. So their grandparents say that they will not give them sugar, but when I am not there they give them to them. The best thing is for you not to live near to the grandparents, as being too close can spoil the authority between the mother and the child. (Didem, personal communication, June 7, 2022).

Living close to in laws is a very common thing in North Cyprus since it was believed that man had to provide a house, as mentioned before. Didem's in laws built a house for their son literally attached to their own in the village and that was their first home. They now have a second home roughly 40 kilometers away, and she seems very happy there. As long as mothers are dependent on their mothers or mother in laws these conflicts are bound to exist, the important thing is they have a constructive approach and do not lose respect while communicating. While it takes a village to raise a child due to conflict mothers would prefer to raise them themselves. However if some form of childcare education was provided to carers the tension would dissolve.

4.5 Lack of facilities: Nursing rooms, baby changing stations

A mother also posted on Yorgun Anneler Kulübü to point out that there are no nursing room and changing room facilities. (See Appendix C) "There are not many nursing

rooms in Cyprus! Not even changing rooms! Instead of trying to adapt to technology why don't they create nursing rooms? Should we get together and do something about this?" (16 May 2017). Interestingly the argument shifts. While the need for a decent changing room is accepted by all participants, 8 mothers stress the fact that breastfeeding is a natural thing and they would not prefer to use a nursing room.

K*** P***:

A nursing room? I think you should breastfeed wherever you want. That's what I did, here in Cyprus and Turkey... I never had any issues. If you don't want your breast to show use a thin cloth. On the contrary I would be uncomfortable if I was told to go to a nursing room.

Only 4 mothers are adamant for the need to use a nursing room as they feel shy. But fortunately this does not turn into a disrespectable debate, unlike the previous one.

Z*** D***:

In my opinion mothers have the right to breastfeed their child everywhere, and there is no need for a separate room, there are covers we can use, though I have never used one. Those who made us feel this way should be ashamed, not us. All we need to do is accept how natural it is to breastfeed and act accordingly and I have come across such campaigns.

Another mother also states her view on the right to breastfeed, E** S***:

I think the concept of a nursing room is nonsense, a person should be able to feed her baby whenever necessary! We should not have to do this in a secluded space. The mentality that pushes us to breastfeed like this should change!

As much as I am for normalizing breastfeeding, I believe the priority here has to be filling a helpless hungry baby's tummy. It is a fact that some mothers do not feel comfortable breastfeeding in public. Instead of confining these women into their homes and forcing them into isolation or making them carry expressed milk or worse give their babies formula just so that they can avoid breastfeeding in public, it's best

to provide them with a quiet place. Places like malls, restaurants, airports etc. need to recognize these needs.

4.6 Breast feeding in Public; scandalous or natural?

A photo of a woman breastfeeding her child in a restaurant was posted. (See Appendix B.) Her breast was taken out of her t-shirt from the top of the neckline, revealing most of her upper breast. She is in a crowded restaurant. The areola cannot be seen as it is in the baby's mouth. Above this photo is a post written by one of the active women in the group. The post starts off as a call to women not to do this with an exclamation mark. As one reads along the post gets tense stating that:

At home or anywhere, however you please, but in a restaurant we do not need to see them. Whatever you may think, the truth is I find this nauseating. I know you will start defending, we are right ... but this will not change my opinion. This is a bad habit. Obviously this woman is used to this so she thinks it's normal. If we don't speak up we will see this everywhere. Women, please do not put your flip-flops on the table. It's not nice.

And with that the women in Yorgun Anneler Kulübü find themselves debating a hot controversial topic. 287 comments were made. 103 different women commented. 16 women strongly disapproved the way the woman breastfed in public, 71 women supported the photo, 2 cried out for respect, 1 did not express opinion but only stated how surprised she was due to the identity of the person who had posted it, 3 had a neutral attitude, 5 just posted a positive emoji, 4 think the woman in the photo should cover her breast, 2 unclear opinion. The hot debate naturally mostly evolves around the strongly disagreeing women and those who are for it. 1 of the 16 women who strongly disapproved stated that:

You have to be a woman like a woman, a mother like a mother. Doesn't your husband say anything, or aren't you ashamed? There is no need to be an exhibitionist. I snapped at a female friend who did this while my ex-husband was at home! By no means, one should feel some shame!

This person clearly has a set definition of what a woman / mother should or should not do. She feels threatened and uncomfortable with women openly breastfeeding in front of men, especially her man to the extreme that she can and has snapped at her guest. Openly breastfeeding is an exhibitionist act according to her as she sees the breast as a sexual object. 2 more women mentioned husbands, how they would not approve and one even state that her husband would *strike* her in the face. She does not express any objection to this act of violence and it seems as though she even agrees that such an exposure deserves a physical response. 2 women who do not object to the photo do not stay quiet. They respond that a man who would strike them can neither be a good example to their sons nor stay by their side for two minutes. Recurring themes for objecting women evolve around manners, ethics, moral and fear of Allah. The counterpart argue that the breast was given milk therefore breastfeeding is its primary goal, however and wherever necessary. The person who started the debate by posting the photo replies to many of the opposing posts. She even posts two photos of herself breastfeeding like the woman in the picture, 1 taken during a social visit, the other in a café in Istanbul with the comment ‘no one looked at her’. She’s criticized by an opposing woman in a severe way. “A giavour (a derogatory word for a non-Muslim) wouldn’t do what you did. I’m embarrassed. This is the result of someone who has lost all sense of shame”. This debate has shown that majority of the women in Yorgun Anneler Kulübü (71 members) are non-conservative when it comes to openly breastfeeding in public space. The 16 women have different set of morals, and 3 of them openly state that their husbands would not only not tolerate such an action, but they would ‘rightfully’ express physical violence. Many women tend to not see the flip-flops at first and jump to either snap at the person who posted the photo or to

criticize the exposed breast. All parties are so fixated on their perspective that they lose respect for each other.

All mothers interviewed adamantly prioritized their baby's feeding above any criticism they could face. They all breastfed in public. While majority favored to do so discreetly preferably with a cover, two mothers in particular felt stronger on this topic. One stated that she 'never covered' and justified her actions Cemile, "I never covered. I thought that this is the most natural thing. I've never seen an animal breastfeeding trying to hide. So I thought this is quite natural, and if you have a problem with it just look away." (Cemile, personal communication, June 1, 2022). Zehra also strongly defended her rights to her critics:

It was winter and there was pandemic. So I didn't go out so often during the first month. But when people came home to visit me, I was quite comfortable while I was breastfeeding. They were telling me to cover the upper part of my body but I was telling them to go out of the room if they felt uncomfortable while I was breastfeeding my baby. I think I don't need to protect my body from anyone because they should see it as a natural process of feeding my baby. It shouldn't be regarded as something sexual. So if they feel like this, they can leave the room. I've never been shy. (Zehra, personal communication, June 3, 2022).

Zehra's critics were her own guests and she was able to cope with them, but Cemile stated that "Once in Turkey I even got a death threat...And shamed because I was breastfeeding." (Cemile, personal communication, June 1, 2022). All mothers, apart from Zehra, were never made to feel uncomfortable breastfeeding in public in Cyprus, however some still preferred to breastfeed in their car if the place they were at was too crowded. This brought us to the topic of the absence of nursing rooms. It is a fact that there are only a few nursing rooms in North Cyprus. While 10 of the mothers long for this facility 2 mothers object to the logic. While Izlem only states that she "would

absolutely not have gone to a nursing room,” (Izlem, personal communication, June 5, 2022). Cemile strongly opposes the idea of its existence altogether:

No. I think it's very... I'm not sure if rude is the word but, it's wrong. Definitely wrong. I mean how would you feel if you went to a restaurant and they put you in a different room? Because what you're doing is basically trying to survive. To get nutrition into your body, so why? I'm not doing anything sexual... I mean if there is something offered to you, it might mean it is a better option. That's the thing I can't wrap my head around. Women shouldn't feel shy about this because it is the most natural thing. It's like breathing. Would you feel shy when you're breathing? But it's because we have been exposed to that idea that it's private. It's not. We were told to cover ourselves. (Cemile, personal communication, June 1, 2022).

Cemile is a strong advocate of normalizing breastfeeding. Are we there as a society? Since majority of mothers have had no problems breastfeeding in public, it would not be wrong to say that we are at a good place on this topic. When the baby is little and this is all new to the mother, the mother needs that discretion, however once the act of breastfeeding is mastered and the baby is older it becomes a lot easier for one to continue her conversation with her friends while sipping her coffee and breastfeeding her child. Though I am also for normalizing breastfeeding, I believe nursing rooms would serve a good purpose for newly become mothers and especially the shy ones. The significant point here is that a baby is fed and the mother has to be comfortable for the goal to be achieved. In Cyprus, under 45 degrees as Turkan states it is very difficult “I usually go to the car, put on the ac wait for the car to cool down, it isn't easy especially for a first time mum.” The ratio on Yorgun Anneler Kulübü also point out that majority of women are ok to breastfeed in public and are not critical of those who do.

In the literature review, a section was dedicated to negative responses to publicly breastfeeding around the world. Some of these countries are supposed to be forward

thinking nations, such as the USA, UK and Australia, as disheartening as it is that women have experienced this, 12 interviewed women in Cyprus never experienced this. Though 1 mother/ woman arguing on Facebook has beamed with pride in stating that she told her friend off for breastfeeding in her home in front of her husband. Though this is not a public space she has confessed objecting that a woman breastfeeds in her man's presence.

4.7 In an ideal world would children have separate toilets?

In a post a divorced mother shares her problem and asks how others overcome this issue. (This post has been removed or outdated.) Even though her daughter has been potty-trained whenever father/daughter go out, either to shopping malls, play areas or restaurants she has to put her back in a nappy because there are no toilet facilities specifically for children, or parents with children. On the one hand if the father takes the girl to the men's toilet it would be inappropriate as there are urinals in most. On the other hand, some women may be uncomfortable if he goes into the women's toilet with his daughter. The recommendations vary, majority recommend a portable potty, some the disabled toilet and a few asking for permission from the women in the women's toilet. Though most have solved this problem with portable potties mothers are well aware that this issue is due to lack of toilet facilities specifically for children. This issue also reminds the mothers of the absence of nursing rooms. The mothers are familiar with two places in the whole of North Cyprus with toilets for kids, Erulku and Kidofarm. In many restaurants and cafes, they now have baby changing stations. As progressive as this may seem the fact that they are placed in the women's toilet underlines that this is a woman's chore, limiting the father out alone with his baby. But why and how would a man be out alone with his baby? Right?

In one of the interviews Turkan also points out a baby unfriendly space:

Saying that, you can't really get around with a baby in a buggy anyway because in front of every shop there are about 5 steps. And when you see a disabled ramp or a buggy it looks like a skateboard park because they're so steep, I can't push the baby up there anyway.

She has a point, and we have a long way to go regarding paving.

4.8 Husbands /Are we maids?

Parenting and the distribution of household chores are significant elements that need to be discussed. The comments to the post below (See Appendix E) puts forth interesting standpoints that needs to be analyzed.

H*** M*** A***:

#work #husband #tidying up # cleaning Good evening 🥲 Is anyone's home messy, dirty right now and does your husband expect service on top of not helping? Is he blaming you (do I need to find a page on psychology or what) (I have a 3 month old son, a 14 month old daughter, and a mother who is unable to walk she is feeding my baby right now and my old grandma rocks her cradle all day while I look after my daughter, do housework but I still cannot finish it.) I'm about to lose my mind, I'm incapable, lazy and incompetent and slow probably that's why. 🥲 I swear I am crying right now as I write, is it too difficult or is it me.

59 comments were made. Many of the first comments were not directed at the husband.

They were sympathetic comments stating that she isn't alone, telling her that the house is bound to get messy, it's normal with two kids and praising her for taking care of her mother and grandmother too. The solidarity is broken when the person who wrote the post specifically asks about other women's husbands. 4 women state that their husband play with the children while they cook or do other chores. Here one can explicitly see that the women who have commented so far have a soft tone that is obedient and have accepted that the chores alongside the caretaking of babies/children and the elderly are the women's duty. These mothers cannot even dream of a world where fathers do proper parenting and chores are distributed fairly. The comments take a fiery twist

when the author of the question states that she does not mind that the housework is incomplete and reiterates that her husband expects perfect service and calls her lazy. She then adds that her parents were divorced, she doesn't want to raise her children in that way and finalizes her comment with the word *kismet*. This word 'kismet' implies that there is a possibility that she might end the marriage. While one mother comments "That's abuse" other mothers says that he should "eat less and hire a maid". One mother comments that the commentators should not "fan the flames" and this results in a heated argument with mothers defending themselves that they did not mention divorce, but the husband is in the wrong. While one mother asks if she has a mother/sister in law who can help, another says "every child needs a grandmother." A very Cypriot approach. This supports the notion that these mothers believe 'you need a village to raise a child' preferably a village whom inhabitants clearly should be all women, the men can come and go as they please as long as they provide provisions and their seed from time to time. This poor woman is trapped in an abusive relationship having to look after a baby, a 14 month old, her disabled mother and grandmother. Her gender has given her the full responsibility of not only taking care of everyone but also the household chores plus serving the dominant male. As Chodorow pointed out her home is a domestic zone in an oppressive world.

Some of the interviewees are in a much better situation regarding their spouses. Didem, Ilknur, Huriye and Tijen are very pleased with their husbands' performance regarding baby care and household chores. They do "everything". Huriye and her husband are my ideal couple when it comes to parenting and taking care of their son.

HURIYE: We don't share the work, he is fathering I am mothering. He does what he has to do... If the baby needs to be changed whoever is free does it, or if the baby needs a bath whoever is convenient takes over.

FATMA: So you don't have designated roles...

HURIYE: No we don't. Well, when changing the baby he does it better because the baby is more active now, he can do it faster and more efficiently than me. I can say he does the harder things. (Huriye, personal communication, June 6, 2022).

This couple is well aware of their strengths and weaknesses and willingly fulfil duties they are better at for their own convenience and the baby's, like the father changing diapers because the baby is more active now. As Huriye states they are fully aware that their:

. . . time with him is so limited so those moments should not be seen as a burden it's an opportunity. Or for example he is hungry and the joy to see him eat and enjoy his meal should not only be experienced by the mother. Sometimes we fight as to who is going to feed him because we both want to see him munch away... it's so cute. (Huriye, personal communication, June 6, 2022).

This father does not let machoism get in the way of experiencing his baby's every moment. He is on another level compared to many fathers a level that they cannot comprehend. He is even teased by his peers constantly. His friends congratulated him on Mothers' Day. The couple laugh it off and he tells them they are actually missing out on so much. It's a relief that he isn't affected by them. Chodorow had hope that future fathers would want equal roles and interestingly she too uses the same term, to realize that they '*miss out*'. Huriye's husband is the perfect example to Chodorow's statement that "boys and men can provide occasional to extensive care of young children." (Chodorow, 1978, p. 30) and Hrdy's that "warm contact and reliable care can be provided by either sex." (Hrdy, 2009, p. 217) and Rich's "men can and should 'mother.'" (Rich, 1976, p. 282).

Interviewees responses to their husbands' parenting and participation in domestic duties;

Arya's husband changed diaper but did no household chores. She would have liked it if he did. Cemile's husband couldn't change nappies with excrement, but they found a way as she couldn't handle cleaning vomit, and he is an attentive father who pitches in with the housework she describes him as "one of a kind". Zehra's husband also couldn't clean dirty diapers or cook, but he doesn't throw a tantrum if the house isn't clean, or dinner not cooked. Can he cook? No. But he happily orders food for dinner and sometimes helps with the housework. "There are some points that we compensate one another." (Zehra, personal communication, June 3, 2022). Mine's husband changes diapers, bathes and feeds everything except cooking. "I'm over satisfied." (Mine, personal communication, June 1, 2022). Sel's husband couldn't even hold the babies when they were newborns let alone change their diapers, but as they got older he did that too. He cannot cook too but sets the table and loads the dishwasher alongside pitching in with the housework. "We have that harmony where we both finish our chores together so we can sit together rather than him just sitting, and I still do jobs and can only go and sit with him 5 hours later." (Sel, personal communication, June 5, 2022). Turkan's and Hatice's husbands are more stereotypical. They are the providers and believe the mother should look after the child and do household chores. They do minor things. Both mothers' babies are very dependent on the mother. Hatice's husband cannot soothe their baby when she cries, but he likes to play with her "the fun part of the job always falls onto the fathers, but the burden of the work is on the mothers". (Hatice, personal communication, June 2, 2022). Rehen also made the same point, "Men tend to participate more in "fun" aspects of child care, aspects of

domestic labor that suits their tastes and interests.” (Rehen, 2014, p 112). Hatice’s opinion on men doing chores supports her husband’s attitude:

Men do not have the capacity of a woman, and they are better at providing for the home, make up for the deficiencies ... Let me say that he is doing his best, he is more interested in the financial part. (Hatice, personal communication, June 6, 2022).

Hatice has accepted the way things are not because she believes it to be true, but because it is her reality, and there are other pros to her relationship. When asked if she thinks men can take on responsibilities with both children and babies, if they wanted to, she replies:

Absolutely I think they definitely can, because a mother doesn't have to be a mother to take care of a child, it's enough to love. When you love that child, you see that it is a child, it is a baby, and loving them is enough. (Hatice, personal communication, June 2, 2022).

Hatice has faith that her husband and daughter will eventually bond once their daughter can talk and is older. Though Turkan’s husband isn’t so good with babies and chores (except his designated chores like washing the cars and maintaining the garden) he has taken up on the responsibility of their first born who is 3.5 years old. Turkan is appreciative of this and justifies his lacking participation with the harsh yet honest critical words “My husband hadn’t been around babies and children until he had his own. I can confidently say there is no difference between him and his dad. His viewpoint and opinions are just as outdated uneducated.” (Turkan, personal communication, June 3, 2022). Turkan’s husband is an excellent example of some men Rehen describes; “... men’s more limited exposure to infant/childcare means they often find themselves engaged in childcare without much direct experience prior to becoming fathers (Lamb 2004). (Rehen, 2014, p 121). As mentioned before Turkan’s

main issue with her husband is that he does not have the curiosity to research something and prefers to rely on the older generations' methods.

Izlem a divorcee, is the only mother who has a very negative opinion of her baby daddy:

Our fathers were definitely different. I think they took full responsibility of their home, their child... whatever was needed. It was as if concepts like selfishness, unacceptance, difficulty did not exist, they felt like they had to do everything necessary. New fathers are different, some think "there will be a way." I think the fact that women are independent and work and do not rely on others has a major influence on this mentality. Fathers were not like this, very few fathers would leave all the responsibility of the child to the mother. Ok, in the past when it came down to childcare fathers did not do much they didn't share the roles but (I guess I have an issue with this) leaving the child's full responsibility to the mother is something that today's fathers are doing more easily. (Izlem, personal communication, June 5, 2022).

From her comparison between the fathers from the previous generation and her own husband one can explicitly see that she believes her ex-husband avoids responsibility, is selfish and has difficulty accepting his fatherhood. She does not deny that he changed diapers and gave their son milk but feels they were done in order to say they were done. "I helped my wife." This word 'help' says it all. Saying we raised a child together is different than saying I helped my wife raise a child." (Izlem, personal communication, June 5, 2022). One should willingly take on an active role without limitations and participate in childcare and rearing, not helping the other parent while they do it. Raising a human is not an easy thing therefore those responsible for the conception should also be responsible for the caring and upbringing of the outcome. I believe that active equal parenting leads to a happier, healthier and more successful generation.

4.9 Paternity leave

No posts could be found regarding paternity leave on Yorgun Anneler Kulübü. Interviewees on the other hand had quite a bit to say about this issue. 11 out of 12 state that mothers need their spouses support during this period. These mothers believe that the absence of paternity leave is a big issue and an injustice to all parties, the mother, the father and the baby. Tijen literally questions this system. “Why shouldn’t they? (Be with the mother.) She believes her husband “. . . deserves to be there. And even if he didn’t, he still should be there it would be encouraging for them to be there. Instead of breaking them away they should be there to be involved in the whole process.” (Tijen, personal communication, June 7, 2022). It would not be a mistake to interpret what Tijen is actually saying in the following manner. By not granting fathers paternity leave, they are taken out of the picture. If they were granted leave, then even the fathers who have not been actively present throughout the process could be encouraged to participate somehow after the baby is born. Margaret O’Brien, (2009) “Giving fathers the opportunity to spend more time at home through reduced working hours or leave after childbirth should result in their being more involved in child caretaking tasks in the future.”²¹ Being taken out of the picture and sent back to work after three days sends a patriarchal message to the brain. Men are breadwinners, baby care and domestic duties are women’s responsibilities, even if they have had a major surgery only three days ago. Zehra also has the same standing point as Tijen:

FATMA: So you think something about this issue must be done.

ZEHRA: Absolutely... The weight is on the shoulders of the mother. Why don’t our husbands help us, support us? Because the state, the system associates the child with the mother. Childcare is embedded within the mother. But in reality it is also the responsibility of the fathers too. Looking

²¹ O’Brien, M. (2009). Fathers, Parental Leave Policies, and Infant Quality of Life: International Perspectives and Policy Impact. *The Annals of the American Academy of Political and Social Science*, 624, 190–213. <http://www.jstor.org/stable/40375960>

after the baby, waking up at night should also be the father's responsibility. (Zehra, personal communication, June 3, 2022).

Zehra is explicitly blaming the state for the detachment many men feel towards childcare. Sel makes an important point too. "In my opinion it should be like what maternity leave is for mums, the woman becomes a mother, and the man becomes a father at the end of the day." (Sel, personal communication, June 5, 2022). She is also uncomfortable with the term 'compassionate leave'. ". . . it should not be worded differently as an excuse to take time off from work, there should be a special leave granted for fathers." (Sel, personal communication, June 5, 2022). I absolutely agree with this statement. Huriye stresses that "bonding is important" and that her husband "missed out on a lot of things". (Huriye, personal communication, June 6, 2022). She also believes that "He would have wanted to be with us during that period. When I look back, the fact that he couldn't spend those days with us, and he was missing our son all day is quite unacceptable." (Huriye, personal communication, June 6, 2022). Ilknur thinks out loud and comes up with a suggestion. ". . . maybe after the woman starts work, he could take over." (Ilknur, personal communication, June 3, 2022). She believes men can do everything except breastfeed that's why she suggests they take over when the baby is a little older and has some sort of pattern. A few of the mothers pointed out that the postpartum mother may not have a mother close by and the real person that should be by their (mother and baby) side is the father of the baby.

The duration of paternity leave suggested by these mothers vary from a minimum of 2 weeks to 1 month and maximum 40 days. Are they asking for too much? It has been stated that "Short leave is highly symbolic but it gives fathers the opportunity to learn how to perform childcare tasks at the earliest ages and legitimizes their participation

in tasks traditionally performed by women.”²² (Pailhé, Solaz, Tô, 2018, p 45) . It should not come as a surprise as to which mother responded differently to the issue of paternity leave. Izlem, the divorcee, “They shouldn’t even give compassionate leave to fathers with this kind of mentality. If I need help, I can hire help. If a father doesn’t feel the responsibility, I really don’t need his help.” (Izlem, personal communication, June 5, 2022). Unfortunately, Izlem having experienced what she did and still experiences with her ex, Izlem is unable to look at the issue out of her own box. Her opinion is subjective. However, would paternity leave be abused and seen as a holiday by some men? Unfortunately, yes, but there are men who wouldn’t. And shouldn’t those who probably would see this as a holiday be given the benefit of the doubt for possibility of a realization? I know mothers who have sat on the toilet seat with their babies because they were crying and had no one around to soothe them. Physical pain, one forgets but the emotional pain, the feeling of being isolated in a state where you have a huge responsibility for a tiny being while trying to recover from your own physical pain is something one can never forget. It is not healthy for the mother or for the baby or for the father actually. This is a time the family needs to adapt to their new routine evolving around a baby who is unable to communicate its needs therefore both spouses should be present to experience this and have a positive experience. “Paternity leave also has a positive effect on mothers’ satisfaction with the distribution of housework and childcare.”²³ (Pailhé, A; Solaz, A; Tô, M, 2018, p. 42)

²² Ariane Pailhé, Anne Solaz, Maxime Tô. Can daddies learn how to change nappies? Evidence from a short paternity leave policy. 2018. ffhal-01892935f

²³ Ariane Pailhé, Anne Solaz, Maxime Tô. (2018) Can daddies learn how to change nappies? Evidence from a short paternity leave policy. 2018. ffhal-01892935f

4.10 Instinctual mothering

Interviewees were asked whether they relied on their instincts or research while taking care of their babies. We live in an era where we have access to endless information on the tip of our finger. The mothers are conscious of this, and majority have benefitted from this. Huriye while pregnant joined a one hour online course, downloaded several apps which provided her with day to day information on the development of the fetus. And the same apps also provided her with information “on what to expect after you come home with your baby”. For nine months she read and prepared herself, therefore she believes that:

I didn't have the chance to experience if there is a maternal instinct, in the sense that I read so much, spoke to so many people I equipped myself, I didn't leave any possibility for a maternal instinct, maybe that was wrong, I don't know. So I put into practice everything that I read and learned from other mothers. (Huriye, personal communication, June 2, 2022).

This mother combined the knowledge she gained from research with real life experiences. I believe it is the perfect combination. Arya although read a lot but in practice she mostly relied on her mother's experience. “I used to read some books and try and research stuff online and everything but most of the time my mum was the one who was also helping me with what I needed to do what the baby needs and everything.” (Arya, personal communication, June 6, 2022). The most mature mother, Ilknur (50) is not a huge fan of using her smart phone for research purposes, Ilknur prefers to ask her doctor for professional opinion and other mothers to learn from their experiences and she specifically states that she was very observant:

I was always watching her. I'm not sure if it was instinctual but I couldn't sleep, I was watching her every move, I was interpreting what she wants. I was waking up automatically every two hours, is that instinctual I don't know. (Ilknur, personal communication, June 3, 2022).

Being a woman of logic, she finds it hard to define this as instinctual but she recalls observing her baby closely and trying to decipher its wants and she believes that “in time you learn what it needs”. When asked if she would have wanted not to go back to work and spend more time with her baby, Ilknur, actually tells us something very different.

Remember I said I was a free spirit, motherly feelings gradually came to me. Some people feel it from the start but mine took time. I don't know maybe because I was a mature first time mother it took me a while. Now that my daughter is 3.5-4 years old and I can communicate with her I really feel a bond, I feel her inside me. But when she was so little I felt sorry for her, I felt compassion, she couldn't speak, she didn't know anything. Now that she has become a little human being and we understand each other I can completely feel her and feel motherly. (Ilknur, personal communication, June 3, 2022).

What Ilknur is actually saying is that a maternal instinct did not automatically kick in with her. It happened with time by getting to know her child. Is it really hard for a man to feel compassion towards a helpless baby and observe its needs and act accordingly? Sel's opinion coincides with Ilknur's regarding time:

I think both, I think getting to know your child is instinctual but there are things you learn throughout time, I don't know but that's what I think. I am sure there are instinctual things but we learn as we go along, I can not say everything comes with our instincts but what comes instinctual? For example you know they can't stay hungry you need to feed them, they are not comfortable etc that's what I think... (Sel, personal communication, June 5, 2022).

Although at first Sel does not explicitly question instinct she clearly does towards the end of her answer. The fact that we learn as we go along seems to outweigh the instinct. Knowing that a baby cannot stay hungry too long can be both something we were told by the doctor, or something we read or something that we learned through getting to

know ones baby. The discomfort in a baby shows on her face, you really don't need instinct to see that.

Tijen on the other hand starts off with stating that she believes that she attended her babies' needs via her instincts:

No I think it was mostly to do with my instincts. There obviously were things that I researched but there were also things that you hear and see over the years, those are the things that are in your mind, aren't they? But when you give birth you do have these natural instincts on what to do I suppose. (Tijen, personal communication, June 7, 2022).

However, she cannot deny that the things she had heard and seen things over the years stayed at the back of her mind somewhere, as if saved ready to be accessed when needed. Also, her wording should be pointed out. "But when you give birth, you do have these natural instincts on what to do I *suppose*." (Emphasis added) If something is supposed it means there is evidently some level of doubt. Izlem, "My baby was a difficult baby, so I couldn't act upon instinct. First, he was incubated, after 20 days he had a lot of gas, I did a lot of research on gassy babies, I got a lot of recommendations." (Izlem, personal communication, June 5, 2022).

Although she does not back it up with evidence Izlem asserts that:

. . . it has been scientifically proven that motherhood isn't instinctual. Being a mother is a learned experience so I don't believe that bringing a child into the world and raising him/her is something that only mothers should do. A man can also mother but he really has to want to do it. (Izlem, personal communication, June 5, 2022).

Many mothers claimed that there are certain things you learn on the way, in time. This coincides with the idea that motherhood is learned experience. Therefore, if one is willing to learn and is attentive, sensitive to a baby's needs the gender of the caregiver

has no importance. Huriye's husband is an excellent example of this. The only thing that troubles me with Izlem's statement is "a man can *mother* but he really has to want to." (Emphasis added) I agree that will and desire is necessary, yet to label taking care of a baby as *mothering* to me is wrong as 'mother' is a gendered term. What she actually means is that a man can do all the things expected of a mother regardless of its genitals. Perhaps Huriye put this in better words, "I am uncomfortable with the term 'fathers like mothers' if fathers father like a father, then a term like 'fathers like mothers' wouldn't exist." (Huriye, personal communication, June 6, 2022). It would not be wrong to say that if Beauvoir believed that one is not born, but rather becomes, woman, then one can adapt this notion to motherhood too, such as; one is not born, but rather becomes, mother. In the case of the interviewees, they became mothers with time (experience) and lots of research.

4.11 Interviewees' opinion on 'Yorgun Anneler Kulübü'

There is an undeniable truth that this group has 20.3 K members. One out of the 12 interviewees is not a member. Turkan, is not a native speaker of Turkish, and though she is a very active user of social media, she has preferred British/ American groups and sites, which is understandable, and she hasn't even heard of the group. 6 mothers speak positively of the group however Didem, Mine and Hatice have stated that they followed the group more with their first child. Being new to motherhood they found the group useful, but after becoming experienced mothers, they did not feel the need to frequent the group. 2 of the mothers who spoke positively about the group, Hatice and T are first time mothers. Hatice has a 22 month old and Tijen's twins are 29 months old. Hatice:

It is very nice there, mothers are very supportive, I feel that I am not alone. The mothers come together to make comments and ask questions there, and I try my best to comment and answer in the most supportive way. I really enjoy

their support, and it makes me feel as if I am not alone, and that's why I use the group. (Hatice, personal communication, June 2, 2022).

The one thing these two mothers have in common is the fact that they both had their babies during the pandemic, and they experienced the lock downs. At a time like this it is no wonder they appreciated the group as much as they did. Both new mothers were not only eager to read posts and receive information. They were also eager to pass on their own experiences in the hope to support a fellow mother. Tijen:

I remember someone asked about colic, and I remember I recommended that they use bottles. Coz I remember at one point we switched to bottles 'colic bottles' with the tube, and we found that very useful. My son was experiencing gas and he was crying a lot at one point. I do read stuff and see what other people are experiencing. If there's something I can help with I would comment and I would ask a question. (Tijen, personal communication, June 7, 2022).

Sel, the 6th mother who felt positivity to the group, has never commented or asked a question but she thinks it has been useful. Ilknur, the technophile, doesn't follow it much as she prefers asking her doctor or people whom she knows with experience. Arya left the group; she recalls having an argument with one of the mother's there over something which she cannot remember. She said she didn't find it useful. Huriye, Izlem and Cemile have pointed out a common theme though their approach differs. Izlem, "This platform was useful in the beginning but now they can change the name to 'Where can I find...?'" (Izlem, personal communication, June 5, 2022). When asked if she ever found it useful, she responds, "Yes, I did. I even used to use the search engine to find specifically what I'm looking for but now they are all outdated. Now I use it to find a certain shoe." Capitalism has found its way into this 'support' group. Huriye feels the same way, though she does not deny that prior to her son's circumcision she came across a post regarding this, and her choice of doctor was

confirmed via the responses the mothers had given. However, she questions the purpose as lately most posts are “stuff like where do I find this curtain” and this “seems pretty irrelevant” she also doesn’t like “advertisements” and the fact that “sometimes people argue” She believes that “If these didn’t exist it would be at a better place.” (Huriye, personal communication, June 6, 2022). Cemile on the other hand is, is aware of the “where do I find...?” questions but she is not really bothered. Her expectations are not high. While doing this research I also realized that for quite some time now, the posts have become more about where to find a product, in fact, some posts were not commented on at all at times. Especially if they were personal or perhaps perceived controversial. I remember admin posted something like “Let’s talk about how it is to be a single mom.” No comment, or another mother also posted “Divorcees, (mothers raising their kid by themselves) what’s the hardest thing? Let’s chat. I think I need this.” No response whatsoever. She said she *needs it*, but nothing. We live in a very small community and people are hesitant to pour out their hearts, I guess it’s understandable to a certain extend but then where’s the support here? Of course, it would be an interesting study to analyze which posts were not commented on, which topics were ignored, but that’s not the purpose here. It is a platform based on voluntary communication obviously and we cannot penalize people for not wanting to share their experiences. The fact that it exists and you can reach 23.4 K mothers at the tip of your fingers is a good thing, nevertheless.

Chapter 5

CONCLUSION

Mothers of the new generation in North Cyprus differ on their views on maternal instinct. While some of them take pride in the maternal instinct many question its existence. They are aware that they have been in this repeated cycle as Chodorow, and Beauvoir stated. One can say that Chodorow and Beauvoir say the same thing with different words. According to Chodorow motherhood is a social construct and girls grow into mothers because that is what they see in their sex, their role model, their own mother and they grow up idealizing this persona. Beauvoir believes that there is a cyclical pattern too and that society and traditions create, and shape sexes therefore defines gender roles binding women to the home. Maternal instinct cannot exist according to Beauvoir, since she believes that one is not born, rather becomes woman, therefore such qualities do not exist within a person but rather obtained with time. Likewise, interviewees stated that there are things that they have seen and learned as young girls regarding childcare and they are aware that these experiences have been embedded into their brains.

Moreover, women's childhood socialization and surrogate caretaking develop some of the necessary skills for and a sense of confidence in parenting, enabling them to adopt the role of primary caretaker more easily. (Rehen, 2014, 113).

The words that are constantly repeated are research, learn, observe, experience and to actually care. These mothers have access to endless knowledge in this Era, such as scientific articles, blogs, groups and Apps designed by professionals and they make use of them. Some mothers who were interviewed actually stated that they had left no possibility for a maternal instinct since they had consumed so much professional knowledge. New media motherhood has its advantages and disadvantages. Figures do not lie 20.3 K women are willingly members of the group ‘Yorgun Anneler Kulübü’. It is a support group and the interviewees, especially when they were new mothers, highly benefitted from it. Especially in the sense that they did not feel alone in this new chapter of their life. The main disadvantage of new media would be misinformative information however interviewees were well aware of this and acted accordingly. Another disadvantage could be advertisement, some mothers were not happy with the group becoming a tool for advertisement.

The role of fathers/ husbands was a significant theme, whether they could or could not perform baby care / childcare. Interesting new generation mothers interviewed mostly have a high opinion of their husbands’ involvement compared to their own experience with their fathers. They are aware that their fathers did less and most of the burden was on their mothers. They are appreciative and believe that this is the right approach. What they are not aware of is the fact that their husbands are *not* actually one of a kind. Fatherhood has changed and for the better, though there are exceptions. However even the wives of the husbands who aren’t as active are conscious that ‘men can but they choose not to’. Under a post regarding a husband who is mean to his wife because she

cannot fulfil all her duties plus *serve* him, comments show that there are two approaches. While some mothers ignore the part about her husband and tell her things like, it will pass... hang in there another group of mothers address the issue with her husband and tell her it is not acceptable. This depicts that there is still a mentality present in some women that believe this kind of action is tolerable and that it is ok to ignore it or maybe they are uncomfortable but still chose not to comment, we will never know. Thankfully there was opposition and majority of the interviewed mothers admit to sharing household chores and baby care.

The fact that paternity leave was never mentioned within the social media group could be considered as a quiet acceptance. However, upon being asked in the interviews mothers were extremely critical of the system. They used terms like injustice, a crime against humanity, disgusting... They recognize that patriarchy, the state is dispatching the father from the home at a very critical time, therefore defining where he should be as well as where he should not be. There is an awareness that this lack has serious consequences as the father is taken out of the picture during a significant time enforcing gender based stereotypes that he is the breadwinner, and the woman is the primary carer. The suggested benefits of paternity leave are listed as fathers becoming more involved in caretaking tasks in the future, boosting fathers' confidence in childcare skills and the prevention of mothers becoming the sole expert in childcare. (Rocha, 2021, pp 49-52).²⁴ Mothers believe that a minimum of 2 weeks paternity leave should be granted to fathers *not to assist* healing mothers but to actually *be* there in

²⁴ Miriam Rocha (2021) Promoting gender equality through regulation: the case of parental leave, *The Theory and Practice of Legislation*, 9:1, 35-57, DOI: 10.1080/20508840.2020.1830565

every sense. They are aware that this is the minimum in the sense that it should actually be longer but since it does not exist at all they do not have high hopes.

In regard to maternity leave interviewees are not that compromising apart from 1 participant who set the bar the lowest at 3 months, though she believes this should be extended for special cases such as postpartum depression. Apart from her, answers vary from 5 months to 18 months. There is a consensus that maternity leave in North Cyprus is not sufficient to heal, adapt, create a healthy stable basis for the baby and especially to exclusively breastfeed the recommended first 6 months. Mothers are aware that returning to the workforce seriously decreases breastfeeding however they have no choice. 2 mothers took unpaid leave and 1 of the 2 resigned only to later apply for a withdrawal of resignation. This is desperation. Working mothers eventually want to return to work but they feel like they need more time with their baby, more time to heal and adapt to their new life which has radically changed.

As a result of going back to work mothers prefer to leave their babies with either their mother or their mother in law as opposed to crèches. As appreciative as the mothers are that their baby is being looked after by a blood relative who loves them unconditionally, the generation gap creates tension, and one must not forget the fact that this is an unpaid voluntary job. Conflicts occur on topics such as baby-led-weaning, walkers and treats. This is also another reason why mothers would like longer maternity leave, so that they can raise their baby according to their own beliefs however they are desperate.

It probably would not be an understatement to say that breastfeeding in public was the most controversial topic to be discussed on ‘Yorgun Anneler Kulübü,’ since these

generally supportive women literally insulted one another. After analyzing the comments by categorizing the opinions and listening to the interviewees responses one can draw the conclusion that high majority of new generation mothers do not have a conservative approach to breastfeeding in public. The baby comes first, and they don't think the breast should be seen as a sexual object. Not only do they not feel this way, but some have spoken their mind to others who have told them to cover. In relation to this, though few are strongly against nursing rooms, majority accept that some mothers might *need* that kind of isolation to breastfeed, therefore they are 'for' nursing rooms.

Both interviewee and commentators identified certain needs, such as nursing rooms; though majority are comfortable to breastfeed in public, they still believe that shy mums should have a designated space. Nursing rooms are also an issue for both interviewees and mothers within the group. While some see it a necessity, others wouldn't mind them and there are some mothers who strongly object to the idea stating that it confines women into isolation and renders the action unnatural when it actually is the most natural thing in the world.

Also, the fact that children's toilets do not exist has been identified as a significant point. In an age where single parenting is practiced, divorce rates are so high parents, same sex marriages are acceptable, parents should be able to attend to their children's needs regardless of their own sex. Baby changing stations are in the women's toilet assuming it's not a job for the father, this is problematic, can't a father spend time with his child without the mother and how will he address its needs? Baby changing stations should also either exist in both sex toilets or in ungendered space. Streets, pavements and shop entrance are not pram friendly.

Both posts and interviews show that mothers are extremely uncomfortable with the untimely visits. They want a handful of people around themselves, the closest and most of all they want the father of their baby. They do not want to answer why they had a c section, or whether they are breastfeeding or not. And they really do not need to hear successful breastfeeding stories when they can't breastfeed. They are in a vulnerable state, and they expect some privacy and respect, not criticism and judgement.

Since motherhood is a social construct, it is undeniably open to change and re-building due to new economical, sociological and technological advancements. Working mothers have brought a new dimension to motherhood similarly the internet. Many caricatures/ quotes have been shared in the group ridiculing the idea of 'the perfect mum' and women/ mothers have admitted to not being perfect, not having perfectly clean homes while consoling the woman who called herself 'incapable, lazy and incompetent and slow'. A lot of blogger mums paint a perfect picture, but these women seem to have not been affected by them. It has been observed through the interviews that working mothers tend to desire to go back to work at some point, and that point is not the given time span of 40 or 56 days of maternity leave. They want to achieve something, feel social, and they need to be an individual again, not just a mother like the women in Betty Friedan's "The Feminine Mystique". Those women never had jobs, yet they craved for something more, to fill the emptiness and find their individuality. Whereas the interviewees prior to being a mother had that individuality, an identity beyond being a mother and had a certain satisfaction whether it be teaching, defending their client, designing a house or designing a machine. The only stay home mum mentioned her dream of opening her own restaurant once her toddler goes to school. Mothers/ women today need more than their family, prior mothers did too but it was not achievable yet today it is.

Although mothers interviewed had jobs and active social lives prior to their babies they *all* prioritized their child above everything. A mother mentioned postponing Botox and refraining from alcohol while breastfeeding, all mothers regarded quality time spent with their child more valuable than a clean and tidy house. Some mothers mentioned that they have an unbalanced unhealthy diet as they prioritize their child and don't have time to cook for themselves. Showers have had to be postponed and their social life has had to be on hold for a while, Arya sums it up, "Everything now is around my children, my priorities are what they need, their lives, their health, their happiness where before it was just me and whatever I wanted to do." (Arya, personal communication, June 6, 2022).

Change is necessary. Motherhood has changed and many elements need reconstruction to suit this change. Motherhood is a social constructed, a unique experience that differs from generation to generation, class to class, country to country. In North Cyprus maternity leave duration has to be extended, paternity leave has to be granted to fathers. Prenatal /postnatal groups should exist within the system free of charge. Grandmothers or future caregivers need to be educated and have support group too. Lactation consultancy should be recognized as a significant area and promoted. Nursing rooms should be established in public spaces. Baby changing stations should be in an ungendered space, perhaps in the children's toilet (!) A nation should idealize systems that are working better than itself and should aim to reach that standard. We have quite a journey ahead of us, but isn't identifying the destination the key step to getting there?

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APPENDICES

Appendix A: Post regarding breastfeeding/ formula

Yorgun Anneler Kulübü. (2020, April 30).

Group expert April 30, 2020

İyi olsun da emse de olur emmese de...

Her doğum bir hikaye, her bebek farklı bir serüven. Aynı anneden doğan bebeklerin bile beslenme şekli aynı olmadığı gibi, aynı anda doğan ikiz veya üçüz bebeklerin bile beslenme şekli aynı olmayabiliyor. Misal biz 6 kardeşiz, ben 5 numarayım, benden sonra bir erkek kardeşim var ve hepimiz normal yolla dünyaya gelmişiz. (5kız 1 erkek) Yağız da 7. torun, ondan önceki 6 kuzenim de Anne Sütüyle büyüdüler fakat Yağız emmedi. Ben yapamadım belki de bilmiyorum. Sen de yapamayabilirsin. Sabrın kalmamış olabilir, sezeryanla gelmiş olabilir bebeğin dünyaya veya sancın vardır tahammülün yoktur. Lohusa depresyonu seni etkisi altına almıştır... Herşey olabilir, olursa çok iyi olur ama olmuyorsa da dünyanın sonu değil bebeğinin emmemesi. Yağız da emmedi az önce de dediğim gibi hem de bayağı bir uğraşmamıza rağmen. Doğum sonrası yoğun bakımda kalmıştı, dolayısıyla doğduğu ilk andan itibaren biberonla tanışmak zorunda kaldı ve öyle de devam etti türlü nedenlerden dolayı. Çok üzülüm ama o anda yapabileceğim tek şey ona uygun olduğunu düşündüğüm bir biberon seçmekti. Az önce de dediğim gibi Yağız 7. torun olduğundan daha çocuk sahibi olmadan önce bilgi sahibi olmuştum biberonlar hakkında. Biberon ve emzik seçimi biraz deneme yanılma yönetimi ile oluyor aslında. Benim Avent'e karşı hep bir sempati olduğundan, Avent'in anne memesine en yakın emzik ucu olan Naturel serisini alıp istiflemiştim eve. (Geniş başlığı yaprakcık yapısı ile anne göğsüne oldukça benziyor) Aynı biberonları nerdeyse Yağız 3/3.5 yaşına gelene kadar kullandık. Ayına göre (1ay, 3ay, 6ay, 8ay, 12 ay) biberon uçlarını değişe değişe kullandık, bizden de başka bir bebeğe geçtiler zaten. Çünkü ben olayı abartıp Naturel Serisi'nin her boyunu aldıktan sonra bir de cam serisini aldığım için evdeki stok çöpe atılacak gibi değildi zaten. Yıllarca bayağı bir aşkla kullandık, hiç sorunsuz bir şekilde. Biz oldukça memnun olmamıza rağmen gelişen teknolojiye ayak uydurup geliştirilmiş Naturel Serisi. Antikolik valf ile kolik bebekler için oldukça uygun hale getirilmiş. Emzik kısmı yivli ve matlaştırılmış şekilde görünüyor artık, yani ten hissiyatı verilmiş. Ekstra yumuşatılmış. Yumuşaklığı ve hareket yapısı birebir anne göğsüne benzetilmiş. Birebir anne göğsü taklit edilerek, emzik yapısı iyice yuvarlatılmış. Ve son olarak da bebeklerin anne göğsünden emmeye devam etmesi amaçlanarak emzik ucundan çıkan sütün bebeklerin ağızına akış hızı azaltılmış. Yağız biberona veda ettikten sonra yeni bir seri çıkarmış Avent 'Kolik Biberon Serisi' aslında Naturel de kolik serisi ancak, ufak farklılıkları var mekanizmaları birbirinden farklı. Bu biberonlarda ekstra hava dolaşım aparatı mevcut. Aparatın amacı bebek emerken sütün alttan gelip, üstten havanın tekrardan biberonun içerisine dolmaması ve bebeğin karnına ulaşmaması. Bu sayede emzik kısmı sürekli sütle dolu kalıyor ve bebek havayı çekmiyor karnına. Biberon konusunda kafa karışıklığı yaşayan ya da tavsiye isteyen varsa diye bu gönderiyi buraya bırakıyorum. Beni tanıyanlar bilir sevdiğim, memnun kaldığım birşey varsa tüm sevdiklerime öneririm ki onlar da faydalansınlar. Tamam bu aralar 18 Bin kişiyi geçmiş olabilir sayımız ama hepimizi seviyorum. 😊👶

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👉 Merak ediyorum senin doğum sonrası dönemin nasıldı? Emzirmeyi başardın mı yoksa benim gibi biberoncu kısımda mısın? Hadi yoruma yaz biraz sohbet edelim.



61

85 Comments

Kizimi 2 yıl emzirdim iyi ki yapmisim 🙏👁️ hic bibrn ve emzik kullanmadik ilk suyunu da siseye agizlik takarak icti

Like Reply 2y



Author Admin +4

Ne güzel ne mutlu size sağlıklı beslenmiştie kuzu 🥰

Like Reply 2y



hayattaki en guzel tecrubelerden biriydi 🙏👁️👁️

Like Reply 2y



Cok guzel ozetledin Bahar durumu. Cocuk bir sekilde besleniyor günün sonunda. Ben nerdeyse hic emzirememistim oglumu. Tommee tippee biberonlarni kullandik. Cok memnunduk ve gaz problemi yasadigimizi hic hatırlamıyorum. Onemli olan cocugun hem gidaıyla hem sevgiyle beslenmesi bence 🙏

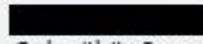
Like Reply 2y



Author Admin +4

Kesinlikle 🙏

Like Reply 2y



Çok şükür 2 yaşına kadar emdirdim şimdi bebeğimi emdiriyorum oda 5 aylık olmak üzere şükür yaradanıma onuda allahın izni ile 2 3 kadar emzirteceğim

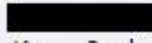
Like Reply 2y Edited



Author Admin +4

inşallah 🙏

Like Reply 2y



Kızım 2 yıl emdi sütüm boldu ama oğlum 1 yaşına kadar emdi sütüm azdı mama takviyesi yaptık mecburen

Like Reply 2y



Author Admin +4

Olsun Yağız sadece 1 sağ 1 sol göğsümü emdi sağarak da tam 40 gün sütümü verebildim kesildi hemen. 1 yıl bile vavv benim için. Sağlıklı olsunlar hep 🙏

Like Reply 2y



aynen canım rabbim sağlık sıhhat versin bütün evlatlara 🙏🙏🙏

İlk oğlumu çok istememe rağmen emziremedim. Meme reddi yaşadık ve başademedik. Biberoncu oldu 🤔 (şimdi 6 yaşına geliyor) 2. Oğlumu emzirme konusunda çok kararlıydim. O da 2 yaşına yaklaştı. Hala emziriyorum 2 numarayı aşın memeci O da. 🙏🤔 İlk zamanlar biberonla ben yokken beslenmesi için sağdığım sütlerin hiçbirini içmediği için o sütleri de büyük oğluma içirdim. Böylece kendimce vicdanımı rahatlatmış oldum. 🙏🤔

Like Reply 2y



Author Admin +4
Harikaaa 🤔

Like Reply 2y

18 ay emzirdim oğlumu 🤔 doğurmadan stokladığım biberon ve emzikleri hiç kullanamadık 🤔

Like Reply 2y



Author Admin +4
Harika 🤔

Like Reply 2y

İlk kızımı 9 ay emzirdim (şuan 6 yaşında) sonrasında mecburu süt olmayınca biberon kullandık. İkinci kızımı 16 ay emzirdim (şuan 3 yaşında) biberon kullanmadık.. her çocuk farklı.. 🤔

Like Reply 2y



Umut 12 yaşında ayaz 3.5yasında dolayısıyla umutta yaşıım küçüktü ve ilk bebegimdi ve aslında çok nazlıydim.sutumde çok fazlaydı hemde öyle böyle değil ama dedim ya canım çok tatlıydı acıyordu vs sutumu çoğu zaman sagip biborana verip içiyordu hem biberonda daha çok anne sütünü veriyordum ama sadece toplanan 3ay kadar çünkü bebek emmedigi için sürümde azalmaya başladı ve toz süte gectik.ama ayazda daha olgundum ama doğumda olması gereken tarihten erken doğdu ve cokm yorgundu kuveze aldılar ve yorgunluğundan emmiyordu çok denedim ama yok eve çıkınca yine sütümü sahip verdim ama çok sütüm yoktu ve çok gazlıydı ayaz. canım çıktı 6ay boyunca geçsin gaz dönemi .ve Dr önerisiyle gazlı bebekler ve inek sütü alerjisi var diye özel sütle beslendi şimdi 3.5yasında eve kasa ile süt alıyoruz çok içiyor

Like Reply 2y



Kızımı 2.5 sene emzirdim hiç ek süt kullanmadan, hep anne sütü aldı ve oğlum sadece 8 ay emdi şuan biberon koleksiyonumuz var hem de nuk biraz seçici, sütümü almaması çok zoruma gitmişti zira hedefim 2.5 yaş ti hani kızımı emzirdim ya 😊 ama oğlum ek gıdalar ile tanışınca beni bıraktı, gücendim 😊 ama çok şükür ki ikisi de sağlıklı ve oğlum 14 aylık olmasına rağmen 2 yaş modelinde boyu posu kilosunu. Kaldırmakta bile zorlanıyoruz, yürümeye de başladık paytak paytak. O yüzden onlar iyi olsun da gerisi her türlü olur 🙏

Like Reply 2y



Ben 14 ay emzirdim. Ama çalışan bir anne olduğum için sütümü sağıp bırakmak zorundaydım. Çok gazlı bir bebek olduğu için Mr. Browns kullandık uzun bir süre. Sonra avent ve chicco deneyimlerimiz de oldu. Ayyy zaman nasıl da geçmiş, rüya gibi hatırladım o yılları Baharcığım 🥰🥰

Like Reply 2y



İlk çocuğumu emziremedim ve beni çok üzmüştü cevrem... beceremiyorsun güzelliğin bozulacak diye yapmıyorsun diyen bile oldu 😊 o zamanlar çok ağlamış üzülmüştüm... keşke emzirme danışmanı o zamanlar da olsaymış. Hep biberonda içti arsız bebegim doya doya.. şimdi 13 yaşında ve hala süte bayılıyor. çok şükür 🙏🙏🙏 ikincisi hiç sorgusuz hemen emdi beni... her bebek farklı allahım korusun hepsini 😊

Like Reply 2y



Kızımın buluşmamızın ilk 14 günü emzirebilmek için savaş verdim ilk tecrübe olduğu için mi heyecandan mı anlamış değilim bir türlü emziremiyordum sütüm vardı sagarak besliyordum hergün her saat pes etmeden deneye deneye oda bende bir usta haline geldik suanda 1 yaşında hiç biberon ve emzik kullanmadık istemiyor da benim olmadığım zamanlarda bardaklar da ve alistirma bardaklarında içti sütünü halen daha durum aynı

Like Reply 2y



Oğlum emmezdi uyuyakalırdı ne yapsam almazdı ..bende sagmaya başladım.sagdikca sut bitiyormus.bitince ogrendim.3 ay emdi yada emmedi...pismanmiyim de ilim..sagliklida..oyuzden iyi olsun da emsede emmesede bnm için aynı kafadaydım 🥰🥰🥰

Like Reply 2y



[Redacted]

Admin +4

[Redacted]

Benimde sağdıkça bitmişti.

İkizlerimi emzirdim fakat ikisine de süt yetistiremedim için toz sut de kullanıyorduk
😊 önemli olan sağlıklı ve mutlu buyumeleri 🥰🥰🥰🥰

Like Reply 2y

İlk oğlum 34 haftalık doğdu ve meme reddi yaşadım 42 günlükken sütüm kesildi ,
aventin biberonlarıyla ve aptamille büyüdük şuan 21 aylık gayet sağlıklı bir bebek 🙏
ikinci oğlum 39 haftalık doğdu 2.5 ay anne sütü & aptamil aldı şuan 6 aylık sütüm 3
aylıkken kesildi, aptamil & aventle büyümeye devam ediyor. Hayatta öğrendiğim en
önemli şey siz istediğiniz kadar plan yapın onlar doğmak istedikleri zaman doğarlar,
meme almak istemezlerse almazlar 😊 allah sağlık versin iyiki günümüzde besleyici
mamalar ve gaz yapmayan biberonlar var 🙏🙏🙏🙏

Like Reply 2y

Merhabalar, çok güzel çok içten bir paylaşım olmuş. Hamilelik mi Doğum mu
emzirme mi uykusuzluk mu en zoruydu diye sorsalar, emzirme derdim. 40 artı 2 gün
olarak girdim doğuma, 24 saat sancı çekmeme rağmen bebek sıkıştı acilen sezaryen
olmak zorunda kaldım. Ailemden çok uzaktaydım, eşim ve ben kalakaldık hiç
tecrübesiz. Beslenme en zoruydu, çünkü çok sık acıkıyorlar, hastanedeki ebeler kilo
alsın diye mama başlamak istedi, direndim. Dil bağından dolayı ememiyordu. Bir
emzirme danışmanından destek aldım. Her anneye tavsiyemdir, mamaya biberona
verilecek parayla böyle bir danışmanla görüşebilirsiniz. Çünkü anne sütü en pratik en
hijyenik en laksatif en zengin en en en, faydalarını saymakla bitiremem. Çocuğunuza
verebileceğiniz en büyük hediye. 9 ay oldu emzirmeye devam. Annelik kutsal, ister
mamayla beslensinler ister sezaryanla doğsun, annelere hep destek tam destek. Ve
annemi artık çok iyi anlıyorum, canım annem. 🦋

Like Reply 2y

Admin +4
Kesinlikle katılıyorum 🙏

Like Reply 2y

Ben iki oğlumun da birincisini 21 ay emzirdim. Daha da emerdi ama 3. bebeğin
doğumuna 3 ay kaldığı için kesmek zorunda kaldım. Ama 4 5 aylıktan su vermeye
başlayınca bende soldaki seriden su vermeye başladım. Avent çok iyi geldi bize. Baska
marka hic almadım... Sonra sütlerini çaylarını hep ondan içti. İkinci oğlum da 18 ay
emzirdim... İşe başlayınca da onu da kesmek zorunda kaldım. Onda sağdaki seriyi
aldım... Oda hep ordan içti. Bize hep kolaylık oldu. Simdi büyüğüm 4 yaşında olunca
artık hep bardak kullandık. Kucugum ise 2 buçuk yaşında kendi bıraktı biberonu.
Zaaten yalancı email hic almadılar. Kolay oldu bırakmak. 🥰🥰

Like Reply 2y

Oğlum su an 27aylık, ben doğumdan sonra 21gun emzirebilmistim, gogsum tahris olmustu ve hicbir krem ise yaramadi, agridan dolayi emziremedigim icin gogsum doldu kolumun altina kadar sisdi sonra sicakligim cikti eve doktor cagirdik enfeksiyon var emzirme sag birkac kez dok normale donsun dediler, o ara zaten cocuk biberona alisinca gogsumu almadi maglesef..Dogumdan beridir avent kullaniyoruz cok memnunum bende 😊

Like Reply 2y Edited

Benim 2 kız var ikisinde sezeryanla doğdu..biri hiç göğüs almadı diğeri doğdu 1 hafta yoğun bakımda bakımda kaldı hiç kucagıma almadım 10 gün sonra aldığımda göğsünü verdim 2.5 yaşında ve halen emiyor kısacası çocuğun iç gudusune göre değişir bence

Like Reply 2y

Oğlum 20 aylık şuan emziriyorum biberon olarak bende aventin biberonlarını almıştım her boyunu hemde 🙄 ama suyu bile hiç içmedi kendi sütümü sağıp verdiğim halde ilk doğduğu günler bir kez içmişti onun dışında asla kabul etmedi direk alıştırma bardağı kullandık biz. Biberona alışsa iyi olurdu sanki 🙄 bide sadece sol göğsümü tercih ediyor paşam sağı hiç almak istemiyor 🙄🙄

Like Reply 2y

merhabalar benim de 20 günlük bir kızım var o da hiç sol göğsümü almıyor. Bundan kaynaklı hiç sorun yaşadınız mı merak ettim. Hatta sütüm kesilir mi diye endişe bile duyuyorum ara ara

Like Reply 2y

ben hiç sorun yaşamadım şüana kadar onda da süt var ama tıkalı olduğu için verimli akıyor sağdım ilk başlarda ama kabul etmedi hiç sol göğsüm sağa göre biraz büyük oda süt akışı olduğu için süt bitince eskiye dönecek diyorlar

Like Reply 2y

çok teşekkür ederim

Like Reply 2y

Parent of young kid

22 aylık oğlum var.ve onu emziremedim kolik bir bebek di.memeyi reddederdi.bende sagip vermeyr basladim bu sefer birkac gun sonra sip diye sutum kesildi.meger saginca bazen sut kesilirmis 😞 cok uzuldum 😞 kendimi yetersiz hissettim 😞 ama sonradan kimseyi dinlemem gerektiğini anladim.cok sukur cok saglikli ❤️ 6 ay aptamil comformil icti sonra ek gıdaya basladkk sutten vazgeçti.simdi 1 buçuk aylık kızım var hic zırlanmadim cok sukur emery.yeterki saglikli olsunlar.bu defa kimseyi dinlemeden kendi bildigimle buyutmeye devam ediyorum.cnku cocuk yetistirme konusunda agzi olan konusuyor.her kez bu kinuda profosor ozellikle aile buyukleri.her cocuk farkli kardesler bile farkli.onemli olan bebislerimiz sag salim saglikli bir sekilde buyusunler.❤️🙏

Like Reply 2y

İkizlerimi emzirdim ama ahni anda 2sinede yetmedigi icin takviye toz sut verdik. Bende aventin butun serisini aldm fakaf 1de mijik su icin wee baby almiskt bnimkiler sadece o miniciklerde icmek istedikleri icin bu defa dönup wee baby jin buyuk biberonlarni almak zorunda kaldk. 😞😞

Like Reply 2y

Lohusa döneminde doğumda ne çektiğinden bile haberi olmayanlar ziyarete gelip ilk sorduklarının emzirme olduğunu gordum. Ne kadarda önemliydi onlar için. Çocuk emmesse gelişemez, akli geri kalır, hiç olirmular ama benim kızım bu kadar yıl emzirdiler çocuğum 3.5 yaşına geldi hala benim kızım emzirdilerle geciyor sohbetler.. Birşeyden pişmanım lohusayım kendi psikolojimi bozacagima neden onlarinkini hala bozmadığım için pişmanım. Emmek yada biberon yada toz mamayla olsaydı beyinler bu kadar cahil insan zamanında annesi tarafından emzirilmisler beyinleri neredeydi acaba.. Her çocuk farklıdır ne çocuk ne anne kimseyle mukayese edilemez.. Galiba biraz isyankar oldu bu yazım ama hiçbir anne buna müsade etmesin ve psikolojilerini kimse için bozmasın diye yazmak istedim. İnanın kimse sizden önemli deil size saygı duyulmuyorsa sizde duymayın..

Like Reply 2y



Author Admin +4

Süpersiniz kesinlikle katılıyorum size.

Like Reply 2y

ilk oğlum 10 gun gec geldi (simdi 7 yasinda) 18 ay emzirdim.. isbasi yapinca sagip verirdik ama zaman icinde sut azalir diye Aventin biberonlarıyla ve sma ile 10 ay devam ettik sonra normal sute gectik... istah problemleri yasadakta aralarda su anda herseyi yer ve allaha sukur saglikli bir cocuk 🙏 ikinci oğlum tam gunune dogdu.. hatta hastaneye yetisemeden evde esimin yardimiyla dogurdum.. 😊😊😊 tam 40 haftalik dogdu ve su anda 3.5 yasinda.. 30 ay emzirdim.. hic hazir sut almadim.. ama memeden cok zor kestim.. emzirsem halen emecekti.. ama artik zorlanmaya basladiydim.. hem isirirdi hemde her gittigimiz yerde salip meme isterdi.. inanmaycaksiniz halen salar ve hayir deyip anlatirim olmaz annecigim sut yok bitti diye.. su anda cok istahli ve sagliklidir oda allaha sukur.. 🙏 bu da benim hikayem..🥰



Like Reply 2y Edited



Author Admin +4
maşallahhhh süpersiniz. 🥰

Like Reply 2y



🥰🥰🥰

Like Reply 2y



Admin +4
Yorumu kimin yaptığını görmeden direk okuyup cevap yazdım sen olduğunu şimdi farkettilim Medihaaaa keşke yanında olsaydım doğururken 🥰🥰

Like Reply 2y



cnm benim.. o tatli yureciginin istemesi bile bana kafi..atlatalim hayirlisi ile bu gunleri de guzel bir bulusma lazim .. ozledim..❤️🥰🥰

Like Reply 2y



Author Admin +4
Kesinlikleeee

Benim 3 çocuğum var 3 ünüde sezeryanla doğurdum. Allah'ım hepimizin çocuklarını bağışlasın 🙏🙏 ilk oğlum 3 aylık iken 2. Çocuğuma hamile kalmıştım ve emzirme sürecim mecburiyetten 6 ay oldu.2.oglumu ise bir buçuk yaşına kadar emzirdim oda 3.ye Hamile kaldığım için 😊 kızımı ise 2 buçuk yaşına kadar emzirdim tabi bu emzirme kesilerim den sonra kullandığım biberon ise avent oldu çok memnundum.Şuan yaşları ise 9 -8 -6 Allah'ım çocuklarımıza sağlık versin sağlıklı kalın 🙏🙏🙏

Like Reply 2y Edited

2

Ben spinal doğum yöntemiyle oğlumu dünya ya getirdim. Oğlumu ben emzirdim ama sütüm yetersiz olduğu için biberonla da beslemek zorunda kaldım. Ben de Avent'in ürünlerini kullanırken çok memnundum. Kayra gazlı bir bebeklik geçirdi. Bu nedenle 6 aydan sonra doktorumuzun önerdiği farklı bir marka biberon kullanmıştık.

Like Reply 2y Edited

0

Bizim ilk baslangic olarak emzirmem basladı hic biberon almazdi hep emzirdim 15 ay bıkmadan usanmadan ancak gerçekten çok güzel bir duygu emzirmek Allah herkese bu duyguyu nasip etsin çok zor biberona alıştırma dönemimiz oldu eşimin desteği ile 15 gece nerdeyse savaş verdik biberon alsın diye ve en sonunda başardık .

Like Reply 2y

Biri 16 biri biri 3 aylık oğlum var ikisinide emziriyorum. Hamilelik döneminde sütümde azalma olduğu için bizde takviye aldık. Su için avent Classic, süt için avent'n natural serisini kullanıyoruz 😊

Like Reply 2y

Bir kızımı 14 aya yakın, diğerini 21 ay emzirdim. Meme emmeyen çocuk gibi biberon almayan çocuk da çok zor. İkisi de almadı biberon. Çok zor oldu tabii, sütümü sağıp babalarına ya da birine bırakıp çıkamadım hiçbir yere. O zamanlar çıkmak da istemedim aslında 😊 Araları 25 ay, ufaklık memeden kesilince uzun zamandır neredeydin diye soranlara "Son beş yıldır ya hamileydim ya emzirirdim." dediğimi hatırlıyorum 😊 Ne kadar yorucu olsa da her anne gibi onlar için en iyisini yapmaya çalıştım. İyi ki de uğraşmışım. Biri 11, diğeri 9 yaşında kızlarım var şimdi 🙏 Rüzgar gibi geçmiş zaman.

Like Reply 2y



+4
Bayılıyorrum sizeee ❤️❤️❤️

Like Reply 2y

Ben oğluşumu ek sütle birlikte 7 ay emzirebildim. Doğumdan itibaren bebekte bende hep bir süt mücadelesi içindeydik . Ben 2 yaşına kadar emzirmeyi kafaya koymuştum, cocuksa hep doymak için bir çaba içerisindeydi. Sonra dedimki kendime evet belkide anne sütü kadar hiçbir hazır süt besleyici olamaz ama hiç emziremeyen annelerin yerine koydm kendimi ve savaşmayı bıraktım, 7 ay emzirdiğime şükrettim. Ama muratın o hazır mamaları bir içişi vardiki sanki çok özlediği birşeye kavuşmuş gibi. Bazen akışına bırakıp kısmet demek lazımmiş bunu anladım . Çocuklarımız sağlıklı olsun yeter ❤️

Like Reply 2y

Ben 26 ay emzirdim , biberon emzik kabul etmedi, bunun yanında süt fazlalığından ben çok sorun yaşadım, defalarca tamam artık emzirmek istemiyorum dedim , mastitle uğraştım defalarca.. kızanklıklar, ateş, ağrı .. hiç bir doğum kolay değildir, her bebek özeldir 💙

Ben kızımı 8ay emzirdim hatta sütüm hamileyken geldi ve biberon alması bizi birazcık zorlandırmıştı ve avent almıştı emzikte biberonda oğlum 7ay emmişti sünnet olduktan sonra röflü olmuştu oda aventle beslendi halen daha biberonumuz var 🙏



Like Reply 2y



Benim oğlum şu an 18 aylık.. sadece 4,5 ay emzirebildim sonra sütüm geldiği halde kendisi emmek istemezdi. 3 ay öncesine kadar sütüm az da olsa hala gelirdi. Toz süte devam ediyoruz.. ama biz çok şeyler yaşadık diye belkide çocuk hazır alışmıştı o yüzden istememiste olabilir. Hala dahacok üzülyorum istemediği için ama olmuyorsa olmuyor..

Like Reply 2y



Oğlum 2.5 yaşında sezeryanla beklenenden 14 gün erken doğdu ve emzirme uzmanındaki randevumdan 4 gün önce doğum yaptım. İlk 4 gün emzirmeyi beceremedim biberonla ve hazır sütle beslendi. Sonra Emzirme Uzmanı Sevgili Emine Özlüses'i ziyaret ettik ve emzirmeyi öğrendim. Oğlum bir aylıkken düzenli işe gitmeye başladım bu sürede oğluma sütümü bardaktan içirdik. Uzun süre biberon kullanmadık. 20 ay emzirmeye devam ettim ve 20. ayda ağır antibiyotikler kullanmam gereken bir rahatsızlık geçirince kestim. Çok güzel bir deneyimdi. Alışana kadar eziyetti ama alıştıktan sonra çok güzeldi. Doğum yaptıktan sonra kimseye sütüm geldi mi emzirebildin mi diye hiç sormadım. Annelik yaşıtırlacak bir şey değil ve bu o kadar hassas bir konu ki bunu sorgulamak yeni annenin en son ihtiyaç duyduğu şey. ❤️

Like Reply 2y Edited



3

Oglumu 1 yaşına kadar emzirebildim... sütüm geliyordu, sağlık problemi yaşayınca hap icmek zorunda kaldım 1 haftalık bir süreçti ama sonra korktuğum için baska içirmedim ve mecbur kestim... oğlum su an 20 aylık..hazır mama kullanıyoruz....



Parent of multiple kids

8aylik sezeryanla doğum yaptım ikizlerimi. İkisini de emzirip mama kullanmayacağım diye sartlamistim kendimi, onlar kuvezdeyken saat kurup düzenli sagdim gece gündüz demeden emzirir gibi gündüz 2 gece 3 saatte bir. Bebeklerimden biri 1800 gr dogdu, cenesi güçsüzdü, diğeri 10 gün solunum cihazına bağlıydı kucagima bile alamadim. Sütüm iyi geliyordu, artmaya baslamisti ama entübe olan bebeğimin durumu kotulesti ve o gün üzüntüden gitti. Ne kadar ugrastiysam da bir daha eskisi gibi olmadı. Zaten küçük dogan bebeğim hic ememedi, biberonla beslemek bile 1 saatimi aliyordu, o kadar küçük ve gucsuzdu ki. Diğer bebeğimi evde ilk iki gün sadece emzirdim, hiç durmuyor uyumuyordu, süt yokmuş, açmış fark etmemisim 😞 4 ay ugrastim cabaladim, ilac bile kullandim ama olmayınca olmuyormus... Avent kolik serisi ile baslamistik, 2 hafta sonra 18aylik olacaklar suan hem wee hem avent kullanıyorum.

Like Reply 2y



Author Admin +4

iyiler mi? Bir fotoğraf atsanız.

Like Reply 2y



Parent of multiple kids

ikisi de afacan oldu 😊 Ayaz - Naz isimleri 😊



Like Reply 2y



Author Admin +4

Ayhhhh maşallah 😊

Like Reply 2y

Parent of multiple kids

7 aylık ve 2.5 yaşında iki minnagim ile tandem emzirme yapıyorum(iki bebeğin de birlikte emmesi) evet bir şekilde büyüyorlar sonuçta , sağlıklı buyusunler,ancak annelerin ve anne adayları nin bu konuda çok çok çok daha fazla desteğe ihtiyacı olduğunu düşünüyorum ki adamızda bunu en güzel şekilde layıkıyla yerine getiren Emine ozluses var emzirme uzmanı tatlı mı tatlı,ancak hamile anneler doğumdan önce mümkünse çevresinde olan akrabaları ile (sütün bitti,sütün az diye baskı yapan) gidip bir öngörüşme yapmalı ve kendilerine guvenmelidir.

Like Reply 2y

acikcasi zor bir hamilelik sureciydi 9 ay istifa ve serumlarla gecti. o yuzden dogum sonrası ancak 6 ay emzirebildim ancak yani sıra mama takviyesi de oluyordu. ne kadar beslensemde sutum istedigim gibi gelmedi. bu surecte moralimi bozmadim ve bebegimle.olan her animi doya doya yasadim. kizim simdi 5 yasinda.🥺🥺

Like Reply 2y

Oğlum 23 aylık sadece 2 ay emdi ve emdiği surecede doymuyordu zaten malesef.sutu arttırmak için çeşitli seyler denedim 2 ay boyunca ama artık gelmemeye başlamıştı.tabi ki etraftan Cook olumsuz tepkiler aldım ama inanin ki hiçbir umrumda değildi.birde insanlar sanki moral bozmak için geliyordu eve 🙄 mesela; aa ben emzirdim sen neden emzirmedin,yada neden normal değilde sezeryan doğum yaptım falan filan gibi saçma şeyler işte.neyse kısacası biz aventle başladık hala dahada gece sutlerimize aventle devam ediyoruz.bir ara mr.brown gazlı bebekler için olan biberonunu kullandık ama oğlum sevedemedi.suyu 1 yaşına kadar biberondan içti sonra 2ay kadar alıştırma bardağı kullandık ve su an normal bardak kullanıyoruz🙄 bebeğin emmesi yada emmemesi annenin tercih meselesi değil bence tamamen yapısal bir durumdur.bu benim Kendi fikrim.❤️

Like Reply 2y

Ozellikle yeni anneler ve anne adayları için harika bir post açtınız **tebrikler** 🙄 Ben de normal doğumu çok isteyip de sezeryanla doğurmuş bir anneyim.Oğlum yakında 4 yaşına girecek ve 26 ay emzirebildim.Ancak ilk 10 gün kadar emzirebilmek için her 2-2,5 saatte bir önce emzirmek için uğraşıp sonra biberonla mama vermek zorunda kaldım.Gerçekten çok zordu.Bu sayede meme reddi vs. De olmadı ve sanırım biberona da alışmış oldu,hep Avent(natural sonra klasik/natural birlikte) kullandım,çok memnunum. İş-ev arası süt ihtiyacı da süt sağarak,biberonla beslenerek oldu. Avent için,verdiginiz paranın karşılığını alıyorsunuz diye düşünüyorum 🙄 10 gun sonra mama da hiç kullanmadım ve hep anne sütüyle beslendi. Sütten kesme serüveni de yaklaşık kademeli olarak 3 ay sürdü, azalta azalta, konuşa konuşa kestim.En son insanlar büyüyünce annelerin sütü biter ve inek-koyun-keçilerin fazla sütünü içer.Bak biz nasıl süt içiyoruz diyerek, bardağa kutudan süt koyarak çözdük 🙄 Her çocuk ve anne özel ve farklı, eleştirmek ve kıyas en kötü şey.Ve anne sütü en güzel besin ve çocuğun her alandaki gelişimi için en önemli ihtiyacı.Anne-çocuk için de harika bir duygusal bağ,bu hiç geri gelmeyecek, unutmayın 🙄 Sadece bu konuda annelerin ısrarcı olmalarını ve sadece bilimsel yayınları takip edip, çevrelerinde konuşulanları çok da kafaya takmamalarını tavsiye ederim.Sadece tavsiye 🙏

Like Reply 2y Edited

3

1 oğluşum 🙏 var sezeryanla doğum yaptım emmesi için çok uğraştım aldı sonunda tabi acısı sızısı şimdi 16 aylık hala daha emiyor 🙏 bende istedim ek mama vereyim süt doyurmaz diye düşündüm ama ne denediysem biberon almadi emzigide 6 aya kadar aldı onuda bıraktı her çocuk farklıdır onu anladım hiçte sağda solda söylenenlere kulak asmadım kendi bilgilerimle araştırmalarım la çocuğumu büyütüyorum 💙 annelik zor bir iş allah hepimizin yardımcısı olsun 🙏

Like Reply 2y



2

Experienced parent

Kızım 3.5 yaşında 25 ay emdi. Meme mumtelasiydi. Gece benimle yatirdi ve sabaha kadar emerdi. Calisan anne oldugum için gündüz sagdiklarimi icirdik gecede emerdi.Bebekliginden bir çok biberon denedim ama malesef hicbirini almadi bir tek chiccoyu aldı.Memedan keserken çok zorlandım akli herseyi kesdigi için hicbiseye inamazdi. Pis oldu dedik ıslak mendille geldi anne temizle diye. 😊 Oglusum 40 günlük çok şukur oda emiyor. 🙏

Like Reply 2y



2

Benimde 2.5 aylık ikiz oğluşları var ilk başta ikiside emdi ama ikiz oldukları için sütüm yetmiyordu sonradan birtanesi emmemeye başladı diğeri alıyor fakat herkes bişey söylüyor emzirmek iyidir yok şunu yap yok bunu yap zorlamak da istemiyorum herkes bişey söyleyince kendimi kötü hissediyorum sanki sorumlusu benmişim gibi burdada okuyunca yazdıklarınızı paylaşmak istedim

Like Reply 2y



o kadar zor ki ben sizi çok iyi anlıyorum malesef ki çok çok gendeyiz bu konuda kadınlar ki bizi en iyi anlayacak olanlar yapıyor bize bunu insan kendini aşırı kötü hissediyor benim de ikizlerim var ve emzirmek o kadar zordu ki biri emerken diğeri emmez bu sefer stres olur ister istemez ve süt azalabilir bu da bizim elimizde olan bişy değil elimizde olsa zaten ben eminim herkes ister emzirsın size tek verebileceğim tavsiye kimseye kulak asmayın siz ne isterseniz nasıl rahat ediyorsanız onu yapın ki bebeginiz de siz de mutlu olun sağlıklıla büyüsünler 🙏🙏

Like Reply 2y



çok teşekkür ediyorum birileri tarafından anlaşılmaq güzel

Like Reply 2y



kesinlikle öyle

Like Reply 2y



4 gün sonra 7 aylık olacak olan bir kızım var. Doğduğu andan beri emziriyorum çok denedik ama biberonu da emziği de reddetti.

Like Reply 2y Edited



Merhaba, benim doğumumda spinal oldu maleseff. Bebegimi doğarkenden yoğun bakıma aldılar . Çikması çok surmedi ama sütüm 2 gün sonra geldi. Benda Aventin naturel serisini kullandım. 7 ay hem göğsümü hem biberon verdim. Malesef 4.5 aylıkta 2 diş çıkarınca emzirme hayal oldu ne yaptırısam isirmasını engelleyemedim. Şuan 3 yaşında ve evde tek biberon kaldı ucu koptu kopacak. Kesmeye çalışıyorum. Sütten kesilmeyecek şekilde deniyorum. Emzikte hiç vermedim. Emzik bana çocuğu susturmak olarak geliyor. Hiç almadım. Şuan hamileyim ve 2. Bebegimede avent naturel alacağım ❤️

Like Reply 2y Edited



2 tane kızım var biri 3 yaşında diğeri 7 aylık ikisini de emzirdim büyük kızım 1 buçuk yaşına kadar emdi küçük kızımı helen daha emziriyrm bakalm bu ne kadar emecek ama ben her annenin çok kıymetli olduğuna inanıyorum emzirmediği için hiç bir annenin kendini eksik hissetmemesi lazım sağlığı iyi olduktan sonra hiç bir önemi yok 🥰❤️

Like Reply 2y



Ben büyük oğlumu 19 ay emzirdim çok çok çok zordu diyebilirim ama herşey onun içindi o yüzden de sabrettim zorladım ve o kadar yetti sütüm sonra ikizlerim oldu bu sefer gücüm ve sabrım malesef ki yetemedi tabiki çok çabaladım ama onlar da istekli olmadığı için 11 ay yetebildi sütüm tabi ekstra da süt alıyorlardı hazır yoksa doyumak bana göre zordu ikizleri 🙏🙏 ama yine de süt veren vermeyen tüm güzel yürekli annelere sizin sevginiz yeter bence yavrularınıza süt elbette ki vermek istersiniz ama yoksa da yapacak hiçbirşey yok sağlık olsun 🥰❤️

Like Reply 2y



Oğlumu doğurdum günlerce uğraştım kendimi doğumdan önce şartlamıştım mutlaka içecek anne sütüyle büyüyecek almıyor, olmuyor, yapamıyorum diye ağladım durdum. Ziyaretimize her gelen anne sütü veriyor musun? sorusuna dahada icerlenip ağlıyordum zaten gazlı bir bebek ve durmadan ağlıyordu çocuğum. 2 yıl sonra ikizlerim doğdu onlarda almadı ama bu sefer ağlamadım 😊 dünyanın sonu değildi tabiki anne sütünün faydaları tartışılmaz ama ben onların sağlıklı doğduklarına seviniyordum çünkü zorlu bir hamilelik geçirmiştım... iki doğumumu da sezeryanla oldu. Sütüm geldiği sürece sağıarak icirdik kuzularıma. Şuan oğlumuz 8 yaşında ikizlerimiz 6 yaşlarında saglikli olsunlar yeterki ❤️

Ben 13 yıl uğraştım anne olmak için ve en sonunda ikizlerim oldu çok çok zor bir hamilelik geçirdim günlece yattım hamileliğim hiç hayal ettiğim gibi olmadı ama sağlıklı iki tane oğlan doğurdum allaha şükürler olsun emzirme ilk başta vardı fakat sonradan azaldı çok psikolojim bozuldu ama burda yazılanları gördükten sonra biraz rahatladım gerçekten sağlıklı olsunlar da dünyanın sonu değilmiş

Like Reply 2y

3



Parent of multiple kids

sağlıkla büyüsünler 😊 ikiz hamilelik çok zor gerçekten, bende hamileliğimin tamamında riskliydim ve ilk 3 ay harici hep yattım. Kanamalar, sancılar, igneler, serumlar, hastanede yata cika dogdular, büyüdüler bile. Dediginiz gibi dünyanın so... See more

Like Reply 2y

+4



Like Reply 2y

+4



Like Reply 2y

emzirmeyi çok istedim ama işe başlayınca 5 aylıkken kızım sütüm kesildi 😞

Like Reply 2y

1 yaşını doldurduktan sonra emzirmeyi kestim çünkü doyumluk emmiyordu 30 sn emip bırakıyordu

Like Reply 2y

18. Aydayız daha devam 🙌🏻

Like Reply 2y



aynennn bendee 😊

Parent of young kid

24 ay emzirdim oğlumu. Sonra memede süt bitti deyip bıraktım. Tabii krizler çıktı ama bitti dedigim gunden itibaren hicbir aglamasinda biraz olsun vermeyince sonunda kabullenmek zorunda kaldı.🤔 dogurdugum gunden itibaren damla damla da olsa biriktirip dondurucuya attim. İşte oldugum saatleri onlar kurtardi. Kolik bir bebektir. Gelen gidenlerden klasik sütun yetmez ac bu çocuk deyen da oldu. Utanmayı atıp ac bırakmayı tercih ediyorum demeye başlayınca deli gözüyle bakıp sustular😏 dut kurusu yemekten çok kilo aldığım için karnında bir çocuk daha vardı almayı unuttular galiba esprileriyle da lohusalığimin unutulmazi oldular. Biberon olarak avent kullandım. Anne sütü veya toz süt, önemli olan tüm çocuklarımızın sağlıklı olması...

Like Reply 2y



Appendix B: Post regarding breastfeeding in public

Source: Yorgun Anneler Kulübü. (2018, September 30)

Kadınlar, bunu yapmayın!

Evde istediğiniz şekilde nerede isterseniz ama restoranda, yemek yenilen bir yerde biz onları görmek zorunda değiliz.

İşin doğrusu bu benim midemi bulandırıyor, siz ne düşünüyorsanız düşünün.

Biliyorum hemen savunmaya geçeceksiniz, şöyle haklıyız böyle haklıyız diyeceksiniz ama bu benim düşüncemi değiştirmeyecek.

Bu kötü bir alışkanlıktır, belli ki bu kadın böyle alışmış ki bu ona normal geliyor. Eğer bizler sesimizi çıkartmazsak bu durumu her yerde göreceğiz.

Kadınlar, terliklerinizi masaya koymayın. Hoş değil.



👍👍 Muku Cross, Ayfer Sen and 305 others

284 Comments

[Redacted] Group expert +3
Hahahahahaha 😂😂😂
Like 4y

[Redacted] Author Parent of multiple kids
İlk basta ne diyor bu demissindir 😂
Like 4y 3

[Redacted] Group expert +3
Sedef Şoföroğlu evettt dedim Allah allah böyle demezdi o 😂
Like 4y 3

[Redacted]
Tam eleştiriye hazırlanıyordum ki terlikleri gördüm 😂
Like 4y

[Redacted]
Guzel bi manzara)
Like 4y

[Redacted]
İlk okurken direk ne diyor buuuuu dediim. Taaki terliği okuyunca gülmeye başladım
😂😂😂😂😂😂
Like 4y 2

[Redacted]
bu insanda bir çocuk yetiştirecek durum vahim
Like 4y

[Redacted]
Evde de yapılmaz ki 😞 iğrenç birşey. Zaten milletin içinde emzirmesi de ayrı vaka 😞
Like 4y 2
^ Hide 56 Replies

[Redacted]
Milletin içinde emzirmesinde bir sıkıntı yokkiiii... gayet dogal birsey bu
Like 4y 9

[Redacted] Author Parent of multiple kids
Biz milletin içinde yemek yiyebiliyrsak bebeklerimizin hakkı olan meme emmesi neden vaka?
Like 4y 13

[Redacted]
Siz yazıyı yanlış okumussunuz Gülden hanım ..
😂

[Redacted] bence sakın bir yer bulup yapabilir bu işi. Biz anne olarak biberon gibi görüyoruz ama herkes aynı fikirde değil 😊

Like 4y



[Redacted] **Author** Parent of multiple kids
hanım, boswerin herkesi onların düşünceleri kötü :t

Like 4y



[Redacted]
Kimin ne dediği umrumda değil... herkes gibi cocugumda yemeğini yiyebilir gayet dogal birsey. Anne oldugum ilk zamanlarda cok utanırdım hep saklanırdım.. ama sonra alıştım valla 🙏🙏🙏🙏🙏🙏

Like 4y



[Redacted] **Author** Parent of multiple kids
Uu ulu orta mememiiii?? Tüü kaka, nasıl çocuk yetistiricen, siseye koy icsin, edep yahu! ? 🙄🙄🙄🙄

Like 4y

[Redacted] bence siz beni yanlış anladınız şule hanım 😊

Like 4y



[Redacted]
Emziren bir anne olarak yazıyorum. Milletin içinde meme mi diyenlere siz ulu orta yemek yiyorsunuz o zaman siz de bir köşede yeyin. Biz annelerin de normal insanlar gibi yaşamaya hakkı var bence çocuğumuz açtığı zaman biz yemeğimizi bırakıp köşe bucak mı aramalıyız???

Like 4y



[Redacted]
Bu kadar açık emzirmeyebilir bana göre de yanlış. Emzirmesi yanlış değil,ama göğüsünün üzerini bir bezle örtebilir veya emzirme sütyeni kullanabilir. Bu kadar açmaya gerek yok. Yoksa tabi ki her yerde emzirilebilir bence de.

Like 4y Edited



[Redacted]
Hepimiz her yerde sut verdik belki de bebegimize ama en azından memesini kapatacak bisey bulabilir bir kadin diye dusunuyorum. Herkes senin her yerini gormek zorunda degil. Herseyin bir yolu yordami var!

Like 4y



[Redacted] **Author** Parent of multiple kids
Gormek istemeyen bakmasin 🙄🙄

Like 4y



Vallahi biz amsterdam da degiliz bu gadar genis olunmaz. Kadın gibi kadın olacaksın, anne gibi anne!

Like 4y



5

hem de ne güzel emzirdiimmmmm 😊😊😊

Like 4y



Author Parent of multiple kids

Vallai ben kıbrıstayım, her yerde ve her zaman emziriyorum. Kadın gibi kadın, anne gibi anneyim. 😊

Like 4y



16

Yani burda o gayet normal gorenler bu durumu. Memeler hop disarda herkesin icinde cikarirken kocanız da bisey demiyor mu yada siz utanip cekinmiyor musunuz?!

Like 4y

çok şükür kuralları ve kırmızı çizgileri olan birileri de varmış 😊 ben de emzirdim 2 çocuğumu da. Üstelik emzirmek için eve gitmeyi beklemedim tabii ki de. Ama adabıyla 😊

Like 4y



5

Yanında bir ortu gezdirir onunla kamufle ederek emzirirsin cocugunu teshirciligin luzumu yok!

Like 4y



4

Gülden Nur yemin ediyorum kal geldi yorumlar karsisinda. Nerdeyim yahu ben dedim hangi ulkede nasıl insanların icinde!

Like 4y



Author Parent of multiple kids

O degilde, meme catalı, gobek gostermek, ki bunu bir canliyi beslerken yapmamak ayip değil de, bebeğini emzirmek mi anormal?

Like 4y Edited



7

aynen. Hayretle okuyorum. Gerçi her koyun kendi bacağından asılır. İsteyen herkese istediği yerini açsın. Banane. Benim kültürüm ve adabım böyle 😊

Like 4v



Bebegini emzirmek anormal degil ! Ulu orta löp diye memeyi disari cikarmak anormal emzirme bahanesiyle! Giydigin kiyafette dekolte olmasi yada kısa olmasi degil mesele!

Gülşah hanım herkesin fikrine saygı duymalısın. Evet belki fazla rahat bir pozisyon ama şunu unutmayalım ki bu ziynet bize bur şekilde dayatildi o yüzden de kabul edilmekte zorlanıyoruz oysa gerçekten ne kadar normal bir davranış bebeğin yemek yemesi

Biz edepsiziz 😊

Bebeği emzirmek tabiki de çok doğal, kesinlikle karşı degilim ,ama bencede ulu orta busekilde bi restoranda mememi acip emzirsem kusura bakmayin ,ama eşim izin vermez ,vede lafını bana soyer .benimde bebeğim var emziriyorum ama ,bence disarda emzirmeninde bir adab-ı olmalı.bizim memleketimizde çok doğal görmezler. Löp diye memeyi fırlatıp emzirmek de bana gore degil .

Author Parent of multiple kids

yok anam ben de yapamam utanirim. Hatta bunu eski esim varken evimde yapan bir **kadin** arkadasimi da bozmustum fena! Ne munasebet yahu utanir insan biraz!

Like 4y

...eğer medeniyet acmaksa bedeni hayvanlar bizden daha medeni !

Toplumu zihniyeti hepsini gec benim olani niye herkes gorsun canim ne munasebet!

Like 4y



2

Sokakda da memeler disarda gezin be o zaman denizde havuzda ayip degil sonucda gayet normal!

Like 4y



2

tuvalette emzirelim demiyoruz efendim 😊 degilmi? Ama bi ince bez tül bent örtü, bende bukadar geniş degilim eşimde, ha yapanada helal olsun saygımda var.

Like 4y



2

medeniyetten bahsetmedim öncelikle. Açmanın medeniyet olduğunu da söylemedim sanırım bu sizin ithamlarınız. Bir kadın normal bir zamanda bedenini gösterirse ok de burda anne çocuğunu emziriyor. Bence esnek olmayı öğrenmemiz lazım. Tabii sizin düşüncenizde size normal gelebilir gayet doğal

Like 4y



valla saygım falan yok benim teshircilikten basga bisey degil bu !

Like 4y



Author Parent of multiple kids

Teshircilik nedir bilirsiniz? Sırf 3 415 begeni ugruna göbeğini, meme catalini popo yapisini gösteren kisilerin yaptiklaridir teshircilik.

Like 4y

Author Parent of multiple kids

Siz boswerin anne memesini acip bebegini emzirdiginide, bunlara odaklanin. Hos olmayan onlar.

Like 4y

Herkes kendine yakisani yapar !

Like 4y



Author Parent of multiple kids

Bana emzirmek, bebegime ise emmek yakışır 🤔.

Like 4y



4

Author Parent of multiple kids

Her bebek bir değildir, sizin bebeginiz örtülü emmek isterken baska bebek örtüyü söker atar ve asla kabul etmez. Bu sebeble on yargılarınızdan vazgecin derim. Olmadı saygı duyun.

Like 4y



7

Yani konu öyle yanlış yerlere çekiliyor ki; sanki biz bebek istediğinde emzirmeyin dedik 😊😊😊

Like 4y



3

Emzirmek kadar doğal ve güzel hicbirsey yok,konu farkli yerlere gidiyor herkesin tercih meselesidir,3 5 kişiye ters gelir ,3 5 kişiye cok normal gelir .5 parmağın beside bir değildir.sahsen bende dışarı çıkıyorum yemege gidiyorum ama şimdiye kadar bu şekilde acip emzirmemisimdir.emziremem de ! Uluorta emzirmek ayıptır bana gore ,etrafa goreyi hic söylemiyorum bile .etrafida gecdim ben öyle acip emzireyim eşim ağzımın ortasına geçirir kimsede konusuyo simdi şiddete geçirmesin.bize ters !

Like 4y



3

Author Parent of multiple kids

Ters olabilir ama bubu adâp ve edeple karistirmamak lazım. Herkesin görüşü farklıdır. Bana ters deyip gecer sizin gibi. Bu arada bana vuracak olan kocanın 2 dk yanimda yeri yoktur. Ogluma boyle ornek olamaz!

Like 4y



4

saygım sonsuz ama.ben hep emzirne sutyeni kullandım banangöre değil bu şekilde çıkarıp.emzirmek

Like 4y



öyle.kocanın benim de yanımda yeri yok açık ve net

Like 4y

Author Parent of multiple kids

ben saygı duyarım. Herkese hersey normal gelemeyebilir, bu toplum baskısından dolayı. Ama inkar etmemek lazım ki normal olan hersey anormallestirilmesine bu şekilde izin veriyoruz.

Like 4y



Emzirme sütyeni hepimiz kullandık. Cogu zaman tişörtümle örttüm ama bazı durumlarda eğer mecbur kaldıysam köşe bucak kaçmadım.. bizde edep adap nedir biliyoruz merak etmeyinn..... bunların edeple alakası yok herkes kendine baksın bence

Like 4y

[Redacted] ben bu şekilde emziren edepsizdir demedim kime ne yorumu yaptığınıza dikkat edin bir daha okuyun saygım sonsuz ama bana ters dedim o kadar. Edepsiz kelimesini kullanmadım ben!!

Like 4y Edited

Author Parent of multiple kids
Selin, herkesin fotoları ve profili gereken cevabı bize veriyor. Bu sebeble birseyler anlatmamız gereksiz..

Like 4y

[Redacted] siz değil başkaları kullandı genel yazdım canım

Like 4y

[Redacted] bencede canım zaten ben artık yazmayacam birsey herkesin hayatı kendine

Like 4y

[Redacted] hanım kimin ne dediği benim hiç umrunda değil aslında hiçbir zaman öyoe yaşamadım kafama.da takmadım. Emzirme olayı tamamen kendimle.alakalı ama dedigim gibi herkese saygım.sonsuz

Like 4y Edited

Author Parent of multiple kids

Aynen 🙄🙄

Like 4y

[Redacted] Amsterdam da olmayabilirsiniz, anneliği ve kadınlığı bir göğüs ile değerlendirmekte saçma bence 😞😞

Like 4y

[Redacted] yok senin gibi yapsa herkes sıkıntı olmaz :))) bakmayın kardeşim meme görmek istemiyorsanız emziren annelere bakmayın sorun bu kadar basit şekilde çözülür 😞😞

Like 4y

ben de karşıyım ama saygım var dedim .bana ters size doğal.benim profilim ve fotolarım neyi gösteriyor size,kisisellestiriyorsunuz sanki biraz?

Like 4y



Author Parent of multiple kids
Naciye Ahmet Yıldırım sana demedim xx

Like 4y



Bir isme baktım bir yazıya bu kadın böyle bir paylaşım yapmaz diye düşünürken yazının sonunu gördüm allah iyiliğinizi versin

Like 4y



En azından göğsünü kapatabilir ince 1 örtüyle

Like 4y



5



Author Parent of multiple kids
Bebegin beslendiği memeden tahrik olanlar bence gozlerini kapatsin 😊
boswerin, bu kutsallık kadınlara özgü ❤️

Like 4y



7



Aynen bendr 13 ay emzirdim bebegimi evet her yerde her istedigı saatte emzirdim fakat bu sekilde degil 🙄

Like 4y



Author Parent of multiple kids
Saygi duymak düşer 🙄. Bu kadına çevrede ki herkes saygı duymus 😊 .

Like 4y



bu aynen kimse bakmamis.ama yabancı ülkelerde bu kesin.burda böyle davranılmaz eminim 🙄🙄

Like 4y



Author Parent of multiple kids
Rahatsız olan bakmaycak cnm 😊 . Yukarıda belirttiğim gibi 😊 bunu ancak böyle çözeriz ki zaten gelecek nesil massallah çok ileri görüşlü olduğundan problem yaşamayacaktır. ❤️

Like 4y



2



aynen tüm bebeler bol bol emsin 🙏🙏🙏

Like 4y



Ayyyyy Sedef çok yaşa emi bende ne diyor bu Sedef dedim sonra emin olamadım okumamın yarısında isme tekrar baktım sonun gelince de kahkahayı patlattım 😂😂



Like 4y



Author Parent of multiple kids

Ahahahaha ama o terlik olmaz yani ordaa 😂

Like 4y



çok haklısın hiç olmamış 😂😂😂

Like 4y

Yalnız yazının sonuna kadar okumayıp yazanları dehşet ve ibretle göreceğiz biraz sonra

Like 4y



Yalnız dikkat ederseniz terlikler shoplanmış resime

Like 4y



Author Parent of multiple kids

Amaç, ön yargıyı yıkmak 😊

Like 4y

Haha 😂😂 süper

Like 4y

Bu sayfada bu yazı diyerek inanamadım yazının ortasında 😂 sonraaa yıkıldım gülmekten 😂😂😂

Like 4y

Ewt terlikler masada olmamalı 😊

Like 4y

Noluyor dedim bir anda bundan kutsal bişey var mıdır ki diye düşünürken terlikler can alıcıydı 😂😂😂 evet terlikler o masada olmamış 😂😂

Like 4y

İyiki yazının tamamını sabırla okumusum 😊😊



İyi ki ben de 😊 okumusum

Like 4y



Ziliha Uluboy 🍷

Like 4y



Oğlum 6 yaşında ve özel bölgelerin kapalı olması durumunu çok sorguluyor. Ona göre meme bebeklerin süt içmesi için. Ve kapanması saçma:)

Like 4y



N'oluyo Sedef, sıcaklardan herhalde ,ya da atak dönemleri fikirlerini mi vurdu derken,e o da ne terlik 😂😂

Like 4y



Author Parent of multiple kids

2 yas sendromuna girmeden ciktik, terlikler sağolsun. 😂😂

Like 4y



hahaha
hh

Like 4y



Allah allah ne oluyor dedim ... kim paylaşmış baktım sonra ve sesli guldum 😂😂
çok yaşa emi 😂😂

Like 4y



Bu iyiydi. Gardimi alıp girecektim 😂😂😂

Like 4y



En azından bir sal atabilirdi omuzuna bence bebek açılınca beklemez e mzirmek doğal bir olaydır

Like 4y



Like 4y

onu anladım

Like 4y



Cidden yazinin icerigi bile idrak edilememis.. hergun paylasmak lazim..

Like 4y



Ben de okurken terlikleri gördüm de espiri yapmaya hazırlanıyordum 😂😂😂

Like 4y

Walla biz de ne kadar geniş insanlar varmış onu anladık 😂😂😂😂

Like 4y

😂😂 sok ben sustumm iyiki sonuna kadar okumusum 😊

Like 4y

Author Parent of multiple kids

O değil de insanlar o kadar normal karışılıyor ki (❤️), 1 kişi dönüp bakmamış. 🙄🙄

Like 4y



Aynen ben de ona baktım fotoda. İşte medeniyet bu

Like 4y



Author Parent of multiple kids

Aynen, acan değil, acana bakmamak medeniyet. İncecik bir çizgi 😎

Like 4y



😂😂😂😂😂

Like 4y



👉 ince çizgi burda

Like 4y



Like 4y

Bence bu görüntü de terliklerin masaya konması kadar kötü.musait bir yer vardır elbet her yerde ..



Bence bu kadar açık olmamalı. Normal zaman mememizi çıkarıp yemek yemiyoruz restoranda. bluzunu yukarı kaldırıp alttan çıkarsa göğsünü görünmez bu kadar.

Like 4y

Author Parent of multiple kids
Peki bebeginiz örtüyü kabuk etmiyor, olduğunuz yerde emzirme odası yoksa napmaliyiz? 😞

Like 4y

^ Hide 13 Replies

Kimse umrumda deil her şartta bebeklerimi emzirdim. Utanmak için hiçbir sebep görmüyorum bundan dogal bişey olamaz! 😊

Like 4y

Author Parent of multiple kids
aaa çok ayıp nasıl annesin sen 😞😞

Like 4y

bebeklerim ve ihtiyaçları söz konusuysa geri kalan herşey teferruat 😊

Like 4y

Author Parent of multiple kids
Sizi arabaya alalım 🤗🤗

Like 4y

görmek istemezseniz siz gidebilirsiniz. 😎

Like 4y

Author Parent of multiple kids
olur mu öyle şey. Senin bebiklerin acikan rahatini bozacan 😞😞😞

Like 4y

Ben bu sıcakda arabada yemek yemezsem o nasıl yesin? Düşüncesi bile kötü bencillik.

Like 4v

Kktc'de her yerde emzirme odası var cunku 😊 bebek açken bir de örtüyü mü kullansam arabaya mi gitsem, acaba emzirme odası var mi derdine düşecek anneler. Gerçekden bazı yorumları okurken inanmadım 😊😊

Like 4y Edited 3

Author Parent of multiple kids
Bencillik+ acımasızlık.

Like 4y 2

Ben bu konuda çok rahatım emzirme odası yoksa yerim oturduğum yerdir yadırgayanda varsa bakmasın görmesin 😊

Like 4y 4

Aynen oyle Çelencigim 😊 kimsenin bakması ya da yadırgaması cocugumdan daha önemli değil!

Like 4y 2

Gayet normal . Baktığında ne gördüğün önemli , ya da nasıl baktığın . Hic yadırgamadım . Bundan bir insanın nasıl midesi bulanır onu anlamadım .

Like 4y 3

Amaç bebeği aç bırakmak değil daha uygun bir pozisyonda herkesin göremeyeceği şekilde beslemek lazım. bebek tabiki beslenecek anormal olan o değil zaten

Like 4y

😊

Like 4y

Yinede bunu yapmam .arabama gider orda emzirir öyle gelirimm

Like 4y 1

Author Parent of multiple kids
50 derece kıbrıs sıcakığında?

Like 4y 3

klima var canım her arabada

Like 4y

 **Author** Parent of multiple kids
Benim arabam yok 🙄. Ayri yetten duran arabada klima faydasız
Like 4y 2


Benim arabamda klima yok.. olsada bu fotodaki gibi yapardım. Kimsenin kötü düşüncesi cocugumdan önemli olamaz..
Like 4y Edited


Emzirmek tabiki önemli. Çocuğu tabiki aç bırakılmayacak.ama burda biraz edepsiz olmak gibi bir durum söz konusu.bişey yaparken ortamda önemli. Mesela plajda bikini giyince kimse laf etmez çünkü orası plaj ve orda bikini giyebilirsin.kadının burda göğsünü açması sokakta bikiniyle gezmek gibi bişey.siz sokakta bikini giyermisiniz.bikini giymek plajda normalken sokakta değildir.bu resime yanlış olan emzirmesi değil göğsünü ortalık yerde açması edepsizliği yani.yoksa emzirmek tabiki doğal.evinde isterse çıplak emzirsın ama kamuya açık yerde olmaz.üstüne birşey örtüp emzirebilir.
Ayrıca duran arabada klima faydasız ne demek yarım saat için kontak açamazmısınız benzininiz çocuktan dahamı önemli bayanlar.feministliğin gereği yok.yaparım diyende yapamaz zaten sırf muhalefet olsun diye konuşur ancak.
Like 4y Edited 2


Şimdi basalarlar"mememe dokunmaaa özgurum ben ,o.kutsal bir organ"cılar
Like 4y 2

 **Author** Parent of multiple kids
Cinsellik için olmadığı kesin de kutsal mi değil mi bilemedim 🙄. Memenin görevi süt üretmektir.
Like 4y


size göre cinsellik icermiyor ama erkeklere göre cinselligin dibi
Like 4y 2

 **Author** Parent of multiple kids
hayat erkeklerin üzerinde dönmüyor, hükmü de onlrda değil.
Like 4y 2

Meme kutsal bir organ değildir amacı süt vermek olabilir ama dikkat çeken bir organ yani normal zamanda cart diye açıp oturmuyoruz. Yani üstsüz güneşlenen varsa onu bilemem ama bebek emince de değişen bir şey yokki dediğim gibi alttan çıkarsa biraz da kendini gizlese başka tarafa dönerek belki olabilir

Like 4y



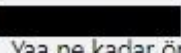
Buda pek normal bir durum değil olağan üstü hatta mucizevi)

Like 4y



yoo niye öyle olsun daha uygun bir şekilde emzirebilir dikkat çekmeden

Like 4y



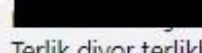
Yaa ne kadar ön yargı resme iyi bakın

Like 4y



Gerçekten gelen yorumlara baktık sonra bir çok kişinin sonuna kadar okumadığı net

Like 4y



Terlik diyor terlikkkkk!!!!Söz konusu meme değil!!!!

Like 4y



Terliği okudum ben fotoğrafla ilgili görüşümü söylüyorum

Like 4y

Banu Köş Aşar



Like 4y

Like 4y

Bu resim size ne ifade ediyor

Like 4y



Adamcağız köle ve aç birtek anne sütü var hayatta kalacak diye düşündüm. ..

Like 4y



4



Tabloda elleri bağlanmış yaşlı bir mahkum ve onu emziren genç bir kadın resmedilmiştir. Cimon (yaşlı adam) dönemin iktidarı tarafından bir şeyleri itiraf ettirmek üzere açlığa mahkum edilmiştir. yeni doğum yapan kızı Pero büyük zorluklarla gardiyanlara rüşvet vererek babasının ziyarete gider ve babasını ölümden kurtarmak için kendi sütüyle emzirir.. Gardiyanlardan biri durumu görür.. Yaptığı bu fedakar davranış yetkilileri dize getirir ve Cimon'u serbest bırakırlar.

Like 4y



8



Bu kadın mahkum babası açlıktan olmesin diye muhafızlardan gizli olarak sütünü veriyor 😊

Like 4y



Kısacası herkes görmek istediği gözle bakar . Ben ilk paylaşımda masadaki terliği başkaları memeyi görür .

Like 4y

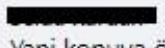


6



Yanii yazıyı tam okumadan yorum yapmak hazır cevap olmayın okuyun bir yaaa 😊

Like 4y

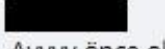


Yani konuya öyle bir girdiniz ,sonunu okuyunca başta rahatsız oldüğünüz şeyin adını ne yazmadınız onu merak eddim !!!! Son sözünüze gelincee haaaah dedim ; terkse mevzu doğrudur hoş bir davranış değil beni de iter ..fakat orası bir restoran ve herkes karnını doyuruyor ,sonuç olarak bebekte anne kucağında göğsünde karnını doyuruyor Afiyetle 😊 sorun yok 😊😊😊😊

Like 4y



8



Ayyyyy önce okurken anneyun emzirmesini kastediyorsun sandım ben çok önce. Sonra gözüm masadaki terliklere ilişti. Yaww masada ne işi var diye düşünürken yazının sonunda terliklerle alakalı olunca sesli güldüm. Hakikatten ne işi var terliklerin masada 😂😂😂

Like 4y



evvet hic dogru bir davranis degil üstüne bi tulbent atabilir

Like 4y



Author Parent of multiple kids

Terliklerin mi ?

Like 4y



Miden bulanıyorsa yapma. Ben yaptım. Çok iyi yaptım. 11 ay emzirdiği her yerde ama terliklerim ayağımdaydı.

Like 4y Edited



Author Parent of multiple kids

Konu terlik

Like 4y

Edep kamamışta ondan Hepsini geçin günah diye Allah korkusu yok Boylelerini Allah af etsin inşallah

Like 4y



Sen restorana gidince tuvallete emzir hatta cocuk orda yiye biliyorsa sende yemeğini orda ye tatlım

Like 4y



Umarım edep dediğimiz şeyi anne memesinin dışarıda olmasında arayan sizi de Allah affeder.

Like 4y



Canım inan sen şuan daha çok günah işliyorsun iş oraya geldimi

Like 4y

hiç ayıp deyil bana göre cocuk varsa evde kapanalım oturalım yani bu kim paylaştıys bunu lobaz cahil başka bişey deyil bana göre zaten turkiye cumhurete kadına saygi yok buma karsi olanlar cahildir

Like 4y



Author Parent of multiple kids

Bence sonuna kadar okuyun

Hhhöööööhhhhh kalbim sıkıştı okurken biran beynimde şimsekler fırtınalar 🤔🤔🤔
ben nerdeyse yürürken emzirir durumdayım 🤔🤔

Like 4y

Sizi tanımıyorum ama daha önce farklı grublardaki postlarınızdan biliyorum sizi. tam deniz kenarında aynı pozisyondayken "sizde mi 🤔" diye içimden geçirirken sonunda güldüm 🤔🤔🤔

Like 4y

 **Author** Parent of multiple kids
Hangi grup 🤔

Like 4y

 Blw ve emzirme sanatı sanırım

Like 4y

"Terlik" ...! Hıı 🤔🤔

Like 4y

 🤔

Like 4y

bende tam kızmaya hazırlanırdım 🤔

Like 4y

 İnce bir tülbent olabilir

Like 4y

 şu savunan bayanlar bebeğiniz olduğunda veya varsa, sizde gidip restoranda açıp emzirin örtüsüz falan.. bizim gibi ahlaksızlık olarak düşünülen bu duruma bi eylemle tepki gösterin, yazmakla olmuyor.. emzirmek haktır, diğer insanların da öyle bişey görmek istememeye hakkı vardır.. ha hala savunuyorsanız çıplak gezin.. oda normal gelir size..

Like 4y

 Siz yazıyı sonuna kadar okudunuz mu?? 🤔

Like 4y

[Redacted] siz benim yazdığımı iyice okudunuz mu ? ben paylaşma değil.. memeleri açıp ulu orta emzirmesine, üstüne örtü örtmesine gerek yok mantığında konuşanlar için yazdım..

Like 4y

[Redacted]
Çiğdem Baysal o şekilde emzirmek hiç hoş değil bende 16 aydır emziriyorum üstünü orte bilir

Like 4y

[Redacted]
Bahar Uslu Kara aynen öyle..

Like 4y

[Redacted] yine aynı mantık bunun altına yazılacak yorum değil diyorum iki kahkaha işareti koyup geçmek yeterdi amacınız eleştiri değilse

Like 4y

[Redacted]
Burda yazı emzirme değil masa üstüne konulan terlikten bahsedilir 😊😊😊

Like 4y Edited

[Redacted]
beni anlamıyorsunuzki. ben neye ve kime laf yaptığımı açıkca yazdım zaten

Like 4y

[Redacted]
işte bunun altına gülüp geçen bir yorum gerekirdi diyorum konu emzirme değil çünkü

Like 4y

[Redacted]
İciniz fesat iciniz sapiklik dolu belki oyuzden normal gelmiyor olabilir size belki bu kadinda normal bir ortamda buyumustur oyuzden bu kadina normal geliyordur! Terlik onemli

Like 4y Edited

[Redacted]
İyiki sonuna kadar okudum 😊😊

Like 4y

[Redacted]
Yahuu neyin kafasındasınız,neyin tartışması bu ,kimi örter kimi örtmez yani 😊😊 bi saygı 😊😊 herkes kendi ahlakını kendi korur herkesin ahlakı kendine ha ilaki söze dökmekse niyet dökün da parçalanın 😊 ...

164 adet yorum var. İyi bir pazar günü geyiği olmuş. 😊😊😊😊😊 demekki annelerin biraz şakaya ve gülmeye ihtiyacı varmış. Yalnız yazıyı sonuna kadar okumayan sevgili anne arkadaşlarım bu şekilde on yargılı olursunuz ve de okuduğunuz şeyi yanlış anlarsınız. Herkese mutlu pazarlar....

Like 4y



3

Woowwww... yorumların bazıları beni benden aldı!! Keşke üşenmeyip sonuna kadar okusalar!!! Neyse kısa tutayım ki okusunlar 😊😊😊😊😊

Like 4y



6



Size katılıyorum 😊😊😊😊😊

Like 4y



2

Bence bu zamanda çok daha kötü şeyler görüyoruz bu enazından bir bebeğin karnını doyurur normaldir ha ben yaparmıydım kesinlikle

Like 4y

Bu resimde gerçekten masada terliklerin olduğunu anlamam ciddi zaman aldı 😊😊😊😊😊

Like 4y



6

İki çocuğumu da iki yasına kadar her yerde emzirdim. Ama adabıyla. Bir Şal atıp rahat rahat çekinmeden.Emzirmemize kimse karışmıyor ve laf etmiyor ki zaten.Abartıp İnsanların gözüne sokmaya ne gerek var. Bebegimizle bizim aramızda kalsa daha iyi olmaz mı?

Like 4y



6

Ben örtü kullandığım halde size katılmıyorum. İsteyen istediği şekilde yapabilmeli bence. Rahatsız olan sizsiniz, ya o tarafa doğru bakmayın, ya siz mekandan çıkınız. Emzirmek sizin rahatsızlığınızdan daha doğal, dünyamızda daha fazla yeri vardır.

Like 4y Edited



4

Allahı kitabı karıştırmayın ya biraz beyninizi kullanın hocaların dediğini kullanmayın madem başkalarının içinde çocuk emzirmek günah o zaman allah sütü neden memeye vermiş günah olmayan yerimize verirmiş

Like 4y



6

^ Hide 16 Replies

Emzirmediğiniz zamanlarda açıp oturuyor musunuz memenizi ? Sonuçta bu dikkat çeken ve özel bir organdır. Tabiki bebeği aç bırakmamak lazım ama göğsü yakadan çıkarmak yerine alttan çıkarsa bebek zaten bir kısmını kapatır bluzuyla da üstünü kapatır daha uygun bir şekilde emzirebilir. Biz de anneyiz. 5 ay emdi kızım. Hiç dışarıda emzirmedim evde doyurup çıktım . Ek gıdaya geçince zaten gerek kalmadı. Mamasını ya da ona uygun şeyleri yedirdim

Like 4y



bikinerle geziyor herkes onlarada tepki veriyormusunuz ha açık kalmış meme ha bi avuç örtü kapatmış boşverin siz memeleri kafanızı açın biraz ayrıca göğüs değil meme

Like 4y



bikiniyle gezmekle çıplak gezmek aynı şey mi siz açın o zaman memenizi

Like 4y

Author Parent of multiple kids



Like 4y

meme açmak başka bişey çocuk emzirmek başka bişey ama siz bunun ayrımını yapamayacak kadar geri kafalısınız bence

Like 4y



Benim memem kimsenin dikkatini çekmesin abi ben çocuğumu emzirirken tahrik olan varsa o sapık zihniyettir

Like 4y



bunun zihniyetle alakası yok geri kafalılık değil bu dikkat çekmeden uygun bir şekilde emzilebilir diyorum.

Like 4y



valla tartışmaya gerek yok ben bir anneyim çocuğumu istediğim gibi emziririm ve bu kimseyi ilgilendirmez

Like 4y



Biz de anneyiz biz de çocuğumuzu aç bırakmadık ama özel kalmalı bazı şeyler

Like 4y

Sen özel bırak o zaman kardeşim millette de yorum yapma kimse sana neden kapatıyor demiyorsa sende neden açıyor diyemezsin

Like 4y

Ben fikrimi söylüyorum uygun bir şekilde beslemek varken yakadan lök diye meme çıkarmak bana göre değil

Like 4y

_____ana göre değilse bize ne

Like 4y

Bize ne diye bir şey yok Burada herkes fikrini söyleyebilir.

Like 4y Edited

Siz fikir söylemiyorsunuz yargılıyorsunuz

Like 4y

Yo niye yargılıyım herkesin çocuğunu beslemeye hakkı var bu çok normal bir şey sadece daha kapalı bir şekilde yapabilir bunu diyorum.

Like 4y

Neyse cansu hanım siz kapalı yapın isteyen açar isteyen çıplak gezer insanların tercihine saygı duymak lazım

Like 4y

Konu bahis terlik 🤔🤔🤔🤔🤔 beni benden aldın 🤔🤔🤔🤔🤔

Like 4y

walla ben de koptum. İğrenç, evde de yapılmaz ki dediğim terlikti zaten

Like 4y

Yakismamis hem de hic..

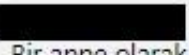
Bazı anneler görüyorum ki fazla muhafazakâr. Olabilir, saygı duyarım ama genel bir bakışla da sormak da istiyorum. Ataerkil bir toplum içinde yaşıyoruz. Kabul ama ,birazda düşünüp hareket etmek lazım. Toplumun ne düşeceğinden ne söyleyeceğinden korkarlara sözüm. ``Toplum tarafından kışkırtılmış erkek, ulu orta (işeye) biliyor, koşul ne olursa olsun uzuvlarını saklamak zorunda değil, Bunu onun ihtiyacı olarak gören zihniyet benim çocuğumun ulu orta beslenme ihtiyacını elbette kusurlu görür, yemeğin üstünü ört der çünkü bu zekaya sahip kişi kadının yürüme organından (bacaklar)tahrik olabiliyor. Ama ben onları yürüme organı olarak görüyorum!!? Göğüsü de bebegimin beslenme organı olarak görüyorum!!.. Bunları cinselliğe bağlayan zihniyetle tartışacak bir şey yoktur. Yani demem şu ki sevgili anneler her birey kendinden sorumludur. Benim seçtiğim hayat arkadaşımda benimle aynı pencereden bakmazsa evlenmezdim onunla. Bebegimi beslerken istersem örterim istemezsem örtmem bu benim namus ölçüm değildir.``Bizim toplumumuzdaki bastırılmış kadınlık kışkırtılmış erkeklik tabusuna, yukarda ki bazı annelerin yazdıkları bir örnek sadece. Ama yine biz annelere görev düşüyor. En azından kendi evlatlarımızı, böyle yetistirmemeliyiz ki yeni dünya daha aydınlık olsun. diye düşünüyorum...

Like 4y Edited



Sızınle kesinlikle aynı fikirdeyim.

Like 4y



Bir anne olarak bu annenin bebeğini emzirmesinde hiç bir hata görmüyorum fakat Londrada bile anneler göğüslerini görülmeyecek bir şekilde örtüp bebeklerini emziriyorlar o zaman ne anne ne de etrafındaki insanları rahatsız etmemiş olur .

Like 4y Edited



Masada terlikler var onu kastediyor yazı. En sonda belirtmiş

Like 4y



Author Parent of multiple kids

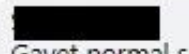
Londrada bile derken? İnsanların kisisel tercihidir örtüp ortmemek dunyanin bir ucu olsa ne ?

Like 4y



çok haklısınız hanımefendi.

Like 4y



Gayet normal sapıklık insanin icinde dedir

Like 4y



Emzirme konusunda bazı ortamlarda rahat olmak söz konusu olmaz, bazı ortamlarda da çok rahat olursunuz. Eğer bebeğini emziren bir anneden tahrik olan bir zihniyet karşındaysanız kapatacaksınız mecburen... Bu durumdan memnun değilsek, o kişiyi değiştiremeyeceğimizi bilip, öncelikle çocuklarımızı doğru eğiteceğiz. Bu bir günde olacak bir şey değil bu. Fakat en azından tüm kadınlar bunun doğal birşey olduğunu anlamalı başlangıç olarak. Böylelikle evde oğlunu eğitmeli, gerek gördüğünde de emziren bir kadına bakan kocasını uyarmalı.

Like 4y



O değilde paylaşımdaki yazıyı okumadan yorum yapanlara mı gülmeli yoksa paylaşımdaki komik detaya mı anlamadım 🤔🤔🤔

Like 4y



Ustune bir sey orte ydi daha iyiydi

Like 4y



Author Parent of multiple kids

Terliklerin mi?

Like 4y



Author Parent of multiple kids

E hoş değil terlik orada 🤔🤔

Like 4y



Harikasınız Sedef Hanım 🤔 gerçekten ne diyeceğimi şaşırdım yazıyı sonuna kadar okumayan annelere 🤔🤔🤔🤔🤔

Like 4y



Bencede terlikler olmamış 🤔

Like 4y

Author Parent of multiple kids

Bu güzeldi 🤔🤔 Feminist ve annelik duygularım kabardı tam olaya dalmaya hazırlanırken önyargılı olma tümünü oku dedim kendime. Simdi de yorumlara bakıyorum da ya okudugunu anlamayan yada önyargili olup sonunu beklemeyen annelerimiz var .. Emzirmek kutsal ve herkese nasip olmayan bir sey hanimlar . Amac saklanmak erkeklerden kacmak deil evladinizi doyurmak olmalı bence !..

Like 4y



Artık insanlar o kadar bir bel altından düşünüyor ki.... bir anne olup, cocugum acikti aglamasin, ac kalmasin diye düşünmekten kendini unutuyor. Bir annenin bebegini emzirmesinden dogal ne var ki! sadece sapik zihniyetten uzak olalim yeter!

Like 4y

11

Bende hemen savunmaya geçiyordum😭😭😭😭

Like 4y

yaziyı sonuna kadar okumasaydım..yanmıştım😭😭😭😭😭😭

Like 4y

3

Sonları hep merak ettiğimden😭😭😭😭😭😭😭😭😭😭

Like 4y

Tabiki doğal birşey yok ama herkes içinde de göğüs ortada emzirmek bana göre yanlış bir davranış üzerine bir örtü atmak okadar zor değil !

Like 4y

2



Author Parent of multiple kids

Bayan zorlanmış sanırım🙄

Like 4y

1



Beğenmiyorsan bakmayacaksın çocuğunu yerdireyor. orda kimsenin keyfine çıkartmadı göğüsünü.

Like 4y

1

Yağmur Yavuz Caner



Like 4y

Sevgili ANNELER. Herkesin anne olduğu bir grupta bu konuşmalar beni çok rahatsız etti. Ben bebegimi hiç bu şekilde açık emzirmedim. ANCAK herkes bebegini istediği gibi emzirebilmeli. Biz anneler bebegini emzirenler bunu yanlış görüp suçlar gibi hitamlarda bulunuyorsak vah halimize(teshircilik, anneligi sorgulama vs). Saygı duyarım demek bu kadar mı zor. ??Birakin bebegini doyurmak duygusal ihtiyacını karşılamak için annelerimiz nasıl istiyorsa emzirsin. Yeterki emzirsin. Emzirmeyi tesvik edelim.

Tansiyonum yükseliyordu ki hoop sonunda ooh be dedim,yeterki çocuklarımız emsin yer mekan fark etmez 🙏🏻👉

Like 4y

2

Kadın masaya terliği koymayın demiş yazıyı bir okuyun😭😭😭 bunlar durmuş göğüs allah ahlak tartışıyor benim bu dünyada savunduğın ve tek bildiğim nasıl bakarsan öyle görürsün Biz bakarız çocuk görürüz sübyancı bakar başka görür zaten bu tür zihniyetler sa... See more

Like 4y

6

Gerçekten pes.....bişey yazmayım diyorum olmuyor.....herşey ortada aslında normal hayatta da bu böyle.....anlamadan dinlemeden cahilce yorum yaparsınız.....okumadan sonunu anlamadan direkt tartışmaya girdiniz.alginiz bayağı güçlü massallah ayrıca görüşlerinizi belli ettiniz bu da güzel öyleyse yola devam kızlar 😊

Like 4y

Herkes anne değilmi burda sizene biZene rahatsız olan bakmasın belki yanında ortu yok çocuk yemegini tuvalet demi yesin hayret terlikler olmamiş tabi😭

Like 4y Edited

2

Bu site Anneler sitesi ve bu paylaşımın için sana teşekkürler Sedef hanım. Çocukları biz anneler büyütüyoruz çocuğumuza hayata güzel bakmayı öğretmeliyiz. Onları ön yargılardan kurtarmalıyız bu sadece bizim elimizde . Oğlumun emziren bir kadına saygı duyup onun bebeğini rahatça emzirebilmesi olgusunu bizler öğretmeliyiz . Resime nasıl bakarsan onu görürsün.



Like 4y

11

Saka yapmaya çalıştınız sanırım. Ancak h8c bir şekilde hoş bir resim ve yazı ile karşılaşmadık maalesef ki. Madem ki terlikleri ele alacaktınız bayanın göğsünü ve yüzünü neden çektiniz ki? Mahremiyet denilen bir şeyden haberiniz yok sanırım. Bir anne olarak bunu size hic yakistirmedim

Like 4y



Amaç terliği ele almak deyil ki siz hala konuyu algılayamadınız amaç bizdeki ön yargıları göze vurmak yani amaç farkındalık

Like 4y Edited



Bizim fotoğrafta görmediğimiz bilek mi gördünüz acaba?

Like 4y



masada ki terlik ten bahsediyoruz

Like 4y



elvan hanım yanlışlık oldu yazı size değildi bende terlik kısmındayım 😊

Like 4y



Ne guzel farkındalıkmiş 😊😊

Like 4y



Hah al.işte aklın yolu bir resimde aynaya bakan kadın görüyorum eyer beynimin diyer lobunu kullanırsam kuru kafayı görürüm ama dediğim gibi ne gördüğün neye nasıl baktığına bağlı

Like 4y



Herkes emzirmek doğal bir olay diyor.tuvaletimizi yapmakta doğal bir olay o zaman her tuvaleti gelen olduğu yerde yapsın sokakta tuvalet aramasın.her kadın çıkarsın göğsünü ulu orta emzirsin.ohh ne güzel hatta üstsüz gezin çocuk acıktığı gibi yapışsın memeye açmakla zaman kaybetmeyin.

Like 4y

^ Hide 19 Replies



Author Parent of multiple kids
Gerçekten saçmaladınız net !

Like 4v

herkes bakış açısında servest ben sizin yorumunuza saçma demedim herkesin kendi yorymu kendi fikri saygı göstermekte mediniyettendir medeniyetten yoksun kalmayın..

Like 4y

Author Parent of multiple kids
tuvaletinizi yapmakla emzirmeyi bir tutuyorsanız ve buna medeniyet diyorsanız "pes" der geçerim.

Like 4y

anlamamakta ısrarcısınız...doğallıktan söz edersek bir çok şey doğaldır.tuvaletini yapmak gibi.emzirmek gibi.ama herşeyin uygun olan bir yapılma şekli vardır.ben işim gereği hergün onlarca anneye emzirme eğitimi veriyorum..emzirmenin önemini çok çok iyi biliyorum..burda siz olaya sadece emzirmek olarak bakabililirsiniz ama herkes öyle bakmaz.

Like 4y

Ben medeniyet derken görüşlere saygı duymaktan söz ediyorum kimsenin düüncesine saçma diyemezsiniz.

Like 4y

Ayten hanım.nerde emzirme eğitimi veriyorsunuz?

Like 4y Edited

Author Parent of multiple kids
emzirme egtimi veren biri boyle konuşmaz 🙄

Like 4y

Emzirmenin kutsallığı kesinlikle tartışılmaz..ama ortalık yerde göğsünü çıkarmak edepsizlikti.bunu savunan siz bayanlarında bunu yapmayacağına eminim.sırf muhalefet olmak amacınız.ben 25 yıl kktde yaşadım.ve hiç bu şekilde emziren bir bayan görmedim.siz bunu yapmış veya yapacak olsanız kesinlikle 25 yıl içinde illaki karşılaşırdım diye düşünüyorum..okuduğum hiç bir uluslar arası eğitim dökümanında ortalık yerde göğsünüzü çıkarın yazmıyor.

Like 4y

eğitimde memeye göğüs mu diyorsunuz

Like 4y

Author Parent of multiple kids
hahahah 😂😂

yok meme diyoruz eğer merak ettiğiniz gerçekten buysa....

Like 4y

Ayrıca istanbulda yaşadığım için istanbulda çekilen bir resim bulmuşsunuz sedef hanım azminize hayranım...demekki sizde etki bıraktımkı uğraşıp sırf bana cevap vermek için bulmuşsunuz...

Like 4y

Author Parent of multiple kids

Siz halâ meme demeye çekinirken nasıl eğitim verdiniz 😊 ayrıca kıbrısta nerde eğitim verirsiniz da biz bilmeyik? Sacmalamaktan vazgecin hade. Yetişkin birinin wcyi orta yere yapmamasıyla bebeğini arzu ettiği her yerde emziren anneyi bir tutuyorsanız siz "emzirme danışmanı" olamazsınız.. nerde gak meme guk meme"?

Like 4y

Author Parent of multiple kids

Ayten hanım siz yazmadan önce atılan yorumdur o 😊 egolarınız şey etmesin.

Like 4y

Author Parent of multiple kids

Ayrı yetten istanbulda olduğunuzu şimdi öğrendim 😊

Like 4y

bebeği tabiki istediği yerde emzirebilir ama usulunce ben restoranda emzirmesin demedim üstünü örtün dedim..o kadar at gözlüğüyle bakıyorsunuzki asıl söylenmek istenenin ne olduğunu idrak edemiyorsunuz yazık valla üzüliyorum...

Like 4y

Ayten hnm,bebeğimiz ulu orta yerde de açıkabiliyor bunu biliyorsunuz diye düşünüyorum,hani sadece acıkınca da emzirmiyoruz,biz gak dese de guk dese de emziriyoruz, ulu orta yer olabiliyor,plajda da restaurantta da,derste de, misafirlikte de,ama müzik eşliğinde mememizi striptiz yaparak ve milletin gözüne sallayarak değil de hani yavrumuz emsin diye açıyoruz.edepsizlik damgası da yedik 😊 nutkum tutuldu. Özellikle sizin gibi genç bir eğitmenen bunu duymak üzücü.umarım biz annelerden özür dilersiniz.

Like 4y

Mesela benim bebeğim asla örtü kabul etmez,cekistirir atar,şimdi onu krize sokmak mi daha iyi sizce



Yanilip sasip sakın emzirme sanatı grubuna üye olmayın size nazizane tavsiyem,sizi çok fena topa tutarlar

Like 4y



Bahar hanım bence herkes yeteri kadar fikrini söyledi bence. Eğer sedef hanım için de sıkıntı olmazsa bu yazıyı yoruma kapayalım. Resmen bildirim almaktan usandım. Herkes ne yapmak isterse yapsın. Einstein in dediği gibi atomu parçaladım ama en zoru önyargıyı parçalamaktır.

Like 4y



4



Hiç ayıp değil, insan düşen ayıpdı. Çekemeyenler bakmasınlar, mide bulaşırmış, en normal bişey di nereye istersa olsun

Like 4y



Kadın elini beline koyup sinama izler gibi poz vemiş.boş verin kızlar kalp kırmaya deymez

Like 4y



Demekki neymiş Anne önemli. Tuvaletini yaptığında sifonu çekmeyi öğretiyorum şu anda kötü koku bırakıyor annem insanlar rahatsız olur diyorum . Keşke bir sifonda neyse of beynimin iki lotuda yandı 🤔🤔🤔

Like 4y



Dunden beridir hic usenmeyip tek tek butun yorumlari okudum. Fikir ayriliklari her zaman her yerde olur saygimda "cogunlukla" vardir ama hep soyledigim bisey var yineleyim kadin kadinin en buyuk dusmani bu postun altindaki yorumlar da en buyuk kanitlarindan biri.! Evet size gore MEMEMIZI acararak emzirince teshirci edepsiz adapsiz vb bir suru tanimla yaftalaniyoruz cunku bakdiginizda gordugunuz sey bebegni besleyen bir anne degil beyninizin sadece size cinsellik cagrisi yapmasi bu da zihninizin nasil calisdignin kaniti. Bir anne baska bir anneye zaten boyle yakisdirmalar yapdikdan sonra nerenizi yirtarsaniz yirtin erkek turunden asla ama asla saygi goremezsiniz. Kocasinin yaninda bile emzirmeyen varmis cok pardon da birlikde olurken da acmayin o zaman biraz edepli olmak lazim ya! Tek dilegim bilincliy aydin akli ve zihni temiz dusunen bireyler yetisdirebilmemiz ve kapali goruslu ve hatta cahillik derecesindeki goruslerden kurtulmamiz.. annelik ne kadar kutsalsa bebegimizi beslemek de o denli kutsal. Ben agzini sapirtada sapirtada yemek yeyen adamdan nasil rahatsiz oldugumda kafami ceviriyorsam o da kafasini cevirsin baska yere baksin!

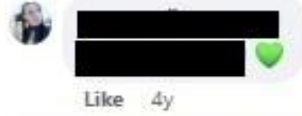
Like 4y



8



Like 4y



Like 4y

Author Parent of multiple kids

İnsanlar annenin bebegini emerken memenin görünmesini adâp ve edeple karıştırıyor. Zevk uğruna acılan meme ile beslenme için acılan meme çok farklıdır. Sorun etraftaki erkeklerdeyse neden anne suçlanıyor ? Bence oğullarınızı yetiştirirken bir annenin bebegini her yerde "RAHATCA" emzirmesinin gayet normal olduğunu, bundan dolayı cinsel arzu veya rahatsızlık duymaması gerektiğini, ileride esi böyle birşey yaparsa (her ne olursa olsun) kadınına(veya herhangi bir kadına) siddet uygulamamasını, bunu ilerideki nesillere anlatmasını öğretirseniz inanın ki bu bir problem olmayacaktır. Eger kısmet olurda görürseniz bunun nr kadar normal olduğunu, kadının kendini saklamasının gereksiz olduğunda anlayacaksınız. Disarida emerken ve bunu arzu ettiği her an yaptım, bir sürü fotoğraf çektim ki oğlum bunun ne kadar normal olduğunu bilsin ve öyle büyüsün. Ha bu arada göğüs değil "meme".

Like 4y



Like 4y

Author Parent of multiple kids

Misafirlik ❤️



Like 4y



Sedef ar damarin icin yapisdirici lazimsa yar plus magazalarmiza bekleriz bilin yabancilik cekmen da 🤔🤔🤔🤔🤔🤔🤔🤔🤔 reklam icerir 😂😂

Like 4y Edited

 **Author** Parent of multiple kids
Gavur yapmaz bunu Melek 🤔
Like 4y 

Like 4y

E biz gəvur tohumuyduk deil? 🤔🤔🤔
Like 4y Edited

Like 4y Edited

Keske emse ikisindi cikirir emziririm kimseyi de takmam kime ne begenmegen bakmasin onune baksin kendisi de yapmasin bukadar basit okudum dayanamadim yazdim yorumlara yazdim artik vallhi 🙄🙄🙄🙄

Like 4y Edited

Like 4y Edited

Baharım lütfen yoruma kapatma, harika ötesi bir konu, konusa konuşa anlaşacağız, bu konular çokkkk mühim

Like 4y

Like 4y

Ben kapadiyorum 🙏

Ben kapadiyorum 🙏

Appendix C: Post regarding lack of nursing rooms

Source: Yorgun Anneler Kulübü. (2017, May 16).



Parent of multiple kids · May 16, 2017 · 🌐

Kıbrısta bir çok yerde emzirme odası yok! Hatta bebek alt değişme yeri bile yok! Teknolojiye ayak uyduracaklarına birde Emzirme odası yapsalar ya? Aceba birlik olup biseylermi yapsak anneler?? 🤔

 Nil Ergun and 93 others

42 Comments

 Like  Comment  Send

All comments ▾



Olan yerlerinde çoğunda kadınlar tuvaletinde babalarla yollamayın çocukları diyorlar yani 😊

Like Reply 5y

5



Ne yapılabilir?

Like Reply 5y

+3



Parent of multiple kids

Hic bir fikrim yok birlik olup biseyler dusunsek? Bebegimle bir yere gitmeden muhakkak sütümü sagmam gerekir buda beni evde olmaya daha cok ikna eder acikcasi 😞 emzirme onlugu aldim ama pek cesart edemedim acikcasi ..

Like Reply 5y Edited



Gittiğiniz mekanlarda özellikle yöneticilerw veya sahiplerine veya müşteri hizmetlerine mutlaka talep edin talepler nekadar sık gelirse okadar erken dikkate alıyorlar

Like Reply 5y

3



Author Parent of multiple kids

Hic sanmiyorum bastakiler mejburi tutmadıkça boylr biseyi yapacaklarını ..

Like Reply 5y



Cok dert etmeyin bence. Olan yerlerde les gibi.. cocugunu tuvallette ve kabinlerde emzirmis bi anne olarak artik lanet olsun cocugum bunu hakketmio diorum ve oturup emziriyorum gogusumude olabildigince bluzumla kapatmaya calisiyorum. Bakmasinlar arkadas. Emziren her anne bilir ki artik eliniz kolunuzdan farkli olmuyor gogusleriniz.

Like Reply 5y

13



Parent of multiple kids
Sonuna kadar haklısınız..

Like Reply 5y



Hastahanelerde bile yok malesef, düşün ki acil servise gittin çocuğun altını değiştirecek bir yer yok, emzirecek bir yer yok, sadece poliklinik binasında var, özel hastahanelerin çoğunda bile yok, diğer yerlerde olan sadece bir alt değiştirme aparatı duvarda olanlardan, o da sert bir plastik, çocuğu nasıl yatırıp nasıl temizleyeceksek altını 😞 evden bir yere çıkarken valizle çıkıyorum resmen, battaniye oluyor yanımda onun üzerine yatırıp temizliyorum , ayrıca sadece emzirme odası alt değiştirme de değil küçük tuvaletler de olmalı, bizim ülkede engelliler için bile tuvalet yokken her yerde bunları istemek çok geliyor bana göre 😞

Like Reply 5y



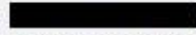
7



Parent of multiple kids

Haklısınız hastahanelerdeki wc'ler bile pislikden gecenmezken emzirme odasını alt değişim odasını düşünemem.. evet olan yerlerde konfor bile yok bende battaniye koyup değişiyorum .. ne engelliye ne annelere saygı yok ..

Like Reply 5y



Ben bu standartlara ancak emzirme önlüğü kullanarak ayak uydurabildim 😊 bu sayede her yerde kolaylıkla emzirebiliyorum.. alt değiştirme için de minderim falan var.. bebek arabası da bazen işime yarıyor 😊

Like Reply 5y



2



Bu sorun her yerde var aman olsun diye de diretmıyorum. Çünkü olan yerlerin temiz olduğunu düşünmüyorum. Bu yüzden gittiğim yerde ince bir battaniyeyle kapatarak emziriyorum gören de gorsun onlarda bakmasın napayım. Ben böyle çözüm buldum

Like Reply 5y



3



Parent of multiple kids

Bizi bunu yapmaya iterler halbuki emzirme odası olsa rahat rahat gidip emzirin şimdi yazda geliyor sıcakta içince ortundugunde bebekde sende terlen .. birde üst değişim merasimi olur .. odalar olmadıkça bizim zor ..

Like Reply 5y

Talep etmek ısrar etmek olmadığı zaman deşifre etmek (ki ben birkaç mekanı çekip paylaştım sosyal medyada ve etkili oldu) lazım ki hizmet sektöründe ben mekanı açtım oldu mantığıyla düşünmesin işletmeciler. Bilsinlerki o mekana engellide gelirse o rampayı kullanacak pusetiyle gelen anne de. Engellinin de bir. Tuvalete. İhtiyacı var bebeğini emzirecek altını değiştirecek bir anne ve babasında temiz ve düzgün bir odata ihtiyacı var. İnanın talep etmekle başlıyor herşey

Like Reply 5y



3

benim fikrime göre, annenin her yerde çocuğunu emzirme hakkı vardır ve bebeğin de her yerde beslenme hakkı vardır bunu için ayrı oda olması da şart değil zaten emzirme önlükleri de var ki ben hiç kullanmadım işte bizleri böyle düşünmeye iten etraf utanmalı bence bizim yapmamız gereken tek şey emzirmenin ne kadar doğal olduğunu kabul etmek ve yapacağımız her hareket de bununla alakalı olmalı ki böyle kampanyalara bazen rastlıyorum. alt değiştirmeye gelirken işte o sıkıntılı bir konu çünkü koku veya görsel rahatsızlık nedeni ile her yerde olması zor ama şahsi arabanız varsa (bebek arabası değil ulaşım aracı anlamında) ben arabada değiştirmeyi tercih ediyordum veya mekana göre bebek arabasında da değiştirmişim vardır. bunlar benim fikirlerim

Like Reply 5y Edited



7



Parent of multiple kids

Haklısınız sonuna kadar ama ben çekinirim çok insanların bakışından sanki kötü birşey yaparım gibi bakışlar olacağına inanırım ..

Like Reply 5y



Elbette emzirme odası özellikle yeni doğum yapmış bir anne için rahatlık olacaktır katılıyorum. Ama yok işte düşünmüyorlar bunu tıpkı engellileri düşünmedikleri gibi ve diğer yandan da emziren annelere rahatsız edici bakış hissettirmeye hiç hakları yok çünkü emzirmek çok doğal birşey. Neyse hemfikiriz sonuçta 😊

Like Reply 5y



Bu yazı beni üç sene öncesine götürdü erken doğum yaptım kızım iki ay üç gün yoğun bakım ünitesinde yattı göğsümü sağıp evden çıkıyordum hastanede göğsüm doluyor yanıyor ağrıyor göğsümü sağlayacak yer bulamıyordum her gittiğimde sevislerde ki hemşirelerden rica ediyordum çekinir oldum öyle bir oldum inanın wc girip az da olsa sağıp rahatlıyordum. Tabi hastaneden çıkmama yakın poliklinik tarafında oda olduğunu öğrendim. Aslında çocuk yoğun bakım servisinin yanında mutlaka sağma odası olması lazım tam bir rezillikti perişanlık

Like Reply 5y Edited



3

 **Author** Parent of multiple kids
Kesinlikle katılıyorum size! Umarım assagidaki arkadasin yazdığı degerlendirilir ve biz ve bizden sonraki anneler rahat eder..

Like Reply 5y

 İnşallah

Like Reply 5y

 eziç ler ilk olabilir

Like Reply 5y

 **Author** Parent of multiple kids
Girne peanutda engelli tuvaletinde alt degistirme yeri yukardaki ezicde ise taaa en uzaktaki wcde .. bu kadar saygin bir yerde olmamasida can yakici ..

Like Reply 5y

 ben lefkosa ezicte, utana sikila üst katta sandalyelerin üzerinde masaların altında , Nil imin altını değıstirdiğimde, sanki yüzyılın suçlusuyumşum gibi utanmışım 😞 ... o zamandan sonra hep buruk hatırlarım orayı.. Neymiş olaylar unutulabilir ama duygular asla...

Like Reply 5y

 Bu iş yerlerinin hepsine ayrı ayrı ulaşmak gerekir oda ne kadar önemseyeceklerine bakar

Like Reply 5y

 **Author** Parent of multiple kids
Devlet mejburi tutmadikca hicbirsey olmaz..

Like Reply 5y

 Sadece 1001 airport mallda var ben asla cekinmiyorum her yerde rahatça emziriyorum bu ayıp.birşey değıl onların düşünmesi gerekiyor bizim değıl. Benim esimde bu konuda rahat çok şükür direkt salla bas değıl tabi dikkatli bir şekilde gugusumu acip veriyorum

Like Reply 5y

 İşte anlatmak istediğim tam da buydu talep etmek lazım talep ettikçe işletmeler dışında yerel yönetimlerde bir iş yeri açılacağında kriterlerine bunu eklemek durumunda kalacak

emzirme odası kavramı saçma bence. İnsan bebeğini her ihtiyaç anında besleyebilmeli! Bunu bir odaya kapanarak yapmak zorunda olmamalıyız. Böyle emzirmeye iten zihniyetler değişmeli önce!

Like Reply 5y Edited

11

emzirme odalarının yanısıra bebeğin altını değiştirmek için aparatı olan tesis sayısı bir elin parmak sayısı kadar sınırlı. elinizde çanta orda burda rezil bir şekilde o da olmadı arabada alt değiştirmek zorunda kalıyorsunuz..

Like Reply 5y

Kesinlikle [redacted] cnm sana katilirim emzirme odası hiç duymadım başka ülkelerde de ama her restaurant yeme içme pastane dahil dünyanın her yerinde çocuk bez değiştirme odası var.. burda bn çok yerde görmedim rumda bile her yerde var..

Like Reply 5y

Var

Like Reply 5y

Bu konuda haklısınız her yorumu okuduğum zaman kendimden de birseyler buldum... ama gel gelelim ki emzirmek bence ayıp bir şey değil kaldık eski is yerimde sut sagmama en son izin verilmediğinden (kamera olmayan odada emzirmek istediğimden) en son göğüslerimi resmen kamuya açıp kameraların önünde sütlerimi sağdığımı biliyorum. Nolursa olsun sokakta da kızım emmek istediğinde araba ,restaurant rum tarafında jumbonun parkında bilen bilir her yerde emzirdim hemde emzirme perdesi kullanmadan... Bu ayıp olmamalı çünkü bizler birer anneyiz...hayattaki en güzel şeyi yapıyoruz bence en masumane şeyi 😊 çözüm bulma konusuna gelince tuvalette neden kızımı emzirmek zorunda kalayım kı... Kim tuvalette yemek yemek ister? Bence ıkısıde aynı şey olduğundan ben böyle düşünüyorum... Ve bana yaptığımı ayıp bir şeymiş gibi bakanlarada emin olun cevaplarını hep verdim 😊 Bu da benim fikrim tabii ama belki grup olarak sevgili admin öncülüğünde sesimizi duyurabiliriz neden olmasın 😊

Like Reply 5y

4

Size katılıyorum kimin ne düşündüğü ne yaptığı neden baktığı umrumda değil sanki kendileri meme emmeden büyüdü 😊 herseyde geliyoruz bunda da gelişmekte fayda var millet ulu orta şey yapıcak neredeyse bir annenin evladını emzirmesi acayip karsılanmamalı

Like Reply 5y

1



Like Reply 5y



Sonra da basında yazsınlar aile içi bunalım, çocukların fizyolojik, psikolojik sorunları var filan. Ne emzirme izni yeterli, ne ailelerin rahatça birlikte vakit geçirebilecekleri sosyal ortamların alt yapısı yeterli. Her çocuk çok sakın de durmuyor ki, bez değişirken. Hele de 6 aylıktan sonra tam hareketli zamanlar başlıyor. Evde bile bez değiştirmek zorlaşıyor. Düşürebilirim kaygısıyla kırık, bozuk duvara monte bez değişim yerlerini kullanmak istemiyoruz, değil mi? Sanırım Çalışma ve Sosyal Güvenlik Bakanlığı 'na konuyu iletmek gerekiyor

Like Reply 5y

Emzirme odası mı? Bence emzirmek istediğiniz yerde emzirin. Ben öyle yaptım hem kibrısta hem türkiyede.. hiçbir sıkıntı da yaşamadım. Göğsünüzün görünmesini istemiyorsanız incecik bir örtüyle çok rahat emzirebilirsiniz. Aksine Bana biri emzirme odasında emzir dese rahatsız olurum

Like Reply 5y



emzirmede ben de rahattım ... sonucta 25 ay emzirince 😞... fakat alt değiştirme sıkıntılı 😞

Like Reply 5y

Magusada city mall da var ve gecekten çok memnun kaldım gecen gün hem rahat hem içerisinde alt degistirmek için emzirmek için yeri vardı ben çok beyendim.

Like Reply 5y

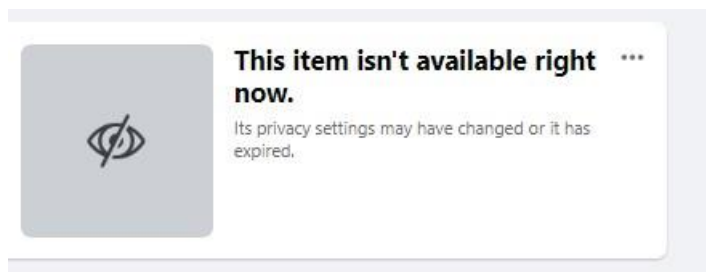
Havaalanındaki emzirme, bakım odası kadar iyisini görmedim adada 😞

Like Reply 5y



Like Reply 5y

Appendix D: Post regarding ‘children’s toilet (unfortunately this item is no longer available.



Appendix E: Post regarding ‘husbands’

Source: Yorgun Anneler Kulübü. (2017, March 1).

March 1, 2017 · 🌐

#is #es #tertip #temizlik iyi geceler 🙄 suan evi daginik kirli isleri bitmemis olan varmi ve esi yardimci olmayan yardimci olmadigi gibi daha hizmet bekleyen? Butun sucu size yukleyen (bu sayfaya deilda psikoloji sayfasimi bulmam lazimne) (3aylik oglum 14 aylık kızım var yuruyemeyen annem var ama saolsun suan oglumu o emzirir ihdiyar nenem var butun gun besigi o salladi benda kızımnan ilgilenir is yaparım ama gene yetisdirmem gene yetisdirmem) kafayi yemek uzereyim tembelim beceriksizim elim agir heralde hep bundan 🙄 yemin ederim suan aglayarak yazarım çok mu zor bir benmiyim yapamayan

👍🙄 25

59 Comments

👍 Like

💬 Comment

📧 Send

All comments ▼

👍

Ah bacım damdan dusen misali çocuklara agirlik versen isler durur koca soyleneir hatta aldatir isler yapsan çocuklar ağlar insanız biz anlayan yok 3 cocuk biri eşimin ilk evliliğinden engelli

Like

Reply

5y

👍

Hayır, kesinlikle yalnız değilsin. Çocuklarla iş çok zor. Sürekli ilgi istiyorlar. O kadar dert etme. Acil olanlari yap. Sürekli toplamakla uğraşma. Bir kez topla. Fazla eşyadan kurtul, fazla oyuncaktan kurtul.

Like

Reply

5y

Edited

👍

Evde tozu alınacak bufe raf yada oncik cincik hic bisey yok birda onlarnannugrasmamak için 🙄

Like

Reply

5y

👍

Olduğu kadar üzülmeyin. Dağınık olsa ne olacak. Rahatlayın. Bence de ne kadar az eşya olursa o kadar iyi.

Like

Reply

5y

👍

Canım yalnız degilsin takmamaya calissadece kendini yipratiyorsun...bende senin gibi ydim alisiyorsun bir sure sonra birak daginik kalsin

Like

Reply

5y

👍

Oyle demeyin çevrede dost akraba görünömlü cadılar var kocayla senin dedikodunu yapıyorlar

161

Aynı durumdayız yalnız değilsin canım iş bitmiyor ama lüzum olan işlerini yap dağınık bitmez 2 çocuğunda çok küçük Allah yardımcımız olsun 😊😊

Like Reply 5y

2

Ben sıkmayın kendinizi ev işi her zaman olur hepimiz aynı durumdayız inan evin içi bomba biz toplarız 1 kaç saattir kendini hiç kasma olduğu kadar yap cnm önemli olan çocuklar onlarında sana ihtiyacı var unutma

Like Reply 5y

1

Pislik değil dağınıklıktır o.öyle bak ev işi büyüseler de bitmez çok yıpratma kendini olduğu kadar yettiğin kadar

Like Reply 5y

1

Az önce haberlerde izledim en çok ev işi yapan kadınlar Türkler die dünya şampiyonu olmuşuz oldu madalya mi taktılar bize boşver canını yeme çocuklar çok çabuk büyüyorlar hepsi geçecek insallah.. Bende kendimi böyle avutuyorum birgün rahatlayacak

Like Reply 5y Edited

4

Bence kendinizi bu kadar kötü hissetmeyin anlattığınız tabloya göre iyi bile yetişiyorsunuz özellikle bebek bakımı ayrı bir olay kendinizi fazla yıpratmayın

Like Reply 5y Edited

2

Bencede bu kadar kafaya takmayın desem de hepimizde aynı dert. Biraz büyüyünce rahatlarsınız sizin ikiside çok küçük gece uykusuz kalma lar insanın sinirini gerçekten bozar biraz sabır bırak dağınık kalsın

Like Reply 5y

2

Aslında şunu bilmeniz yeterli. Yalnız değilsiniz. Annelerin büyük bir cogunlugu aynı durumda ve bizim gibi ülkelerde tukenmemek mumkun degil. Aglayın rahatlayın. İyi geliyor malum ağlamak ve gerceginize göre kendinizi organize efin. Ve lutfen binlerce annenin de sizinle aynı hislerde oldugunu unutmayın. Basarisiz falan değilsiniz. Annelik çok uzun süre çok yıpratıcı oluyor!

Like Reply 5y

3

Author

Peki eslernizin bu durumda ki durumu?

Like Reply 5y

Tabiki Eş çok önemli ben evde olduğum halde akşam yemek yetiştiremedigim zamanlar bile olur çocuklardan o çocuklarla oynarken bende yemek hazırlarım 😊😊

Like Reply 5y Edited

Group expert +3

Beceriksiz ve tembel değilsin! Sadece herkesin bir sınırı var ve sadece o sınır dahilinde koşuşturabiliyoruz hepsi bu. Kendini suçlama eşinle konuşmayı dene belki işe yarar.

Like Reply 5y

Kesinlikle beceriksiz değilsin.. kendini yetersiz hissetme.. bence sen mükemmel bir anne ve iyi bir evlatsın.. evin dağınık olsun.. önemli değil ki bu beğenmeyen rahatsız olan gelmesin.. benim cocuklarının sana ihtiyacı var onlarla kaliteli vakit geçir... See more

Like Reply 5y

Çocuklu ev tertipli kalmaz hiçbirzaman sen yapan onlar arkandan dağıtır bu böyledir canları saolsun da dağıtsınlar boşverin takmayın bukadar kafanıza nasılsa büyüyecekler iş bitmez olduğu kadar olsun sende makine değilsin sonuçta insansın bence biraz kendinle ilgilen bırak işler kalsın bitmezse bitmesin hiçbir iş bizden değerli değil kızlar benimde iki cocugum var vallahi olduğu kadar yaparım hicde canima eziyet etmem bu işler kolay değil yaşayan bilir...

Like Reply 5y

Author

Benda olduğu kadar yaparım bana kalsa benimda kalan işler derdim değil ama işde ben kendineymis 4 dortluk hizmet veremezmişimde tembelmişimde diye başlayınca mesele ipler kopar dedim gendine sen yardım etmedigin surece ben daha fazlasını yapamam elimden gelen bu (benim annem babam ayırdı cocuklarmıda oyle buyuek isdemem ama kismet olduğu kadar artık 😞)

Like Reply 5y

^ Hide 14 Replies

Çok üzgünüm

Like Reply 5y

Ve bu tacizdir siddettir!

Like Reply 5y

Kimsekin hayatına karřamayız doęru deęil ama yazmadan edemeyeceęim kimseye hizmet vermek zorunda deęiliz. bir sũrũ meslek olduęu gibi hizmetcilik (doęrusu hizmet iin gũrevli kiři hizmetciyi sevmiyorum) de bir meslek hizmet isteyen daha ok alıřsın daha ok kazanıp evine bir hizmetci tutsun! Bir kiři de iřsizlikten kurtarmıř olur!

Like Reply 5y Edited



4

Birsey soyleyecektim simdi ama neyse... az yeyip bir yardimci tutsun bu beyefendi 😊 takdir edip destek olacagina...

Like Reply 5y



2

Biz de evimizin iřini yapıyoruz ,evin her sorumluluęı yemek de dahil ve artı biri 23 aylık biri 5 aylık iki ocuk herřeyleri bana ait. Őstelik alıřıyorum da. Eřim de ok yardımcı deęil ama birřey yaparken en azından 10 dk olsun ocukları oyalıyor. Ama yardımcı olamasa da kũstek olmuyor en azından onu yapamıyorsun bunu yapamıyosun bana hizmet veremıyorsun gibi řeyler sũylese yaptığımı da yapmam. Yardım etmiyorlarsa laf sũylemeye de hakları yok! Mũmkũn olduęunca yapıyorum benim iin en ũnemli řey ũnce ocuklarım, sonra evin yemeęi, sonra iřler gelir. Herřeyi az ok yapıyorum ama yapamadığımda da kimse laf sũyleyemez. Kimseye hizmet etmek iin evlatlarımı ihmal edemem.

Like Reply 5y



6

Ateře kũrũkle gitmeyin.. Elbette her olumsuzluęın bir olur yolu vardır. Sizin bu yazdıklarından aonra karřnzdaki sizin yorumlarına ihtiyaı olan daha asi olur.. Ve belkide tartřp evlilięi bitir 2 ockla.. bu dahmı iyi olr ? Kim anneden babadan ayrı gũzel bir yaşam surebilir ki ? Eřinle mutlaka olur yanını bulabilirsin.. onun hassas yanını en iyi sen bilirsin.. 2 ockla zordır evet ama bu ockların zorluęu tař patlasın 1 yıl dahadır.. ne tartřmana deęer .. nede ayrılmana.. řuanda ũzgn olablrsn.. ama geecek aen gũlũ bir annesin ve baředebilirsin.. annelik ve evlilik fedakarlık ve sabır ister.. gerekirse gece yap vs.. kesinlikle ne ayrıl nede mutsuz ol.. eęer özemyorsanda mutlaka bir psikologdan yardım al.. anlat.. eřin hayatından karsa hayat dahamı kolay olck , yoksa dahamı gzl olck birde onu dũřn ? Kimsekin hayatı 4 4 deyl.. ũnemli olan pes etmek deyl.. ũnemli olan savařp kazanmaktr.. Unutma sen bir annesin ve ilk hedefn evlatların geleceęi ve huzurdır..

Like Reply 5y



8

Kimse ayrıl veya kavga et diye bir yorum yapmadı, siz doğru okudunuza emin misiniz? Aman asi olma, aman tartışma, gece uyuma iş yap, "hizmetlerinin" kalitesini artır diyemedik arkadaşımıza.

Like Reply 5y



3

Author

Benceda hicbiriniz ayrıl demedi sadece haklı olduğumu söylediniz herkez fikrini yazssın isterim zaten çok saolun insallah bu zorluklarıda atlatacağık 😊

Like Reply 5y



3

Bir de herşeyden önce annesin demek koca bir zıval önce sen mutlu olmalısın bu hayatın temeli... neyse arkadaşım umarım bir gün kadınlar olarak laftan öte gerçekten dayanışıp bize dayatılan hayatları değiştiririz.

Like Reply 5y



3

Huriye Masal Ahmet Author

Hayatın musderek olduğu anlarda bilirsam olacak bu savaş tek kişilik değil beraber savaşım zafere varacağız heheh 😊

Like Reply 5y



2

Hiçkimseye ayrıl veya barış demek haddimiz değil arkadaşlar. Bizim verdiğimiz tepki beyefendinin yardım isteyen arkadaşımıza tavrıdır. Tabii ki mümkünse kimse ayrılmasın bu süreç geçici hepimiz biliyoruz ama burada konuşulan konu bana dört dörtlük hizmet veremiyorsun zihniyetindir olan eştir. Kimse kimseye hizmetçi olmak için evlenmiyor biz bayanlar olarak kendi değerimizi bilip eşimiz de olsa sınırlarımızı çizip bize bu şekilde konuşulmasına izin vermemeliyiz. Arkadaşımız ne kadar değerli birşey yapıyor 2 küçük çocuk, yatacak annesi ve bir de yaşlı nenesi var hepsinin bakımı kendisine ait. Bunun üzerine ev işleri de eklenince takdir edilip değeri bilinmesi gerekir ondandır tepkimiz. Ama önce biz kendi değerimizi bilelim lütfen..

Like Reply 5y



2

Author



Like Reply 5y



Author

Annemnan nenenm evde olmasa napardım bilmem

Like Reply 5y



- Like Reply 5y
- Author
- Benim onlara oldugundan onların bana daha çok yardımı olur bunu söyleyim
- Like Reply 5y
- Reply to Huriye Masal Ahmet...
- Ben anladım sorunu. Sorun elalem değil sorun eşi sanırım. O sana yardımcı olmadığı sürece yapabileceğin sınırlı keşke sana yardımcı olsa. Kaynana görümce eltişi falan yokmu
- Like Reply 5y
- Üzüldüm gerçekten ama senin bir suçun yok inan hepimiz böyleyiz yetiştiremiyoruz eşinin sana böyle davranması çok yanlış kesinlikle kendini suçlama ama
- Like Reply 5y
- Herşeyden önce kutsal bir insansın annesin asla tembel ve beceriksiz değilsin böyle düşünmen bile senin ne kadar hissi bir anne olduğunu gösteriyor burda bol bol herkes yazıyor bizimde evler dağınık duvarlar boyalı sac bas bir yerde ama yapacak birşey Yok önce sağlık olsunki verimli olalım hiçbirşey senden ve bebeklerden önemli değil keyfine bak bu dönem seni beğenen böyle beğensin üzülme
- Like Reply 5y
- Bende cslisan biriydim ikinci cocugu dogum yapınca isi biraktim ama iki cocuklar dediginiz gibi bende isleri yetistiremiyom ama esim sagolsun isden gelce cocuklarla ilgilenir bende bulasikdi camasirdi hepsini halletmeye calisirimki esimde butungun ayakta durur ve uzanmak ister bence esiniz biraz cocuklarla ilgilensede sizde yapsaniz hersey cozulur gibime geliyor hersey sizden beklememeli bence esinizinde yardimci olmasi lazim size nacizane fikrim
- Like Reply 5y

benim evlendikten ve çocuk sahibi olduktan sonra anladığım tek şey kadın temizlik yapar alışveriş yapar çocuk bakar... yapar da yapar hiç oturmaz. oğlum 3 yaşında okulda hep ayakta duruyordu. psikoloğa gittik. çocuğun aslında beni örnek aldığı için her işi ayakta yaptığı sonucuna vardık. artık çok ta takmıyorum. dağınıklık varsa toplamıyorum ama temizlikten yinede ödün vermiyorum. bugünler geçtiğinde keşke daha çok vakit geçirseydim dememek için bence yarım saat bile olsa boşverin çocuğunuza doya doya sarılın ve onunla oynayın ev zaten yine kirlenecek ve eviniz temiz olduğu için kimse size madalya takmayacak. sayfadaki emekçi kadınları ve anneleri öpüyorum sizden daha önemli hiçbir şey yok bu hayatta çocuklarınızın tadını çıkarın 🥰🥰🥰

Like Reply 5y



6

Günde en az 3 saatimi kızımın ve oğlumun dağıttığı oyuncak eşya vb. Toplamakla geçiriyorum. Ev işleri hep yarım hiç bir zaman tamamen bitmiş tertemiz olmuyor. Kızım 1 oğlum 6 yaşında. Ne yapsam ne etsem bu evin işi bitmiyor. Üstelik çalışmıyorum bütün gün evdeyi yine de olmuyor. Hiç üzülmeğin çocuklar büyüye kadar idare edeceğiz... Sağlık olsun da gerisi boş işler bir şekilde olur. (bunu yazan anne çocukları olmadan önce temizlik düzen delisi çok titiz bir kadındı 😊)

Like Reply 5y



5

Cocuk büyürken evi toplamak kar yagarken kapının önünü Süpürmek gibi biseydir 😊 benim için kızimla degerli vakit geçirmek önemli ev dagilir tabi.uyumadan oyuncak kidmina biraz yardım eder kızim. uyuyana kadar vaktim onun sonrası uyuyup kalmazsam is zamani 😊 bu sahnede baba destegide onemli tabi. Es destegi olmalı ki kendimizi yetersiz hissetmeyelim. Ama yetisemiyorsakta gayet normal bu hic kasmam

Like Reply 5y



2

fizyolojik ve psikolojik olarak toparlanamadan 2. Bebiş Gelmiş anlaşılan. Bu ruh hali içerisinde olmanız gayet doğal. Bence eşiniz ile konuşup destek isteyin.. evliliğinizi sorgulamak için yanlış bir dönemde olduğunuzu düşünüyorum ! Tüm yük omuzlarınızda, biraz hafifletiversin zahmet olmazsa 😊

Like Reply 5y



2

Annem küçük çocuklara bir nene lazım der. Hiç bir şey yapmasın oturduğu yerden onu oyalasın sallasın uyutsun yeter.
ne kadar şanslısınız ki sizde iki nene var 😊
Mutlaka onların bakıma zaman ayırmaya ihtiyacı vardır ama inanın evde olmaları da büyük nimet.
Mesela az önce köfte yoğurdum tam hazırlığını yaptım kızım uyandı mecbur aldım. Kız kucağımda tek elle köfteyi şöyle bir karıştırıp kenara koydum muhtemelen anca eşim gelince devam ederim.
Bebeklerin yaşları yakın işiniz zor Allah kolaylık versin. Eşinizle de açıkça konuşup içinizi dökün yardım isteyin eminim kayıtsız kalmaz.
Çünkü sesler yükselince insanlar birbirini duymuyor sakince konuşabilmek lazım..

Like Reply 5y



2

Author

Hepinize çok teşekkür ederim yalnız olmadığımı yada yanlış yapmadığımı baskalarından duymak güzel şey insallah bende basarip çocuklarımı annali babali buyudeceyim bakalım hakkımızda hayırlısı herkes insallah sağlıklı mutlu bir yuvada buyuduruk çocuklarımızı en önemlisi bu çok saolun 😊

Like Reply 5y



2

Author

Insallah anladabilmişimdir kendinede oda anlamışdırdı düzelir ve bu hayat güzellesir

Like Reply 5y

Kendinize bu kadar haksızlık etmeyin hepimizin zaman zaman yaşadığı şeyler bunlar önemli olan anne olmanız bu çok özel birşey kendinizi fazla yıpratmayın çocuklarınızda çok küçük kolay değil evi mükemmel tutmak sabırlı olun inşallah her şey düzelir

Like Reply 5y



Author

Insallah 😊

Like Reply 5y



Siz beceriksiz değilsiniz tam tersi çok beceriklisiniz.bir çocuğu olup onunda sorumluluğunu babaanne annane bakıcıya bırakıp kendi keyfinden arkadaş buluşmaları sinema yemek tatillerden eksik kalmayıp yemeği ev işinide onlara yükleyip ben becerikli bir anneyim diye dolananlarda var.helal olsun size.çok bunalınca duaya allaha sığınin inşirah okuyun.bende çok bunalıp ev işini yetiştiremeyince delleniyorum bazen ama baktım iş bitmez.ben onları taktıkça strese giriyorum olduğu kadar yapıyorum artık.benim eşimde hiç yardım etmez kimsemde yok hep yalnız bakarım eve çocuğa.allah dağına göre kar vermiş.

Like Reply 5y Edited



3

Author



Like Reply 5y

Author



Like Reply 5y

Kendinizi kötü hissetmeyin hepsimiz aynıyız , işleyen kadınlar , eve gelince anne temizlikçi ahçı çanaşıcı herşey olur.. hepsimizin bulaşıkları var hepsimizin çamaşır var hepsimiz yorgunuz 😊 Gececek herşey anne olmanın yorucu yararı bu . Bunları düşünmeden olumlu şeylere odaklanın neşeli olmaya çalışın 😊 Ev işleri hiç bitmez

Like Reply 5y



Hepimiz aynı durumdayız uzulme benim de 1 yasinda ve 2 yasinda cocuklarım var anneme tasindim nenem ve yengem yardım ediyor inanki yalnız peslerinde yemekleridir bezleridir ust basları yıkama derken gün bitiyor. Sana gelen de samimi olsun ve hatta gelen yardımcı olsun. Sizi görmeye gelsin evini değil. Kolay gelsin Allah sağlık versin.

Like Reply 5y



Mumkun olmayan birseyi basarmaya calisiyorsunuz; 2 cocuk, yemek, ev temizligi. 2 cocuk zamanı alır, bitirir zaten. Alisveristi, yemekti filan, cok zor. Gerçekten de hizmet isteyen onu satın almayı deneyebilir. Tabii her ne kadar da benzer zorlukları birçok anne paylarsa da, bunları söylemek bize kolay, cunku 'o adamlar' yasayan sizsiniz ve cocuklarınızın babası. Ama aranızda sevgi varsa, bir defter edinin, her gün yaptığınız işleri yazın - detaylarıyla. Mesela: saat 11:00-kofteyi yogurdum, tam o sırada bebek agladı, onu kucagima aldim, vs vs... Esinize verin birkaç gün sonra. Bilmem anlamasına katkisi olur mu?

Like Reply 5y



Vaaavv hic dusunmediydim supermis 😊 yetisdirirsam deneycem saolasin

Like Reply 5y



Author

Sevmesem çokda ayrılırdım heralde severim keratayı 😊



[Redacted] Author



Like Reply 5y

[Redacted] Author

Vallahi ben bu sayfayı burdakileri tanimadan çok sevdim çok saolun tesekurler 🙏

Like Reply 5y

[Redacted]

Insallah daha iyi günler görürsünüz.. Daha hafif .. ❤️

Like Reply 5y

[Redacted] Author

Amiin

Like Reply 5y

[Redacted] Group expert +3



Like Reply 5y



Appendix F: Interview consent form

FATMA Olcaytuğ Ünal'ın tezinde kullanması için kayıtlı görüşmeyi kullanmasına iznim vardır.

İsim:

İmza:

Tarih: