

# New Moms Together Forever

By Lisa Miller

On September 11, 2009, on a dark and rainy night and in spite of terrible traffic on I-95, 11 women reunited at Shenorock Shore Club to celebrate a milestone. Our first-born babies, the ones we gave birth to at Greenwich Hospital in the late winter/early spring of 1998, had all just entered middle school.

Eleven years ago we came together as overwhelmed new mothers who had many questions, few answers and lots of concerns over what our lives were going to be like now. We gathered together once a week for six weeks under the guidance of Greenwich Hospital's Nurse Ann. During those six weeks in 1998, we discovered that there is power, knowledge and comfort, great comfort, in being with other new moms. We were all in the same boat and we clung to each other and appreciated one other immensely.

Entering new territory, none of us wanted to do it on our own. OK, so we all had our husbands, but honestly, we needed more! Those



Babies June 1998

babies were demanding and we all seemed to need so much help. We were overwhelmed with questions: which car seat to buy, how to change that darn diaper genie, and wondering if we'd ever get a full night's sleep again.

We helped and guided and leaned on each other for moral support and we laughed and cried and learned how to be moms together. After the Greenwich

Hospital class ended, 12 of the 16 of us decided that we had not nearly had enough of one other.

So, we banded together and made a pact to keep up our weekly get-togethers. We branched out to local restaurants and to various Starbucks, toting our babies in their car seats and succeeding in clearing out whatever establishment we entered. Then we moved on to playdates at our houses, and also to outings at such places as Stepping Stones, Stamford Nature Center and even The Central Park Zoo. We strolled them around at Todd's Point and nursed our babies whenever (and wherever) we were.

It seemed that as long as we had each other we could tackle motherhood. We even attempted taking our babies to the movies with us ... oh, what a joy that was! We all knew we felt happy together and began a very special bond that we still have today. Through the good, the bad and the ugly, we seemed to be able to lean on each other no matter what.

So, as the years went on, we

continued our weekly get-togethers and continued to celebrate milestones, such as the big party we threw for our babies when they all turned 1, not to mention their first few Halloween parties as well as Christmas gatherings. We felt official too, because early on one of our moms took it upon herself to start a newsletter for our beloved group. It chronicles our children's birthdays and sets an

agenda of upcoming events and get-togethers.

We decided a few months ago that to mark our eldest children's move to middle school we would bring all of our "babies" together again. We managed to pull together 11 of the original moms, with 12 of the original children (one of us had twins) to celebrate the big occasion. During the festivities we managed to photograph the children sitting on a couch posed in



The new middle schoolers



The moms, including the author front row far left, earlier this month.

exactly the same order as they had been in 11 years ago, as "Greenwich Hospital New Mom's Group" babies. They have each grown into amazing, kind, talented, and well-mannered children.

I wish all first-time mothers the good fortune to have a great moral support group in place early on. We will be forever grateful to Greenwich Hospital for bringing us together. We all have no doubt that we will still be a close-knit group when we wave our eldest off to college and beyond!

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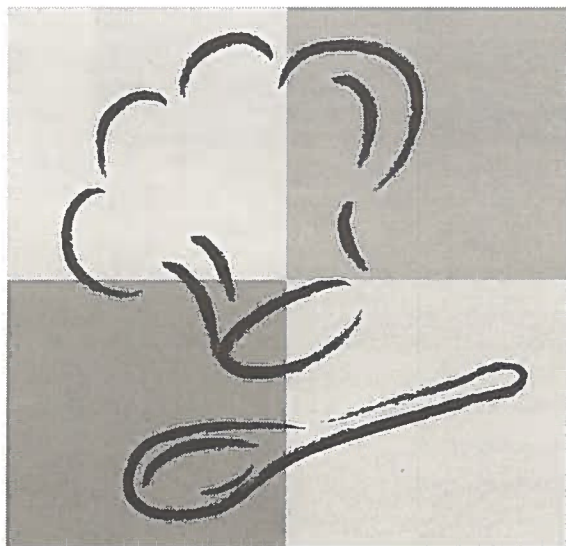
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