

MILLENNIAL

WOMAN

MAGAZINE

LOVE AND
A
GROWING
FAMILY

**YOLANDA
MPANZA'S**
SEASON
OF
ABUNDANCE



MOTHER'S
DAY
EXCLUSIVE

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In this heartwarming Mother's Day Exclusive, Millennial Woman Magazine sits down with Yolanda Mpanza, a mother of two, with a third on the way, as she opens up about life in her season of expansion and abundance. Yolanda reflects on what it means to come home to herself and her children. In a conversation filled with honesty, warmth, and wisdom, she speaks on the power of presence, the emotional layers of parenting, and the quiet strength it takes to nurture both family and self.



LOVE AND A GROWING FAMILY

YOLANDA MPANZA'S

SEASON OF ABUNDANCE

Q) You're a mom of two with baby number three on the way. How are you feeling in this season of expansion?

A) It's a mix of gratitude, excitement and a little bit of nervous energy. For a long time, I was on "build mode", focusing on my studies and my career, which meant I couldn't be with my kids full time. Coming back to live with them and now expecting another has been deeply emotional. It feels like I'm stepping into a new chapter, not just as a mom but as a whole woman, more grounded, more present and more in tune with what truly matters. It's a big shift, but it feels like the right time.

Q) How has motherhood shaped the woman you are today?

A) Motherhood has softened me in ways I didn't expect. It's shown me how strong I can be, even when I feel unsure. Having been apart from my kids for a time gave me a deeper appreciation for the little moments, the hugs, the bedtime stories, the netball matches, the chess games and even the chaos. I've learned resilience, patience and how to keep showing up, even when it's hard. I carry my kids in everything I do, and it gives me purpose and fire.

Q) How do you nurture your emotional well-being while caring for a growing family?

A) I've learned that taking care of myself is not optional, it's essential. Whether it's journaling early in the morning, praying, meditating or even taking a nap, I try to create small pockets of peace. I also lean heavily on my husband, talking to him about certain feelings, having honest check-ins with him and myself and allowing myself grace. Some days I'm thriving, some days I'm surviving, but I remind myself I'm doing my best and that's enough.

Q) What's something about motherhood no one prepared you for, but you've now embraced fully?

A) No one prepared me for the emotional rollercoaster, the guilt, the second guessing, the way your heart feels like it's walking around outside of your body. I used to think I had to get it all "right" all the time but now I've embraced the messiness. I've learned that showing up with love, even when it's imperfect is enough. Motherhood doesn't come with a manual and it's okay, we grow into it.

Q) You're raising the next generation, what values are non-negotiable for you as a mother?

A) Kindness, honesty and self-respect. I want my kids to know that their feelings matter, their voices are powerful and that they belong in any room they walk into. I also want them to be aware of the world around them, to care about others, to stand up for what's right and to never lose themselves.

Q) Many women struggle with the pressure to do it all. What would you say to a young mother feeling overwhelmed right now?

A) BREATHE! You're not alone. You don't have to do it all to be a good mother. The pressure to be everything to everyone is real but your children need YOU, not a perfect version of you. Let go of the guilt, ask for help, take breaks without apology and remember that your worth is not measured by how much you get done. You are doing something sacred and that's enough.

Q) What's your vision for the future, for yourself, your children, your family and the world you're raising them in?

A) I see a future where my kids are confident, loved, and free to be who they are. For myself, I'm chasing wholeness over hustle, building a life that feels good on the inside, not just looks good on the outside. I dream of a family culture that is rooted in joy, faith and support. And for the world? I hope it's more just, more gentle and more open minded, because our kids deserve that.

Q) This Mother's Day, what message do you want to share with other mothers

A) You are seen. You are valued. Whether you're holding it all together or falling apart quietly in your bedroom, you are doing holy work. This Mother's Day, I hope you celebrate yourself not for how much you do, but for who you are, a source of love, strength and resilience. YOU MATTER!