

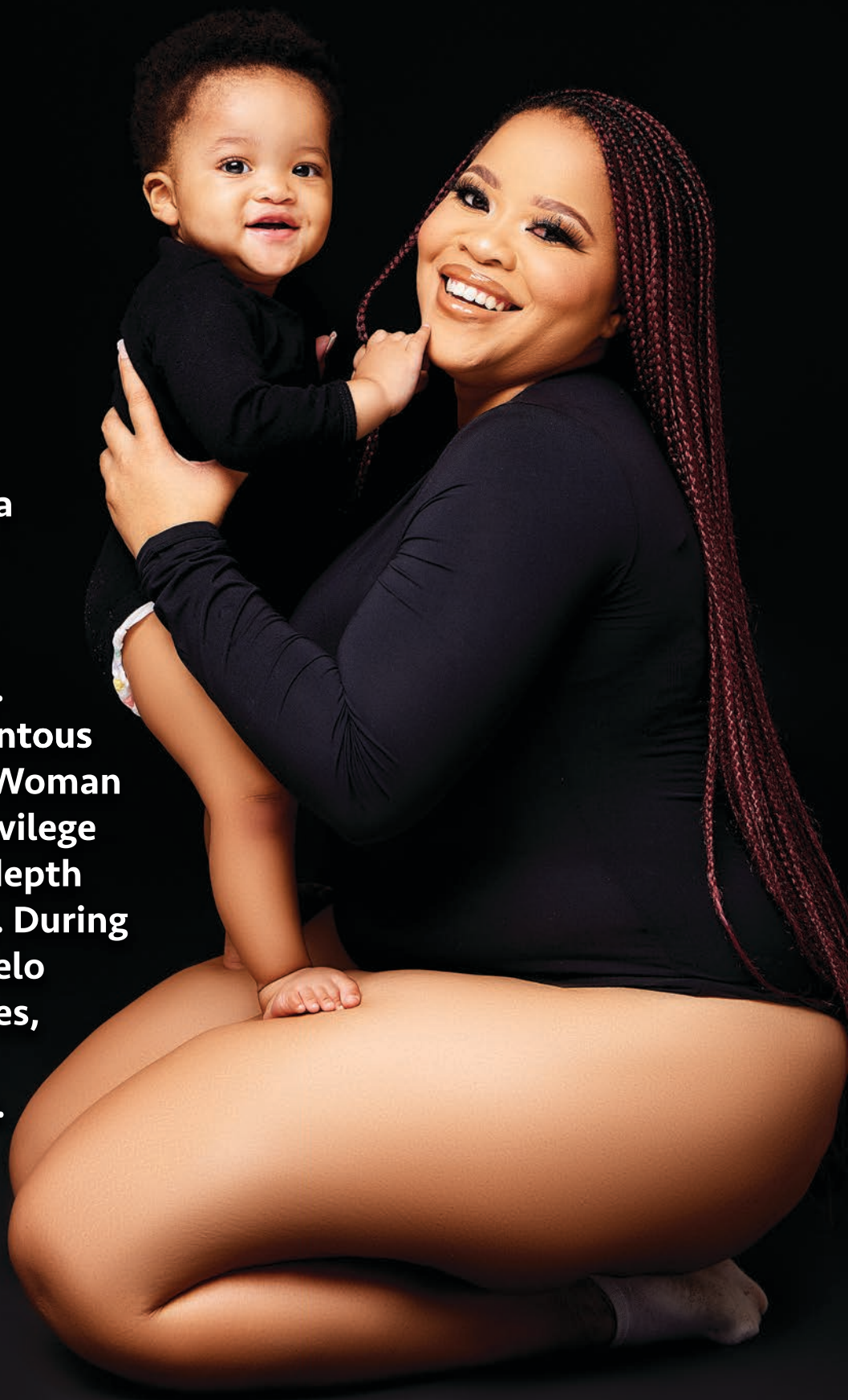
# MILLENNIAL **WOMAN** MAGAZINE



MOTHER'S DAY SPECIAL  
**THE MOTHERHOOD ODYSSEY**  
WITH TIRELO KALE

# The Motherhood Odyssey with **Tirelo Kale**

**Tirelo Kale, widely recognised for being a reality TV star, has recently embraced a new chapter in her life, motherhood. In light of this momentous occasion, Millennial Woman Magazine had the privilege of conducting an in-depth interview with Tirelo. During our conversation, Tirelo shared her experiences, challenges, and joys as a new mother. Here is a glimpse of what she had to say:**







**Q) Please tell us about your pregnancy journey. What are some of the memorable moments of your pregnancy journey?**

A) Nothing could've ever prepared me for this journey, but my pregnancy journey was a beautiful experience! I remember feeling a mix of emotions - excitement, nervousness, and little bit of regret because it wasn't really part of the plan then. The most memorable moments were feeling my baby kick for the first time, seeing the ultrasound images, and hearing the heartbeat. I also cherished the quiet moments of connection with my unborn child, talking and singing to them in the womb.

**Q) How did you prepare for motherhood, both emotionally and practically, before your baby was born?**

A) Emotionally, I prepared by reading books and attending prenatal classes. Practically, I attended breastfeeding workshops, and packed my hospital bag. I also prioritized self-care, taking time for meditation, towards the last trimester I tried a little bit of exercising while was a total failure LOL

**Q) What have you learned about yourself since becoming a mother?**

A) Since becoming a mother, I've learned about my capacity for love, patience (I'm a very impatient person) and resilience. I've discovered a newfound sense of purpose and responsibility. Motherhood has taught me to prioritize, multitask, and ask for help when needed.

**Q) How do you overcome the challenges you face in your motherhood journey?**

A) I overcome challenges by seeking support from loved ones, and professional help when needed. Self-care, self-compassion, and reframing challenges as opportunities for growth have been essential.



Happy Mother's Day

to all the amazing mothers out there!

**Q) How do you balance motherhood with your other responsibilities as an individual?**

A) I prioritize my responsibilities, focusing on what's essential. I've learned to say "no" to non-essential tasks and ask for help when needed. I also make time for activities that nourish my mind, body, and soul.

**Q) Looking at your journey as a mother thus far, what are you most proud of?**

A) I'm most proud of the bond I've formed with my son, watching him grow and thrive. I'm also proud of the person I've become - stronger, wiser, and more compassionate.

**Q) As the we celebrate Mother's Day, what is your message to the one who gave you the title mom, Baby Singa.**

A) To my dear Baby Singa, you've brought so much joy and light into my life. I promise to always love, support, and guide you as you grow. You're my greatest blessing!

**Q) What is your Mother's Day message to other mothers out there?**

A) To all mothers out there, remember that you're not alone. Motherhood is a journey with ups and downs, but it's worth it. Embrace the chaos, cherish the moments, and prioritize self-care. You're strong, capable, and loved.