

Building Our Village: Revisit the Inspiring Conversation with Rashidah Cartwright

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For many women, the journey to motherhood begins long before a baby arrives. There are conversations with loved ones, countless hours of research, doctor's appointments, and preparations for welcoming a new life into the world. Yet even with careful planning and anticipation, motherhood often brings experiences that cannot be fully understood until they are lived.

The arrival of a child is accompanied not only by joy and wonder, but also by sleepless nights, physical and emotional exhaustion, changing relationships, self-doubt, and the pressure to be the "perfect" parent. Many mothers find themselves facing moments of isolation, guilt, or uncertainty as they adjust to their new role, even more so when met with situations they are unprepared for, such as a child being diagnosed with a medical condition, developmental disability, or other challenge that requires additional care and support. There is a need to pause and be willing to look outside of ourselves for spaces that can support us on our journey.

In some instances, those who have come before us have already created the village, and we can simply find it, plug right in, and receive the support that we need. However, in other instances, we have to be the ones to create the community, do the research, and engage with others on their journey. By embracing our authentic selves, being vulnerable enough to share our struggles, and allowing others to walk with us, we find community.

Motherhood is not about being perfect and doing everything by ourselves. We have to give ourselves permission to notice when we need time for ourselves, whether through self-care days, hobbies, making new friends, or leaning on others for support. I came across the quote, "Motherhood is about finding the balance between giving to others and giving to yourself. Both are equally important." and I believe this to be true. Perhaps that is why community matters so much - because motherhood was never meant to be a journey walked alone.

Rashidah Cartwright: From Struggle to Strength
open.spotify.com/episode/2hFkHHEL4c2WoKI761AwmR