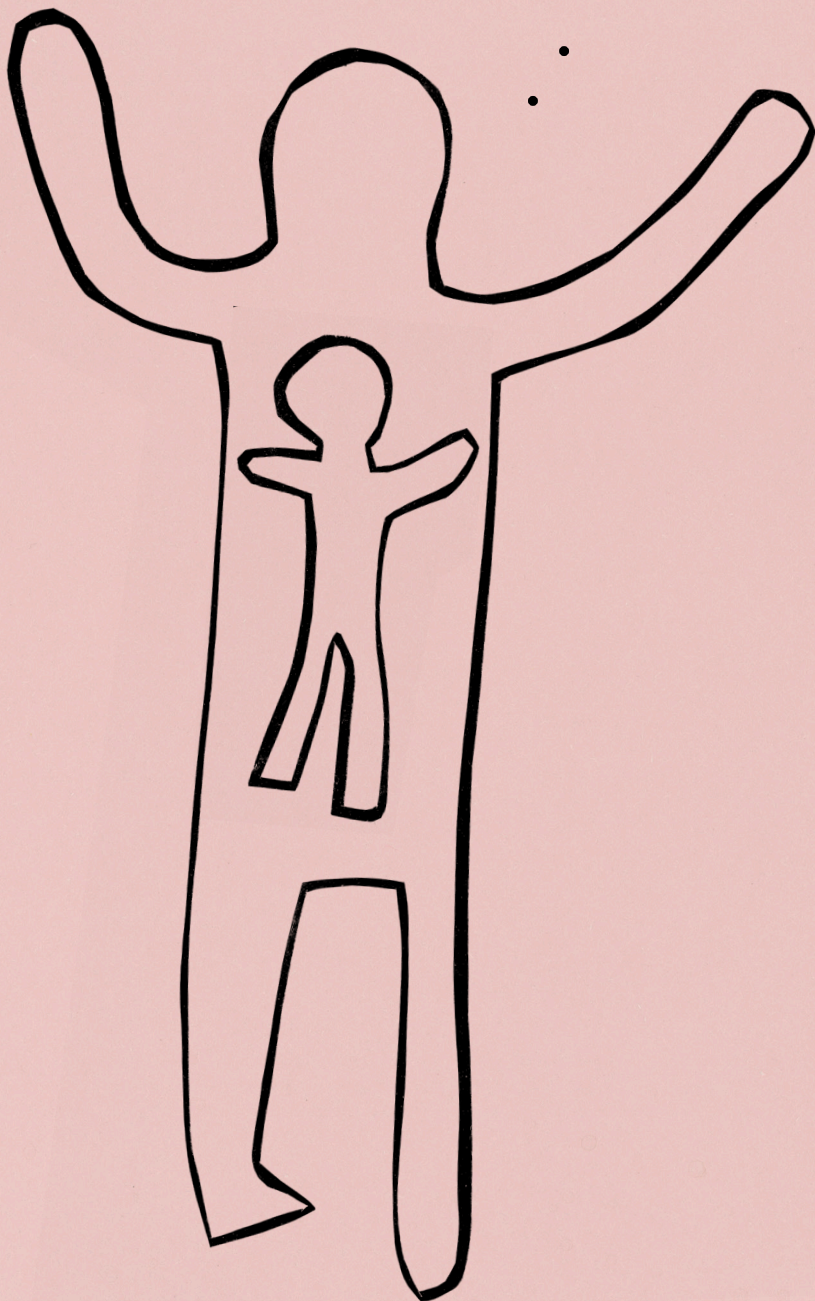


Today I



dA! dA! dA! dA! dA! dA! dAAAA!

GaGaGa

OOOOOOoooooooooooo

Aaaah

Yayaya

GAGAGAGA

Aoooooo

III

Apehta

Mmmore!

BIBBEEE

Brrr

Owwm

UhhyDAIDY

BA BA BA BA BA

MAMABIBEEE

NaNAANA

SHAMALA SHAMALA

Babbila

BUMBER

ABOOL

BUBU

MUMMY

Dadadadada

NIAM-NIAM

AhMummy

How is my child?

In school

Annoyed because
I didn't bring his dummy

Happy

Content and well-fed

Sweaty

Talking a lot

Excited all the time, never stops

Always shy

A mirror of me

Playing with children

Having their own lives

How am I?

I don't know what I'm going to make
for lunch for the kids

Busy

Drained

Tired

Sensitive person

I want him to get off me

The dust is settling

I need some me time

Wanting their independence

Seeing independent playing

Exhausted

I wonder if my poppy seeds will grow?

Today I...

Felt very creative
Felt a bit free
Am as proud as a peacock
Engaged with other mums
Feel peace
Enjoyed using primary colours
Had a bit of time
Challenged myself to keep going despite feeling poorly
Feel active and helpful
Had a baby fall asleep in my arms
Felt inspired
Saw utopia
Had my eyes filled with beauty

29.04

How am I?

Welcoming in a new week
Like I want more of this
Relief
Humming in anticipation
When's he going to poo
Complicated mixed emotions
I'm just tired
We're going to be tired for a long time to come
We're building our tribe
Interested in dyeing

06.05

Today I...

Got distracted

Got to express inner emotions

Used my creative muscles for the first time in ages

Was different without the babies

I broke my shackles

I wasn't free

Spent time with beautiful women

Stunk of cabbage

Was reflecting

I liked this activity

Felt joy in creating something again

How am I?

Relaxed

Famished

A bit stressed... so happy to be here

Chill

I need these vibes

Sleep deprived...

(Don't go to bed with
your nine-year-old.)

Very uncomfortable actually, it just feels weird

Keeping up appearances

(at the moment feels like everywhere)

Sore

Like I'm here but not really here

Struggling to find words

Today I...

Forgot about my baby
Pretended to be a cat
Realised how tired I am
Was helpful
Was inspired
Was weaving
Did something I've never done before
Was concentrating
Has been a nice distraction
Found it hard
to leave my kids
We had a new mum
Liked this activity
Felt joy in creating something again

13.05

I am...

I am exhausted
I am sleepy
I am tired
I am a mummy
I am stressed
I am comfort
I am anxious
I am wracking my brain for words
I am thinking what to have for lunch

I am a BIG GIRL!
I am almost too big
I am struggling to fall asleep
I am terrible at waking up
I am brave to play football
I am fearless on my bike
I am a ball of fire
I am a heavy waterfall
I am a star in the sky
I am a jewel in the sea
I am the moon that moves you

I am picky
I am creative
I am bored
I am whiny
I am tired
I am stubborn
I am determined
I am learning to be patient
I am excited for new toys
I am a bad writer

20.05

I am a mum
I am confused most of the times
I am alone without them feel lonely without them
I am a football player
I am a mum but don't know what is to be a mum
I am sad when I don't feel understood
I am happy I love you mummy
I am a traffic engineer
I am excited but sometimes I have accidents

Always
I am caring
I am struggling
I am fighting for you
I am tired
I am full of hope for our future
I am downtrodden from the system
I am enduring and persevering
I am filled with love at the same time fear
I am worried for you
I am here for you
I am with you
I am your mummy

I am transcended
I am transcending
I am no more
I am again
I am brand new
I am untouched
I am not her
I am not him
I am not me
I am not there
I am not here
I am for him
I am for them
I am for us

I am a new person, a different person
 I am joyous and delight in the world every moment
 I am a gift from another realm
 I am stronger than I think I am, even when I cry
 I am curious about the world and relish it all
 I am extraordinarily peaceful and spend hours in silence
 I am full of love that expands exponentially
 I am gracious and brimming over with generosity
 I am good natured with a smile gracing my lips
 I am always trying my very best and strive for more
 I am loving and affectionate to everyone and anyone
 I am playful and observe the world from the shadows
 I am the woman who came back to life
 I am the phoenix rising from the ashes
 I am the guiding north star in the night sky

I am her

I am him

I am me

I am who I am
 amnyamnyamnam

I am a clam, a pram, a tram, a lamb

I am green eggs and ham

I am a mam aaaaaa

I am mummy

I am listening and holding and doing
 and being and playing and...

I am this and this and that and that

I am who I am

Mummy Superpowers

Eyes at the back of my head

Strength — you don't realise how strong you are

Toys! I have a cupboard-full on rotation

Snacks — lots!

Talking to my children, it helps them
 when they're upset, they calm

Becoming a dog

Not becoming angry

Hiding in a cupboard

Always digging deep

Singing nursery rhymes, specific ones for
 each child: a Japanese one for my eldest,
 and a Spanish one for my baby

Not panicking, reacting in the
 right way in crisis moments

How am I?

Urghh

Grateful

Stunned and shell-shocked to be in this
waking reality that feels like a dream

Tired

Like I'm going to miss this place

I still have the feeling of being scared, from
being woken at 4am by my baby girl who had
a nightmare. I'm still carrying the feeling of how
scared she must have been. I've been awake
since then.

Like I need a holiday without the children

Really unbothered that it's my birthday tomorrow

Stuck in a traffic jam

Struggling to name it

Pleased to see everyone

Today I...

Only just begun

It flew by

Mixed blue and yellow

Raced against the clock

Didn't finish

Was really engrossed

Still didn't finish!

How am I?

Cramping

Sniffly

Getting on with it

Feeling giddy and relaxed

Happy and excited

Chocolate-filled

Responding to demands from various people

Pleased to see everyone and a bit buzzy

Ways to get my child to sleep

Tickly back or a deep pat

A full-blown, two-hour long opera
including acrobatics, tears and singing

She likes to hold my hand

A back rub (in the right place)

Cuddles

Telling them the 'story of their day'

White noise, black-out blinds,
sleeping bag so that they can't escape

A very elaborate sales-pitch

Story-time, but only made-up
boring ones about vegetables
(no exciting details!)

Story-time and white noise

I co-sleep with my child.
She likes to hold my hand,
but she now knows to hold
my shoulder so that mummy
can use her phone. I don't have
much time, so I need to use it!

He lies on my tummy and has his
bottle and I stroke his hair and arms

I walk around bouncing her and
singing her a Spanish nursery rhyme

When I am old...

When I am old I see it all

When I am old I look back and I regret

When I am old I mourn for her

When I am old I long for her

When I am old I search for her

When I am old I am not her

When I am old I know more

When I am old I am no more

When I am old I observe the lines on my skin

And when I am old I see the potential hidden within

When I am old I see it all

When I am old I will be glad you burst into my life

When I am old I will remember how my heart would explode

When I am old I will watch you continue the circle of life

When I am old I will dream of kissing those chubby soft cheeks

When I am old I will think back on each
birthday and milestone fondly

When I am old I will look at my broken body
with ferocious pride

When I am old I will look forward to your calls and visits

When I am old I will be glad my life's purpose
was to nurture yours

When I am old I will wish on every star in the sky
to bring you beautiful bountiful blessings until the
end of your time like mine

When I am old I will know what will have
happened and it will all have been okay

When I am old I will think about when I am older still
and it will be even more starry and bright

When I am old I will continue to learn and to grow,
to be challenged and to rise to it

When I am old things will have changed
and things will be the same

When I am old I will still be loved

When I am old I will still be known and perhaps
know a little more and perhaps a little less

When I am old I will get up in the morning
and go to bed at night and there will be much life
in between and things will continue to be
full, full and overflowing

When I am older I will be wiser

When I am older I will be kinder

When I am older I will be more confident

When I am older I will be getting Botox

When I am older I will have another baby

When I am older I will sleep better

When I am older my children will be older

When I am older I will go on a solo holiday

I can't wait till I'm older

When I am old...
I want to be
Close with my
Daughter
I want to sing
And
Dance with Delight
I want to cuddle
And
Love Fiercely
To feel calm, serenity, peace
the abundance of life
and happiness

When I am old
I am old
I want to sit by the beach with a mountain behind
and watch the world go by
I want to travel the world like a nomad
Eating all the delicacies
I will act like I am 10 again

When I am old I will have a pet
When I am old I will bounce on a trampette
When I am old I will garden all day
When I am old I will know what to say
When I am old I will have friends that last
When I am old I will hardly remember my past
When I am old I will swim in the sea
When I am old I will no longer care what others think of me
When I am old I will have my own room
When I am old I will dare to eat a mushroom
When I am old I will be happily grey
When I am old I will hear from you each day

When I am old...
I won't have many regrets
When I am old
I'll be happy to see my kids
maybe with their own children
When I am old I want to remember
mum and forget the pain
When I am old I'll still
be with my husband
and looking at my kids
very proud

Today I...

Rushed to get everything done
Had to do stop to give a bottle
Joined the 'good time' room
Thought about the future again
Walked from Kentish Town to here
Didn't take myself too seriously
Relieved my stress
Nearly gave up but didn't
Experimented
Kept my bananas through painting in wax
Am grateful for you all
The best part of my week so far
Was moved by everyone's words

03.06

Best 'me time' this week

Going to the toilet and locking the door
Napping, as resistance
Having a smoke with my husband
once the kids are in bed
Netflix and a beer
When I have time to do my own work
and not be interrupted. (I'm making illustrations
for a children's book at the moment.)
When the kids are in bed, lying on the sofa with
the tv on and my laptop on my lap for my studies
Accidental me time!
I got 45 unexpected minutes in the allotment

10.06

How am I?

Achey back

Burnt out

Missing the kids

Tired

Tired

Tired

Exhausted

They want... I want...

They want my boobs

I want my body back

They want to party all night

I want to wake up at bedtime

They want cuddles all day

I want no-one to touch me

for an hour

They want to chat chat chat

I want to read at least a sentence

of my book

They want mac 'n' cheese,

fried fish and rice

I want a chef

They want more siblings

I want to have a hot girl summer

They want to play all the time

I want to lose my weight

She wants to go to nursery with brother

I want to start up a business

He wants to watch cartoons non-stop

They want more of my time

I want them to be independent

They want love

I want to make sure they have

all the love they need

They want to show me how much

they are growing and learning

I want to keep supporting them

He wants a hug
I want to pee
He wants a cookie
I want to prevent cavities
He wants to watch Teletubbies
I want his brain to thrive
He wants to hit me
I want to not be hurt
He wants it all
I want nothing but goodness for him
He wants all of me
I wanted to give him all
He wants more
I gave him more

They want... I want...
... All of me and more,
sometimes it's too much
... to sleep, to feel whole again
Different things, out of sync
In the end
Ultimately
To be happy and safe...

They want me
I want me
They want toys
I want toys
They want food
I want food
They want daddy
I want daddy

They want a room each
I want a garden
They want to walk alone
I want to walk beside
They want ice cream
I want ice cream
They want to stay together
I want to sometimes leave
They want waltzers and fireman poles
I want the world to wake up
They want witches' broomsticks
I want a ceasefire now
They want to stay up all night
I want for children everywhere to sleep

Aurora wants to play all day
I want to chill out and relax
Aurora wants a snack, snack, snack
I don't want to move at all
Aurora wants to scream and shout
I want to block it all out
Aurora has too much energy
I can barely keep up

Today I...

Don't want to go back to being a mum
Only just started
Ignored the clock
Did something out of my comfort zone
Was inspired by others
Have been thinking about Peppa Pig
Have had memories from school
Have back pain
Got all knotted up

10.06

How am I?

Very sleepy
Cramping
Heady
Sad
I don't know how I feel
A bit sick actually

17.06

Today I...

Embroidered
Shared silence
Gave away my weave
Enjoyed receiving a weave
Didn't have to go back to crèche
Nobody was called back!
Fell asleep on the bus
Really enjoyed watching how the paint
dropped and bled into the fabric,
it felt meditative
Felt various emotions

17.06

How am I?

Very tired, burning eyes
Feeling productive
Excited to be back
I've had better mornings
Mixed emotions: confused, worried, angry
A bit sad
Blessed
Between excited and sad
Urghhh

24.06

List of us

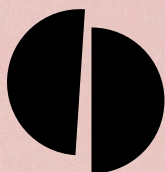
	Endless cuddles, long showers, fruit fruit fruit, little veg, sticky fingers, frayed books loose tops, colouring, stamps, markers	Unicorns, rainbows, princess dresses, jewellery, matcha, duck, arts & crafts, lollipops, snacks, park, singing, dancing, cuddles, snuggles, kisses
Rattle, tools, bottle, stones, sun cream, blanket, hats, bouncer, sippy cups, nappies, bath toys, plastic cutlery, teddy bear, bibs, socks, comforters, pyjamas and our hearts	Teletubbies, songs, Teletubbies, books & toys, big hugs, toy cars, bananas, watermelon, mango, but only the best ones, scooter, dummy, or should I say mummeeee, water bottles, pancakes, Weetabix, Dugee, books, books, books, Iggle Piggle, Upsy Daisy or should I say muh-mai	

Today I...

Made a book
Felt brand new
Came full circle
Showed up
Actually finished
Feel sad that it's finishing

From April to July 2025, the Foundling Museum partnered with Home-Start Camden & Islington and 1A Children's Centre on a creative project supporting parental wellbeing. Working with artist Nicole Morris, local mothers used textiles and creative writing to explore themes of motherhood, memory-making and transformation.

Becoming a mother is a time of change and metamorphosis. The group explored how this can impact on identity, through questions such as 'how do we change as we become mothers?' and 'in what ways are our children a part of us or separate?'. The written works in this publication were made during this collective exploration.



**Foundling
Museum**

**H&ME
START**
Camden &
Islington

