

#NoFilter

> WHERE LATINOS TELL IT LIKE IT IS

WE ASKED. YOU ANSWERED.

What's your favorite part of your mom bod?



"My **brain**. I've learned so much about the world and myself since becoming a mother to my son, now 5 months."
—**Carolina Rodríguez-Neufeld**; Houston, TX

"I've always had bigger **arms**, what my *mami* called *brazotes*. Now, though, these are the arms that get to embrace my 2-year-old son and carry him around when we play."
—**Jessica Collado** Mesa, AZ

"When I was growing up, my nickname was 'Flaca.' After having two boys, 6 and 3, I've filled out and my **breasts** are much fuller. It makes me feel sexy!"
—**Vivian Pazos** Newburgh, NY

"My **hips** have widened in the best way—when I dance, they sway and flow like never before!"
—**Elha Cardona** Portland, OR

"Definitely my **C-section scar**, aka the smile on my belly!"
—**Christina Mendoza** Plymouth, MN
—BY DIANA AYDIN



Holding On to Hope

Infectious disease expert Yvonne Maldonado, M.D., is the first to admit that staying positive during a global health crisis isn't easy. Even so, there are plenty of reasons to believe in a brighter future, says the Mexican-American mom of three.

1 / MEDICAL BREAKTHROUGHS

"Developments in vaccines mean we can build immunity in our communities. And if everyone takes proper precautions—wears masks, socially distances, and washes their hands—we will make it through this."

2 / THE SCIENTIFIC COMMUNITY

"It's remarkable how doctors and researchers from around the world have come together, shared their expertise, and collaborated on outreach."

3 / RESILIENCE IS OUR THING

"I founded Stanford's Pediatric HIV Clinic in the '80s. What I witnessed was horrifying. Eventually, though, we overcame, and we will again."

4 / FAMILY TIES

"At 87, my father is still very active. But, last year, he was getting lonely living on his own. So my oldest daughter and her husband moved in with him. The way they united is incredible. It reminds me of the power of the human spirit."

—DAMARYS OCAÑA PEREZ

ILLUSTRATION BY GROWNIJA.

Pretty in Pink

With a little creativity, graphic designer Andrea Ramirez transformed her family's dining room in San Rafael, California.



"As a little girl, I was enchanted by the colors in my hometown of Mexicali, Mexico, from the pink *casas* to the vibrant *alebrijes*. When my husband and I bought our first home in 2019, I wanted to pay homage to my heritage. That way, my daughter, Emilia, 4, always knows her roots and our *familia* doesn't feel so far away. All it took was a few cherished mementos, some photographs, and a fresh coat of paint!"

• TABLE RUNNER

"Hand-embroidered from ArteMexicoBoutique, an Etsy shop in Zapopan, Mexico."

• OVERHEAD LIGHT

"It reminds me of papier-mâché balloons I'd make as a kid."

• PAINT

"Custom-mixed based on a favorite runner. Whenever you see a shade you love, hold on to it!"

• MEMENTOS

"I add pops of color with little souvenirs—a tree of life, a skeleton, and a sacred-heart ornament."



• BOOKS

"Never underestimate the power of bold books to bring a room together. I constantly reference the top one, *Mexico: The Cookbook*—it has the best chiles rellenos recipe."

• DOLL

"My mom bought this *muñeca* in Mexico—now it's like she's part of our dinner convos!"

• TABLE LAMP

"Accessorized with pom-poms I knitted for extra flair." —D.A.

FUERTE TOGETHER

Three moms who gave birth while social distancing share how they found support through it all.



"When the pandemic hit, I was 7 months pregnant with my second daughter, Cooper. To say I was freaking out is an understatement! So I posted on social media, asking other

expecting moms to get in touch, and created an Instagram group chat with more than 40 mothers from all over. It became a safe space to ask questions, voice worries, and swap info. Even post-birth, I always know where to turn for a pep talk."

—Morgan Penderson; Queens, NY



"I always imagined that when I had a baby, my mom would be by my side while the rest of my family camped out in the waiting room. Because of hospital restrictions, that wasn't possible. But the nurses were

amazing. One even whispered words of encouragement as I pushed. It was the closest thing to having my mother in the room as I welcomed my son, Israel."

—Laiza Montanez; Philadelphia, PA



"My husband, Juan, has been working from home during the quarantine, and it was especially nice to have him around while I recovered from my fourth cesarean. He took care of our older kids, ages 4, 3,

and 2, so I could focus my attention on our newborn, Audrey. Most important, he makes us all feel so loved."

—Joceline Raad; Cooper City, FL

—IRINA GONZALEZ, HOST OF THE PANDEMIC MAMA PODCAST