

MOTHER'S DAY MUMS KEEP THEIR GROOVE: TRADITION TURNED AROUND

BY RANELL D. NSEREKO

On any given weekend in Uganda's cities, mothers are stepping out, not to escape their responsibilities, but to reconnect with themselves.

For a long time, motherhood has been painted as an all-or-nothing role, one where personal enjoyment is sacrificed at the altar of responsibility. Nights out become rare, and many women begin to feel like they have lost a part of who they once were. Several mothers are now challenging that narrative.

BEYOND PARTYING

Motherhood changes many things, but it does not erase the person you are. The love for music, laughter, dressing up, making up and connecting with friends does not disappear.

"I had to learn that taking a break doesn't make me selfish," says Annelah Kemanzi, a mother of two. "It actually makes me a better, happier mum."

For many women, keeping the groove is about holding on to that sense of self without compromising their role as caregivers.

What "fun" looks like after children is not what it used to be, and that is okay. Gone are the days of unplanned nights out that stretch into the early morning. In their place is a more intentional and balanced social life, where mothers now opt for planned dinners with friends, occasional girls' nights, relaxed daytime hangouts like brunch or events, and carefully chosen outings that truly feel worth the time spent away from their families.

DORCUS BASHEBA, AKA MAMA D

Being a mother of twins means your time and energy are constantly in demand, so structure becomes your best ally. Simple routines like preparing for my morning the night before, synchronised schedules for the twins and clear work boundaries make a huge difference.



For many mothers these days, motherhood calls for more than one role so that the woman does not forget who she is



"I don't just go out because I'm bored anymore," Kemanzi explains. "I go out because I need that moment to breathe, to laugh, to feel like myself again."

Kemanzi's going out includes activities like brunches, live band concerts and road trips.

Fun has become more intentional, more meaningful and in many ways and thus more fulfilling.

BALANCING ACT

Mothers who successfully maintain a social life are not doing so by accident. Babysitters are arranged, partners step in or relatives offer support.

There are also clear boundaries that guide this lifestyle, with many mothers choosing not to go out too often, setting specific times to return home, and avoiding overindulgence so they can remain fully responsible for their families.

"I can't afford to be tired the whole weekend," Nancy Akello, a working mother, says. "I plan everything. If I go out, I know exactly how I'll recover and still show up for my kids." One of the biggest challenges is not logistics; it is guilt.

Society often expects mothers to be constantly present, leaving little room for personal time. A mother who goes out may be judged as irresponsible, while the same behaviour in fathers is often overlooked.

"There is always that voice asking if you're doing the right thing," Akello admits. "But I've learned that being there for my children doesn't mean disappearing as a person."

Behind every successful balance is a support system. Some mothers rely on understanding partners, others on family members or trusted caregivers. For single mothers, it often requires even more planning and intentional decision-making. However, one thing is clear: Keeping the groove is not about neglecting responsibilities but about organising life in a way that allows space for both duty and joy.

NEW BREED OF MOTHERHOOD

What is emerging is a new definition of motherhood, one that is not rooted in sacrifice alone, but in wholeness. A mother can show up for school runs and still dress up for a night out. She can nurture her children and still nurture herself. She can be responsible and still be vibrant.

In cities like Kampala, where life moves fast and social culture is rich, this balance is becoming more visible. Mothers are no longer choosing between family and fun; they are learning how to hold both.

Keeping the groove on is not about holding on to the past but evolving with it. It is about understanding that motherhood does not end your story; it adds a new chapter.

WHAT MOTHERS SAY

JOVIA IBUGA, OFFICER AT TREP KCC

It is not really a perfect balance; it is a constant adjustment. I have learned to redefine motherhood. Sometimes it is simple moments with my child, but I also make sure to go out at least once a week to



recharge. That helps me give my child full attention during the week and manage the guilt. I also protect my "me time" because it helps me reset. Not every day feels balanced, but that is normal. What matters is whether my child is secure and I do not lose myself.

HADIJAH KATUSABE, ACTRESS

Being at home with my children taught me how to balance my groove and responsibility. In my younger days, I gave almost all my energy to my social life. However, as I have grown, I have become more intentional. Now, when I step out, I make sure my children



are well taken care of. I will often bring back something like pizza so they do not feel left out. I am also a busy person with work, so weekends matter. I make sure they enjoy a good meal and quality time before I go out with friends. That way, I enjoy myself knowing everything at home is settled.

KAROLE KASITA, MUSICIAN

Being a mum to King did not stop my groove; it just changed how I move. I am still a performer, I still love the stage, but now everything is more intentional. I plan my shows, my outings and my time so I can give King the attention he deserves.



Sometimes he is even part of my fun. Of course, I still step out and enjoy myself, but with boundaries. I know when to switch off and be fully present as a mother. For me, it is about balance, discipline and remembering that I can be both an artiste and a great mum.

REBECCA KENYANA, AKA BECKY BAKES, BAKER

Remaining in the groove requires partnership. A supportive home where responsibilities are shared makes a significant difference. You cannot pour from an empty cup, so taking care of your own wellbeing and having a good time is just as important as caring for your family.

