

Get out of the house

Dear Mum,

I remember a lot of joy when each of my children was born, but also feeling overwhelmed. "These are my babies and they are coming home with me?!" So many emotions that it is hard to name them all.

Motherhood didn't feel how I thought it would. Breastfeeding was invaluable. It didn't always come easy (especially first time round) but it was something that I could do for my babies even when my emotions were all over the place. There is support out there and people who can give you accurate information and resources. Talk to the lactation consultants, call the ABA helpline (put them on speed dial!), meet other breastfeeding mums and hang out with them.

Find a village of people who parent in a similar way to you and cling on to them. Everyone will have opinions on what you're doing. Ignore them! On that note - find things to do that get you out of the house. Maybe not every day (depending on how introverted you are) but at least a few times a week. Libraries are great. My boys love the baby rhyme time sessions.

Motherhood came more easily when I decided to block out the world. (Or at least some bits of it.) So many people wanted to tell me what to do or how to parent my baby - but listening to my instincts kept me on the right path for us. The other thing about the first year is that babies change so quickly.

The changes won't always make things easier either! But at least they will be different. Things that are challenging now will be easy one day.

Things that are easy now may unfortunately be harder. That's normal and it doesn't mean that you're doing something wrong or that your baby is a "bad baby" or "spoilt" or "demanding". Breastfeeding, babywearing and patience got us through. Find your village. Trust your instincts.

You got this.

Best wishes xx