

Fear is normal.

Hi new mumma

Welcome to the club!

How are you? How was the birth? Probably not exactly as you expected!

I didn't know what to expect and after 42 hours of labour and an emergency c section my little guy came earthside and my heart filled with love like I've never experienced

It's an amazing experience, a lonely experience and an exhilarating one too.

No doubt your family are surrounding you with love and admiration for growing this little human and now your job is to love, guide and protect that little darling for the rest of your life.

You are incredible.

Mother's Day is a day I've always thought to be so commercialised but now as I enter into the 2nd one for me with my 18 month old I'm so excited to have a day dedicated to the super mums we all are

We work, cook, clean, sacrifice, kiss boo boos and love so fiercely... this day is a day to celebrate us the incredible ladies who are raising the next generation of incredible humans.

I remember when my son was born having such highs and such lows in the hospital (I was there for 5 days)

I was so in love, then also so terrified. What if I didn't know what his cry means? What if he felt poorly and I didn't know? What if he needed me and I wasn't there?

These fears were so real but so unfounded

That wee bub grew inside of me he was literally a part of me.

Yes I get things wrong, yes sometimes he's poorly and I've been slow to take him to the gp for a checkup and yes sometimes I'm not here when he wants and needs me. But he knows my love, he feels my love and everything I do I do it for him

You my darling new mum are just going to be the best. You'll be the best not only because you want to be but because you just are.

If I had advice to new mum me and I'd just say

Take it all in, take it slowly, there's no pressure. You'll get there. You'll have lonely days and days you don't shower, brush your hair or leave the house... that's ok.

But do try and get out. Take a walk , go to rhyme times at the libraries in different suburbs.

Chat to mums at the park as they push their prams. They may be strangers now but they may be your new best friend!

My dearest mum friends are ones I met on a lonely day when I pounded the pavement to get out and do something ... anything.

And you know what? They were in the same boat too!

Enough of the advice though

Today is to celebrate you

Congratulations dear new mummy

You've got this

Love a fellow mummy