

This too shall pass.

Congratulations on becoming a mum!

This new phase in your life will challenge, frustrate and inspire you!

I have 2 boys and while I can't claim to be an expert I do have a few personal 'truths' to share.

You will question everything - I remember standing in the chemist with my first baby in the pram, pondering the merits of different brands of nasal spray. I was there for 40 mins googling each brand and reading some very questionable blog posts before selecting one to buy. In those first few months every decision I made felt huge and I over analysed every little thing. If you find yourself doing this, don't worry you're not going crazy and it will get easier. Trust your judgment, you're pretty much always right.

You will mourn your old life - this doesn't make you a bad parent it makes you human. I remember having the biggest meltdown at a friends engagement party because I'd taken ages to get ready and look 'nice' then 5mins after arriving my son vomited all down my front. I hid in the bathroom and cried because I just wanted to be able to drink wine wearing a nice (clean) dress.

You will feel guilty about everything - formula feeding instead of breast; guilt. Letting your 2 year old watch 6 episodes of paw patrol back to back so you can have some peace and quiet; guilt. Feeding your baby purée from a pouch because you were too exhausted to cook and blend a thoughtful mix of organic fruit and veg; guilt. Try to let yourself off the hook. There's a lot of parenting advice out there but that doesn't mean you have to do it the way the 'experts' claim is best. Also, find some like-minded mum friends who embrace the tv/packet food/afternoon wine drinking because we all need a little validation sometimes.

At some point you may experience some rage towards your partner. Competitive tiredness, parenting disagreements, lack of understanding about what it's really like on mat leave, his ability to have guilt free nights out... the list goes on. Don't worry, the rage goes away once you find your way to balance your new life as a couple. I managed to get back to liking him enough to have another baby!

And finally... 'this too shall pass' - this was my mantra. Don't get me wrong I've had some priceless moments with my babies but every time someone went on about 'cherishing every moment' because it 'goes so fast' I wanted to scream. My mantra was to get through the tough times. Feeding problems; this too shall pass! Sleep regression; this too shall pass. Toddler tantrums; this too shall pass. So enjoy the good bits and don't worry the crap bits will pass.