

You are raising the future

Dear new Mum,

I can't believe that I have been lucky enough to be read by you! You who has just delivered your first baby - one of the most magical and special moments of your life.

Perhaps, like me you have had a traumatic birth experience. Please don't let that hold you back. You are going to be the best mother you can be and no one can stop you! If you need help, please ask for it! Anybody who has been there and done this knows that being a mother is the HARDEST thing in the world. But there is nothing more joyful.

Please spend as much time as you can just soaking in your new baby. I promise you these loooooong nights are suddenly going to be over and you will be wondering why your arms feel so empty without your baby to hold. Don't listen to those who try to tell you to leave your baby to cry, that you hold them too much, or feed them too often.

You are your baby's entire WORLD and you can't do too much for them. They are going to love you so much. And you will love them with a fierceness you didn't even know you had inside you!

Now some practical tips that helped me cope with the newborn period: Ask family and friends for help around the house, if possible set up a regular time once a week (or more!) for the grandparents to come over and watch baby so you can take a break to have a shower, go for a walk by yourself, spend time with your partner etc. Buy a white noise machine and use it for when baby goes to sleep.

Find a friend who is also a new Mum so that you can share similar experiences with someone going through the same things you are. Buy a lot of microwavable meals. See a psychologist if you have ANY anxiety or sadness after the birth (particularly if you had a traumatic birth) Give yourself time to heal physically from the birth. Don't worry about losing the baby weight until your baby is at least 1 year old. Keep baby in the same room as you in a cot next to your bed - so much easier for all those middle of the night feeds. Don't expect to know what to do all the time - just be there for your baby, hold them and respond to them when they cry. You are raising the future. I wish you all the best!

Love from one mama to another.