

## It's OK to feel lonely

Dear New Mum,

Wow. Just wow. Congratulations.

You have a lot to learn now and you will be very busy - but you will cope, you will figure it out, or at least fake it until you make it. Nobody knows what they are doing when they are first time parents, so why should you? Be kinder to yourself and know that things will be OK.

You will get a lot of conflicting advice, including from health professionals...and YOU get to decide what you want to listen to. A mother's instinct is a real thing...it will activate when it needs to...and if something feels wrong, then you are right that it is wrong. You will know.

But don't stress about instincts, they will kick in when they are meant to. All babies are different and all mums are different. Very important to remember this.

You are not in a race. People around you will be obsessed about asking whether your baby is sleeping through the night- it will put unnecessary pressure on you

1. It's none of their business.
2. Hardly any babies sleep through the night because it is totally unnatural for them to do so. Either engage with them politely or tell them to stop.

You will feel lonely if you don't have a support network around you, which may seem odd since you always have someone new in your company! But your new playmate is amazing so take a deep breathe and look at him/her and remember you are doing the most important job in the world.

It is however ok to feel lonely - it doesn't make you a bad mum. You are adjusting. Give it time.

Mother's groups are good, but also like being at high school so tread lightly. You won't get along with everyone or appreciate everyone's advice but take it as it comes. You don't have to keep up with all the trends of big parties and photos of every milestone and expensive sensory classes.

Your baby needs you and only you. You will learn to be more patient, more patient than you ever thought possible. Again another super power! You will also have a huge amount of love in your heart - a feeling so strong that will ensure you will do anything and everything you can for your new child.

You are stronger than you think. You can do this. You are doing this. Keep up the great work - you are already a fantastic mum because you are trying.

From a fellow mum like you xx