

The housework is not important

Dear Single Mum

Congratulations! Take a deep breath because you have got this. It took me a little time to realise that women with partners can't and don't do it all, so we definitely shouldn't be hard on ourselves if we accept help and support. Include yourself in the photos you take, you will treasure those the most. Make sure your GP or MCHN or both know you are raising your baby in a single parent family.

They may be able to direct you to resources if you need/want them. Breastfeeding was so hard for me. I got home, alone, couldn't breastfeed and was expressing every three hours and feeding every three hours. It was so much. I felt like a complete failure when my baby and I moved in with my parents. Here I was 37, chose to have a baby as a single parent and I needed help. My dreams were of my child and I conquering the world in our home. Not being dependent on others.

It was the best thing that could have happened. My mum and I grew closer. My dad became a different man and our family had a beautiful ray of sunshine. Plus, my cooking, washing and cleaning were taken care of!! Give mothers group a go. Having those ladies for the first year going thru the same things at the same time as me, helped me feel relaxed and normal!!

For The first 6 months I had a nap when my son napped at least three days a week. He woke frequently during the night till 11 months as a breastfed baby and the naps helped me cherish that time. The house work is not important. The dishes are not important. Feeling calm and relaxed and present is important. Sleep helps this. Get out every day. In the early day's post c-section I would walk to the end of the street and we would lay on the grass at the park. Amazing how much my son loved that time and it tired him out.

Those first four months are all about feeding, sleeping and loving. Don't fit into routines or expectations. Listen to your baby. Their needs will guide you. You are amazing. You are definitely enough. And you are all your baby needs. There is lots to learn but you will know. Each phase is a little electric shock to your system and then you move on. And whilst in the moment you question everything and it feels like nothing is helping, snuggle, cuddle, feed and rest. I hope someone is in your corner telling you how wonderful you are as a mother and woman. Because you are.

Happy First Mother's Day. Best gift in the world.

From one Mumma to another. Xoxo