

You can do it

Dear new Mum,

Your little one is so precious and so perfect. And yet being responsible for this tiny baby may feel overwhelming.

I felt completely and utterly overwhelmed for the whole week I was in hospital. (And beyond!) All the other mothers seemed to be coping so well, I felt like such a failure compared to them. I couldn't even walk to the breastfeeding workshop, I had to be taken in a wheelchair. All I kept thinking was that I was the only one who couldn't walk.

I now wish I was more gentle on myself. My husband was trying to help, but everything he said and did actually made me feel worse. He was being protective of our son and somehow it isolated me further. I realised I was in this motherhood thing alone. Six years later, I am still doing it alone. But I have the confidence now to know I can do it. You can do it too.

At first, changing nappies is hard, but soon you'll be doing it like a pro. At first, feeding or settling is hard, but eventually you'll find your way through it. It may never get easy, but you will find a way through.

I found tresillian really helpful, I called their help line a few times. I also got referred by my gp to go to their day clinics twice. They didn't solve the problem really, but they gave me a plan to follow. And they made me feel like I was doing ok. When my gp referred me to a psychologist she said if she could, she would refer every new Mum. This made me feel so more normal, that it wasn't just me struggling. Its not just you. Going to the community mothers group when my son was 5 weeks was scary and an effort. But I'm so glad I did it. It didn't help with the comparing myself to other mums who seemed to be coping better, but I didn't know anyone else with a baby and these mums who were going through the exact same thing at the same time, they were a source of knowledge and community.

The first year is the hardest. I promise it gets easier after that. A year is a long time I know! But get through the first year, forge your new identity for yourself as a Mum, and you'll be stronger by the end of it. I hated hearing this phrase in the early days, as I heard it far too often, but I'm going to say it anyway: the days are long, but the years are short. The nights can be impossibly long. But you will make it and when you look back (mostly) only the special moments remain.

Happy Mothers Day dear new Mum. Love your baby fiercely, slowly count to ten as many times as you need to a day and know that you've got this.

Best Wishes Xxx