

Learning as you go.

Dear mum

First and foremost, Happy Mother's Day. What a special time for you, with your new baby.

Well done, mum! You've done it! Whatever way that baby came into the world does not matter, your child is here now. What an incredible journey you're about to embark on.

I am so grateful for this opportunity to write to you today. The main reason I took the opportunity to write this letter is because I wish I had of received once myself.

My pregnancy was filled with opinions and comments from other mums, most of them slightly negative, even though they were well intended, I'm sure!. I had comments about sleep deprivation, I had immense pressure to breastfeed, I had questions about how big or little my belly was and also judgment because I was booked in for a C-section (even though it was for the safety of my son). The comments continued once I had my boy and I received a million opinions a day, or so it seemed.

Unfortunately, I suffered post-natal depression. The good news is, I immediately asked for help and I received it!

Soon enough, the cloud of doubt and depression lifted and I began to understand exactly how much I adored being a mum.

I have learnt some incredible lessons on my journey and I thought I might share some of them with you.

I learnt to stop expecting so much from myself, I was after all a new and first time mum and motherhood did not come with a manual. I got wee in my eye, poo on my face and vomit in my mouth, regularly, but that was ok! I had to laugh (sometimes after I had cried!).

I learnt that although I couldn't breastfeed, even though I tried every single thing possible, that fed was best and my son just needed to be nourished. I lost half my nipple in the process of trying but the good news is, it grew back!

I learnt that not all mums bond with their babies straight away, and that is OK. It will happen, and when it did for me, it was pure bliss and magic. Soon enough, that divine child will start to interact with you and it is mind blowing!

I learnt that it took me about 6 weeks to get the hang of things. Six weeks for my son to get the hang of things. It was NOT like the movies or the shows, well not all the time anyway. It was ground hog day for a while but it becomes so much more exciting as we both grew into our life together.

I learnt to ALWAYS trust my instinct. There is nothing on earth more accurate than a mothers instinct for her child.

I learnt that my baby just simply needed me! I ignored peoples warnings about spoiling him by carrying him too often, spoiling him by feeding him too much etc. A baby cannot manipulate you before 12 weeks. I cuddled him when he needed it and fed him when he was hungry. I also put him down and took a few minutes when I needed to. He was SO clingy sometimes! I cried and laughed with him and I tried to enjoy as much of it as possible. This is what worked for me.

I learnt that the obstacles pass. Not every night will be sleepless and not every day will be lonely. Everything passes.

I learnt to try enjoy every single part of motherhood, even if I was tired or bored.

I learnt to be kind to myself. My body had just experienced the most mind blowing changes and I just needed to give it time.

I started to understand the term unconditional love. I could not believe that I had produced my son – he is everything to me.

Please Mum, take care of yourself; eat a balanced diet, rest, and exercise so that you have the patience and energy to take care of your baby. As they say, the cure for a fussy baby is more rest for Mum. Remember that no two babies are the same and what works for one does not necessarily work for another. Trust your instinct and do what is right for you and your baby.

Accept help if it is available to you! Involve your partner as much as you can, if you have one. Take time out for you so that you don't become bored and resentful.

Most of all, enjoy every moment. Time passes so quickly and before you know it, they've grown up.

To that little child you are everything and that is so special. Enjoy your mother's day and my best wishes to you and your family.