

You are a warrior. You are a Mother.

Dear new Mum,

I ride high with joy just thinking about the time and place you are in right now as you greet your little blessing earthside. The love you feel will prove to be like no other you have ever known.

But the love that I know now for my two daughters wasn't always so tangible for me from day one, or day two or even week one or week two from their births.

Birth doesn't always go to plan and for your sake, I really hope that you are one of those lucky ones that feels a sense of peace with your birth story. But perhaps you're not. And that can be very confusing, confronting and delve you into places in your head and heart that you didn't know existed. If this is you; know you are not alone. And know; time does let wounds heal even if not completely, it will get better.

Go gently on yourself. Never blame yourself. Don't blame your body, your heart or your soul. You are amazing just as you are. You grew this most precious gift. You brought this baby into the world. You are this baby's Mum. How lucky you both are.

Your baby loves you. Just as you are.

Don't respond to those well-intentioned but sometimes so deeply hurtful comments about your birth if you don't feel comfortable. It is a sacred story between you and your baby. It's no one else's place to tell you how you should be feeling or try to coax you into feeling something you don't. If the constant replay in your head of a not-so-ideal birth gets too much, know that there are some amazing resources out there (books, Facebook groups) and hopefully, there are some gentle people around you who love you and will support you in your time of need. Let them in. When you are stronger you can find the words that work for you to help you out of bad 'birth talk'.

You might be feeling numb or in shock or whatever but you know what -it's 'your' whatever and you're allowed to feel it!! I can almost guarantee that with some time some magic will connect the broken pieces of your heart and tie them even tighter to your little one.

Go gently on yourself. Have lots of skin to skin time, be alone with your baby, just you and baby. Let people help you in ways that YOU want their help; tell people exactly what you need. It might just be one of the few times in a woman's life that people take more heed than usual so don't let this opportunity slip by! Sleep. Sleep whenever you can.

Eat nutritious food. Drink water. Sounds simple huh, but these things are taking us back to our roots; the essence of life, what we need to survive. It is simple yet so profoundly beautiful and with each day your body and soul will get stronger and stronger. You are beautiful.

I honour you. You are a warrior. You are a mother.
Much love and strength.