

## You're still you

Dear new mum,

There were many people and things that made a difference in my first year of motherhood. There were also things I wished for that never happened, but I know would have made a big difference. The midwife in the hospital who commented on how soft my baby's skin was.

The special welcome home I so wished for that ended up being just an ordinary walk in through the back door to a monotone house. The promise I made that I will make sure her life will not be as ordinary as this and that she will be celebrated for she is special and unique and deserves fireworks and streamers. The early childhood nurse who came home and reminded me not to forget myself and to give myself time.

My mum who stayed with us for 6 months and cooked, cleaned, washed and was there when I needed a nap. Without her I couldn't have exclusively expressed day and night to feed my baby breast milk. My mother in law who stayed with us 6 other months and cooked so I can continue expressing. My fellow new mum friend with whom I shared endless walks pushing prams, having pork rolls and huge coconut mango smoothies while keeping it real and sharing the untold secret of not really knowing what we're doing. The same fellow mum who once forgot to put the brakes on the pram and reminded me that we all make mistakes sometimes and that's ok. The librarians who sang out of tune nursery rhymes twice a week and blew bubbles for fascinated little eyes. All those other mums in a local Facebook group who had answers for everything even without me asking.

I wished I had a partner who would support me not to forget myself and be there for us. Unfortunately, this was a too big change for him and he didn't keep up. I wish you have that rock and friend to share wonderful family moments. Please remember - Its still you, the same as you were yesterday. Something has changed - you are forever bonded to a little person that depends on you entirely, but its still you.

Hold on to that so you don't lose yourself.