

No such thing as perfect.

Dear fellow mother,

Congratulations on the birth of your precious little baby!

There is so much information, opinion and advice out there nowadays. It's OK to ignore most of it. These are some of the tips that really stood out from my experience:

Be KIND to yourself. Enjoy the simple pleasures of watching, cuddling and spending some one on one time with your baby daily. This helps you bond with your baby. Eye contact is really helpful too. If you can get others to help with changing nappies, washing, cooking, cleaning etc its a great opportunity for a cuppa and chat, or to go an take a long shower and enjoy a little "me" time. It will recharge your tired self.

Learn to LET GO in the moments where nothing seems to be going right. It will happen. It's normal for babies to cry. That is how we know they need something. There is no such thing as a "perfect" mother. A "good enough" mother is what we should aspire to.

It's OK if all you accomplish on some days is caring for baby and getting yourself fed too. There is nothing wrong with wearing pyjamas till lunch time.

Breastfeeding takes time to establish! Any attempt is worth it. If it doesn't work don't be so hard on yourself. It is hard for so many women! The colostrum is what really counts for gut health. Anything beyond that is a bonus. I spent sleepless months breast feeding, pumping and worrying because my first baby took months to gain proper weight. Following a peadiatricians advice we added alternate formula feeds from 8 weeks and he gained plenty of weight and continued feeding this way till 1. If in doubt see a peadiatrician.

You will have emotional days and surges in emotions as the hormones change postnatally. It's normal. But, if you are constantly feeling sad, depressed, overwhelmed, anxious, alone and/or worried please ask for help! If you don't have family to ask gor helo there are parenting phone lines, mothers groups and of course your GP. So many women get postnatal depression, you are not alone if you are feeling this way. There is help available.

Finally, don't forget to nourish yourself with plenty of fresh food and water. Your body will need the energy to recover and if you are breastfeeding you will be extra hungry.

Good luck. I know you will be the best mother that your baby could have!