

Listen to your baby

Dear Mumma,

Congratulations on your beautiful baby! Life is going to be pretty different from here, but possibly more amazing than ever. I don't like giving advice on babies and motherhood as I believe every Mum & baby are unique and everyone will face their own tough times, although I will share a few things that have helped to keep me sane on my motherhood journey so far

Listen to your baby before you listen to anyone else, be it friends, family or the professionals. Get to know your little one & learn all about what makes them tick. Knowing what works for your baby & for you will keep you sane and help you cut through the overload of advice & information that can send you spinning when everyone has a point of view, which they will do! - Take things hour by hour & day by day.

One terrible night doesn't necessarily mean others will follow, my baby has good days & bad days just like I do, she's a little human after all! Its easy to catastrophize, especially when you're sleep deprived but you won't feel better for it! - Try & enjoy every second, its a cliché but people say it for a reason - time goes so fast & they grow so quickly, the exhaustion & broken nights will fade eventually, all phases will pass & at some point you might even miss the 3am feeds & cuddles - might! - To quote one of my favourite songs; its always darkest before the dawn!

This was true for my labour experience & for every phase of parenthood I've experienced so far, whenever I feel like the wheels are falling off & I can't cope something happens or changes and we manage to move onto brighter times.

Take care of yourself, be honest about what you need in terms of support & how you're feeling, especially with your partner. You need to look after yourself to be able to take care of your family as one of my good friends likes to remind me you can't drink from an empty cup?

Enjoy your baby, your family & the adventure whenever you can.

Best wishes xx