

Ask for help.

Dearest supermama,

Firstly congratulations - can you believe you have created this amazing little person. Well done, you've done so good. It hasn't been easy with morning sickness, swollen feet, gas, your body changing in so many ways but you got there so well done.

It will be tough- but you will get through it. If millions of mums before you have raised children why can't you! In the early days just concentrate on baby and you. Don't worry about the housework, chores etc. that can wait. Your job now is to take care of this little one and that is a huge job in itself, harder than any other job. But remember you got this.

Join a mother's group. You need the support of other mums going through the same stages as you. You need friends with babies- they will get you in ways others can't. Even if you don't want to meet them. Make an effort once a week. Get ready, get out of the house get fresh air it will do you good and you will feel better after.

I've got 3 kids and this really worked for me. Feed one side, change nappy and then feed the other side. Even if Bub is sleeping wake by changing nappy so you can feed the other side. This ensures they are full and then they should hopefully! sleep for 2/3 hours so you can nap to. Try and nap when Bub does. It also helps improve your milk flow. And if you can't breast feed or don't want to- that is ok too. Don't feel bad just trust your gut, we know your doing the best you can. Also every baby is different try different things see what works for you. It's all trial and error no set rules, make them up as you go along. It's your child not everybody else's. Take on the advice you want to.

Ask for help. Friends to watch bubs so you can shower, have a coffee, finish an email, Grab a ten minute nap. Neighbours, family, mums groups, are often happy to help you just need to ask. Use the resources around you. You will find your way. And some days are really bad and you feel all alone and so tired. Tell someone, talk about don't let it eat you up. It's normal to feel sad, alone- this is a life changing event. If you get so low- that's ok but do get help. Speak to another mum, friend, doctor, etc and find a way to get support. As the African proverb says- It really does take a village to raise a child!!!

It does get easier. Remember babies love routine, so after the first (do what you need to do to survive!!!) 3 months or more try and get into a routine. The app wonderweeks is great to explain a lot of the stages baby goes through.

Look at baby, smile, laugh. Enjoy each day when you can. Sometimes your so tired you forget this. This baby will change your life in so many beautiful ways. You a supermama, never forget this. You got this. Lots of loves xox