

Savour each moment.

Congratulations on the birth of that precious new bundle. What a perfect gift for Mother's Day and no doubt a relief that bub arrived safely.

The bond between a mother and child is one of the strongest in existence. It is a kind of love that is never understood until it happens to you. This is one of the most profound moments in your life, and undoubtedly, it will change it for the better.

Whether this is your first baby, your last or in between, don't forget to savour each moment. Breathe deeply that new baby smell. Commit each little detail to memory as best you can. The tiny fingers and toes, the peachy fuzz of baby hair, tiny clenched fists, that curled up pose that they lose so quickly, the squeaks and yes, even grunts! The days may be long, but the years are so cruelly short. Gilda Radner so famously said, "Motherhood is the biggest gamble in the world. It is the glorious life force. It's huge and scary – it's an act of infinite optimism", and I have to agree!

And while there is much beauty to absorb, and you could literally spend all day watching this precious new being, there's no denying that it is perfectly normal to have tough times too (and in those times, your mantra will be "this too shall pass"!).

In those times, reach out. There is no shame in this. In fact, it shows considerable bravery. Call upon your village. Don't let pride get in your way. A village doesn't just have to be your family. Be creative: friends, health professionals, your Mother's Group, playgroup or neighbours. You may even find genuine support in places you didn't expect.

Wishing you both a lifetime of love, hope and good health. I hope your journey as a Mum is incredibly rewarding and welcome to the world baby!

A Mum of three rambunctious kids