

Your gut knows.

Hi,

Firstly huge congrats on your new arrival – I'll bet you can believe that little baby is really yours!

I have two girls who are now 10 and 8 but I will never forget those first few days when I met them both for the first time – the love I felt was unlike anything I ever had before but I was also filled with trepidation and anxiousness – I didn't have any idea how to look after a baby!

Soak up as much as you can from the midwives that are there but always, always trust your gut instinct.

From the time I was pregnant I quickly realised that people will jam advice and opinions down your throat – from the type of delivery you should have, how you should feed your baby, when to give solids, what routine they should have, whether to let them cry or not and the list goes on. Cherry pick this advice and go with whatever works for you and your family. There is no one size fits all approach – people are different and cope with things differently, we all have different lifestyles and you just need to do what you think is best. Having a baby is wonderful but it's not all plain sailing – far from it. There will be tears, exhaustion beyond anything you've had before, nervous times, stressful times, worrying times but there will be such happy times, rewarding times and new family times. Your world will change from what it's been but in a positive way – but yes a different way.

My two daughters are two totally different people – one was a terrible sleeper the other was good, a tantrum toddler and an easygoing toddler and now have grown into two independent girls who I just adore. They keep me busy and entertained on a daily basis – at times I feel like a mad woman screaming to try to get them out the door and me into work on time! I wouldn't change it for the world

Best of luck on your new and exciting journey – don't be afraid to seek and ask for help when you need it, if people are offering support – take it. During the tough times remember you will get through it and be rewarded as a result! Don't sweat the little things and remember to always trust your instincts

Enjoy and Happy Mothers Day!

x