

Don't over think things

Hello,

You have been blessed with the gift of a new life growing inside you .It truly is a miracle !!!
Having said that there a few things I'd like to share with you after having experienced giving life to four amazing daughters who are my most treasured accomplishments !!!

Nothing you have done in your life to this point is as important as the job of being a mum. It is the most rewarding exhausting and sometimes frustrating job in the world .

Don't overthink things. You are doing the best you can. Babies don't come with a manual and it will take a long time to become confident in looking after your baby. But always remember to trust your instincts. And ask for help when you need it

The sleep deprivation is the worst !! The first few months you will feel like your in some sort of trance just going on autopilot. It does get better but enjoy your sleep now while you can

Don't go on social media too much. A lot of it is not what real life is about and it can make you feel like you're not doing a great job

You will make mistakes. But that's how you learn. Children are more resilient than you think Don't beat yourself up about the small stuff

Take time out to enjoy the small moments. They grow up too fast even though some days it feels like they will never go to sleep

Rest when you can. Take the phone off the hook and have a nap when baby sleeps. It will recharge you and you never know what the rest of the evening will bring

The housework WILL NEVER END !!!

Try not to get overwhelmed with it all. Just set yourself a few jobs and if you get more done that's a bonus

Spend time at home regularly with your baby. It's important they get used to a routine and if you are out every day it is difficult for babies to get tummy time which helps them learn how to move and crawl etc

Always remember you are the best mother your baby will ever know. Have faith that you will do a great job

Finally try not to have a rigid birth plan. Well thought out Plans usually turn to shit !!

Aim for a healthy baby and healthy mum. The rest will work itself out. But I do have to tell you it feels like "shitting out a watermelon !!" I wish someone had told me that when I was having my children

Inhale the smell of your baby. There is nothing like it in the world !!!

There's so much more to say. But most of all enjoy the ride and dont blink. They grow up way too fast xxxxx

All the best wishes from one mother to another !! Xxx