

## Stick to your guns

Congratulations!

Welcome to the very special club of Mothers. Nothing prepares you for the joys and worries of being a new Mum. I felt an overwhelming responsibility for my new baby and a love like no other.

Once I was home from hospital, I tried to get into a routine as quickly as possible. No two days were exactly the same though! I was determined to breastfeed my babies and this takes time to establish.

A midwife wisely told me that the baby is learning what to do as well. Don't expect your baby to feed at exactly the same time every day- more great advice I received was that we don't have a coffee at exactly the same time every day so don't expect your baby to as well.

Having contact with other new mums was critical for me. I joined the Australian Breastfeeding Association (it was Nursing Mothers back then) where I received support and information. I also joined Playgroup when my son was only a few months old. This was invaluable also and I'm still friends with some of the other mums - 27 years later!

I found it beneficial to get out of the house every day, even just for a walk and some exercise. Don't isolate yourself. Other great advice I received was rest when the baby does. Be kind to yourself and forget the housework! My mother in law gave me a very hard time and was very critical of pretty much everything I was doing. She criticised the clothes I dressed my baby in, nicknames we gave him, how often I fed etc. You name it she found fault with it!

I really had to stick to my guns, stand up to her and trust my instincts. Listen to your gut but don't be afraid to ask for help too if you need it. I remember the first 3 months to be hard but then everything seemed to fall into place.

Enjoy your baby. They are a wonder. You can never love your baby too much. The time goes so quickly. Before you know it, they'll be flying the coop. Make the most of every little cuddle.

Best wishes xx