

Trust in you vulnerability

Dear New Mum,

Well, welcome to the 'club'. Whatever that 'club' looks like for you, we're all going to be kind and welcoming of you.

We will all respect you and your family and the way in which you choose to parent. There is no need to feel insecure around any of us, so celebrate being you. We all know the sleep deprivation, the self-judgement and the constant line of questioning you're giving yourself – the last thing you need is one of us adding to that. So, instead, please know we are all here to celebrate you, that beautiful bub of yours, and of course the way in which you are connecting together.

The enormity of being a new mum, a new parent can be incredibly overwhelming. Plus, you find yourself in a weird space/time continuum that perhaps you've not experienced...the days and nights are painfully long and drawn out, while also flying by so quickly. Life is chaotic and mundane in the routine of it all. You probably feel trapped and can't really see when it is going to get easier. But at some point, the fog will lift and you'll find your groove. One day soon, you'll be that mum who is smiling and appears to have it altogether.

You might also find your way through a zillion coffees on the way or a few tissue boxes, but time does pass and the fog will one day clear. You are vulnerable with your newborn, and your mind knows it. What you need to be okay with (mostly to save you a lot of time and mental health!) is being vulnerable - perhaps in other incarnations of adult you, you've previously defined yourself as not being vulnerable; you are a strong, resilient and confident woman – vulnerability doesn't really fit in this space. But, now you are a mum, you've got the weight of the world on your shoulders, trying to navigate the world of children and you're suddenly at odds with pre-baby you.

A little PSA New Mum, just to help you out: The secret to being okay with the vulnerability is accepting that your inner strength and resilience will help you maintain confidence when faced with adversity... and, let's be clear: Adversity includes the first 12-16 weeks of being a new mum! Then, once you've had enough practice of being vulnerable, you'll be able to use the experience of getting through time and time again.

So, be trusting in your vulnerability and keep an eye out for that friendly smile from another 'club' member. Oh, and go to Mother's group – you will find some incredibly friendly, vulnerable, strong and resilient other mums to friend, all of whom are craving the same connections as you.

Kind Regards, All of Us,

The Mother Club