

You are as important as your baby

Congratulations on becoming a new mum.

You will be feeling all sorts of emotions at this moment – the good, the bad and the ugly. Stay calm – this is the advice that was given to my mum, when her first child (not me!!) was crying all the time and she couldn't settle him. If mum stays calm, baby will be calm. The more anxious you are, the baby will pick up on this and be anxious as well.

She did this and my brother calmed down and she motored along and felt confident enough to go back and do it all again and had me. Whatever works - this is the advice my mum gave to me when I gave birth to my first child and was feeling totally overwhelmed.

Whatever works for you, whatever works for the baby. If it works for you, use it, do it, embrace it. Don't let anyone tell you what you are doing is the 'wrong way'. Every baby is an individual and will respond to different things, keep trying until you find your way. Get help – this is the advice I had to listen to when I had my second child.

He would scream from 3pm – 3am until we were both exhausted. Tresillian was my answer. Suggested by the community nurse and taken up by one stressed out mum of two. They helped me calm down and realise I was trying too hard to get him to sleep and over stimulating him that he couldn't settle and go to sleep. Re-evaluating what we did at sleep time and a few adjustments and bingo, sleeping baby.....and happy mum—With the added bonus of some advice from them about issues with my toddler.

So, sometimes you just need to ask for help and be assured help is out there. Listen to advice from others, they are well meaning, try it, use it if it works, discard it if it doesn't. No harm in trying new things. Someone may just have a brilliant idea that suits you and bub, something you hadn't heard of before. Just enjoy the whole experience, it's new and it's wonderful.

Good luck and most importantly take care of yourself, you are just as important as your new bub. Look after your mind, body and spirit. Lots of unconditional love is coming your way, the best thing is when they throw their arms around your neck and say I love you mum. At that moment, you know you have done something right.