# Take bubs lead.

Hey mumma,

You did it, your amazing body birthed your baby!! Now your nourishing a baby. It's all a learning curve to care for your baby. It they are pretty easy, well my second is. They cry when they want something usually boob or teat, can't really go wrong can you, they've been a baby their whole life, they know what they want. You've only been a mum a fraction of the time so take bubs lead.

I find trust and instinct so important with mothering. But also informing myself. It's a really fine line between yeah she'll be right to scouring google scholar and conducting PhD level data analysis on Facebook mums groups. I feel like being resourceful so important, so don't let flippant comments about Dr google or he'll be in your bed till college get you down. Is it really an issue? Will you even remember it in 5 years? What's really important?

Any way rest up and enjoy these quiet, well comparative to in a few years' time, newborns are so noisy in their sleep they?! And when visitors come over please ask for help around the house!

Hope to see you on online or face to face or telephone mothers groups and support lines

Xx