Be realistic.

Dearest New Mother,

I'm writing to you in Support of you being you. Having had two children myself, I know how hard we can be on ourselves. The media can portray motherhood as easy and something that comes totally naturally. That nothing needs to be learnt and that everything will always be perfect.

I'm here to say that this is not realistic, it's Ok to not know everything, Ok to have a bad day, it's Ok to ask for help, your doing your best and that's all anyone can ask for.

No one can replace you, people can help and support you but you are your babies mum and that is so precious. Don't let the 'should' do from family, friends or society pressure you into things that don't feel right for you. Follow your heart and please remember we can only be good mothers if we look after ourselves to.

Sending big hugs for those moments when you'll most need them, you are not alone you only need to reach out and you'll find the support you need.

Much love from a fellow Mum