

Be positive with yourself

Dear Mothers,

This is the first time I've ever written a letter to mothers as a mother, so here goes. If there were three key things I would say to a new mother, they would be as follows:

Enjoy each moment. The first week's fly by so quickly. Heck, this first year is almost upon me and I just don't know where it's gone! You're running on adrenalin from the birth, but you soon become exhausted. You're riding the high of a new little person in your life, but also adjusting to all the things that this little person now brings into your life. Savour every moment. Because it goes so fast and there's no getting those minutes, hours or days back.

Positivity. It's easier said than done, but try and stay positive. My first couple of weeks with my little one, involved a lot of stress and heartache. My husband didn't cope well with the change as well as a job change just before bub was born. So we were facing a really tough time health wise for him in particular. Staying positive and trusting that things would work out, enabled me to stand firm, try and be there for my husband and also for this new little person. It wasn't easy, but if I hadn't possessed a positive attitude (as well as a lovely bunch of support from friends and family) things could've turned sour. Also, be positive with yourself (does that make sense?) Don't feed yourself negative thoughts, or worry if you're doing something you feel could be wrong. You've just had a baby for goodness sake, and if you can do that, you can take on the world ;) I guess it's confidence building, but speak encouragement into your everyday life. It made a huge difference to me to tell myself I could do it.

Support. Thirdly, make sure you are open to others offering support. It's all well and good to try and be an independent, super mum, but when others are offering a meal, to clean for you, to cuddle the baby while you shower - take the offer! Don't be stubborn. I leant towards the stubborn side, wanting to care for my family, but you don't get those weeks back and in all, you need all the rest, help and food you can get to build up your energy levels for later on. Seek professional help and support if you feel it is needed too! Try and maintain contact with friends and family and a support network around you, because as time goes by you'll want to share what you're going through, you'll want to hear from others, be encouraged, encourage others, and overall feel a part of this new phase of life with children.

It's a tough gig, some say, but in no way is it not worth it. Those days where things seem to just be going pear-shaped are made so much better by that huge smile or cheeky grin that comes your way.

Enjoy and take care.