

Believe in yourself.

Congratulations!! It's your birthday too mamma! You have just been "born" as a Mum, and are the exact same age as your baby (so keep your self expectations in check- and remind yourself of this often!)

Becoming a mum is the most awesome thing in the universe, ironically it's also the scariest and the hardest, and it's only as you become a new Mum that you can understand that the awesomeness is so much more powerful than the scary and hard.

Put all those baby books away, stop reading all the useless internet articles (because that's what they are - useless!- there are a lot of people cashing in on new parents' vulnerability, by focusing on the 'weak spots').

Listen to your gut, believe in yourself and trust yourself - because you got this!

Your baby will let you know when they are hungry. You will know.

Your baby will let you know when they want to sleep. You will know.

Your baby will let you know when they need to be changed. You will know.

You will know if they need a bath.

You may not have had the birth you wanted...and it's ok to be sad about it. You got this!

Breast feeding is hard, it's so damn hard that there will most likely be tears - different nurses will have different opinions - get hold of a breast feeding consultant, and persist with it for as long as you can (but also know that bottle feeding is also a win).

You may really struggle some days....and that's ok. Stay in your pajamas (or the clothes you never changed out of yesterday), all day...do whatever it takes to get through.....don't put any pressure or judgment on yourself. You got this!

You may not have had any sleep for a few nights (or more), lean on your family and friends - they will love it! Trust me. Then go have a shower, and get into bed. We all need a little help from our crew. You got this!

Don't sweat the small stuff!

Don't be afraid of your baby, they may be small but they're pretty sturdy little things!

And reach out for help if you need it, tell your loved ones to get you help if they think you need it - if you're anxious and/or depressed a lot of the time, get help (it will change your life)!

Most of all be kind to yourself! You are amazing! Look at what you just made! You are an awesome mum. You got it!

Big love from a fellow mamma