

Welcome to the club

Dear new mother,

Wow - how exciting you did it!! I remember all those years ago being so scared of giving birth but I did it.

This new little precious person will bring you so much joy. There will be tough times like in the middle of the night when they just won't stop crying and you have to go to work the next day.

You may get so torn because you want to be at home with your baby and you just can't. Remember most people are in this situation these days. It is important to find child care you trust. Have faith in your instincts. If you can, try to work part time as it is hard to combine full time work and looking after a baby. That said, I did it and my daughter doesn't love me any less. Of course, I would have rather been at home with her but my circumstances didn't allow it.

Enjoy every stage of their development. It's magic watching a child learn and the little sponges they are. Always reward good behaviour and try not to lose your cool too much. I did not yell at my child although there were times when I was pushed to the limit.

Always make your child feel like they can talk to you about anything without you judging them. It pays off in the long run.

Let other people help you with your baby/child particularly the father. They need to be just as involved as you as they love that little bundle too. It helps when you are tired and need someone to take for a while if you can pass your baby/child to trusted friends and family without drama.

Don't allow the guilt to take over you. Think about what you want to do for you and your baby. Others can provide advice, but you know what is best. Don't let people make you feel bad if you don't want to or can't breastfeed. This is your choice.

I wish you all the very best. Welcome to the club.

With lots of love

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