

## The days are long but the years are short

Dear New Mum,

The coming days and weeks will be the most amazing and exhausting of your life...luckily you will remember all the good parts and very quickly put to the back of your mind all the difficult and hard parts! The best of the advice I received when I had my first child:

- cuddle your newborn as long and as much as you want - there is no such thing as forming a routine in the first 6-8 weeks. - the first 6 weeks are the hardest for you and baby, so just breathe through it and wait it out. One day soon you'll wake up and realise you've found your new normal.
- accept as much help as you can- and rest when the baby is sleeping at least once during the day (this will be tough because you'll be tempted to do other things like shower, house jobs etc.)
- go to mothers group! You and your baby will form lovely connections with families going through similar experiences. We're two years down the track and still seeing a core group of mums and bubs every week. - be kind to your partner- the first year with baby is so centred on your new little favourite person that you forget about your old favourite person. Try to do something special together just the two of you at least once a month.
- exercise! Walking or mums and bubs? classes right from the early weeks will help form a routine where exercise becomes a part of the norm for you and baby.
- Don't read too many baby books- unless you're someone who benefits from reading self-help books. I've found that my instincts and a good chat with other mums I meet often gets me over the hurdles.
- breastfeeding is hard! Don't feel bad if it doesn't work out for you or if it takes a long time to master. It might be a natural process but it does not come naturally to most. Go to the clinics and seek help. Also eat Lactation cookies they work wonders with milk supply!

If your baby is in special care, I have a very big soft spot in my heart for you- the weeks and /or months will be tough and I remember all too well how hard it is to leave the hospital without your baby. But these days will soon be a memory and God willing your baby is healthy and home with you very soon.

In the meantime, enjoy meeting the very special nurses who will take care of your baby-they are angels from above! Finally, I read a quote the other day that helped me put these early weeks with my newest addition into perspective- the days and nights are long, but the years are short. So embrace them...

Oh one more thing, take time to watch them when they sleep...?

God bless you and your little one!

Happy Mother's Day xx