

Embrace the hands that offer

Dear new Mum,

You have just been on a truly magical journey of growing a small human inside you and now that human has come into the world. Well done!

The next few days, weeks and even months will be a blur of incredible moments and a rollercoaster of emotions. Welcome them all and embrace the highs and lows, as there will be plenty. Be kind to yourself and remember you may not always have a reason for the tears or anxs.

It's ok. It's ok to be delighted and overjoyed yet scared and confused at the same time. You are human and humans experience feelings and all feelings pass. From the moment of conception, you were learning about how to look after your body, how your baby was growing inside, what vitamins & food were best for you both. Now your baby is on the outside, you are still learning, learning with your baby as well. No parent, no matter how much they think, knows everything or has a solution. Sometimes there are no answers! Trust your instincts and do the best you can as that is more than enough. You are already doing an amazing job at being a Mum, the hardest job in the world.

When the washing is piling up, the floor is covered in grime and your baby is crying and you're not sure why, remember the positives in your life. There are always positives, such as the sun is out today, you've finished your cup of tea, your baby greeted you with a smile this morning.

As these are the things that will help in the challenging moments. We all experience difficult moments, everyday, every night and start again the next day. Lastly there is no need to compare yourself to other Mums, it's a waste of energy.

Everyone is different and hides their challenges or difficulties in different ways. We all need help at different times in this journey of parenthood, so embrace the hands that offer. Once again congratulations on becoming a Mum. Your baby adores you, no matter your faults and is always seeking you for comfort and guidance.

Truly treasure the early moments, especially the first year as it goes by so quickly.

Take care xxx