

## The letter for –*Brand New Mothers*

Hey lady,

Oh, aren't these days the most glorious days of your life? Oh, aren't they the most bone-deep exhausting, emotion-fueled, bewildering, foggy days of your life? Newborns are the most delicious beings on earth, but they are work. It's hard mama. Let those tears slide down your face as you snuggle your bundle of exhausting delight and feel all the things that are bubbling to the surface. You are not the same version of yourself as you were before you were crowned 'mother'. You are still there, you're not lost to motherhood, this version of self is deeper, more nuanced than before.

It's hard mama. And it's beautiful. It's both, and.

Say yes to the help that is offered; people who love you really do like to make your days a bit lighter. Let them bring you dinner, or hang the washing, or hold your little love while you shower. Let them listen to your worries and nestle into the comfort of them saying 'oh yes, me too'.

Say 'no, not today', to visitors when you've had a day that needs you to focus on rest, nourishment, calm – surviving the day one hour at a time. This too shall pass, even when it's 3:26am and it's so dark it feels like you'll never see the dawn; the sun will shine before you know it.

Remember lady, hard is not the same as bad.

Your lady village has got you, while you've got that beautiful baby.

**@ladyloveletters**