

## The letter to –*High-Five a Mama*

Hey lady,

Has anyone told you lately that you are doing a great job at motherhood, while you're adulting? If they have, I hope you believed every word – they saw you, your work and your heart and wanted you to know that they see you. No one has?! – Baffling! I see you though mama, just nailing it.

Every day has its high-fives and its eye rolls. It's heart splitting joy and its count-to-ten before you speak. It's ease and it's challenges. We know that hard doesn't mean bad. And don't we know that just because it looks great on the surface that you're not furiously paddling below it. These mama days that are a collision of mental exhaustion and workworkwork, and heart exploding with more love and pride than you knew possible, and cleaning – oh! the cleaning – and successes and milestones and sacrifice and, the magic! Pockets of pure magic.

I think you're awesome. You're such a great mama, a fabulous woman and an all-round wonderful human. High-five mama!

@ladyloveletters