



5 Tips for managing your expectations of motherhood

Be flexible: It is common for mums to struggle with coming to terms with what they planned versus what reality serves up. For example you may have planned to return to work by 3 months yet circumstances change when bub arrives.

Don't believe the hype: The media portrays a romanticized version of motherhood: Understand that life with a young baby does not look like a Huggies ad! There are amazing moments of joy and bonding yet this is mixed with plenty of dirty nappies, hard work and acclimatising to this massive transition.

Love takes time: Bonding with your baby may not happen immediately: It is normal for bonding to occur over a period of weeks to months. If a baby has a medical illness bonding may take longer- this may not be in line with your expectations but it's ok.

It ok to be sad: There are many losses associated with motherhood: Having a baby is a time of wonderment and joy but acknowledging the losses will help you move forward-you are now a different version of yourself.

There are no rights and wrongs: No one bit of advice or parenting book will have all the magic answers- you and your baby are a unique pair to be understood in your own right.

By Dr Melanie Strang

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