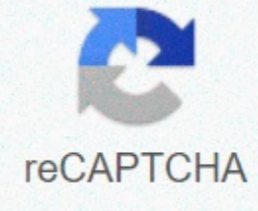




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1980 mom vs 2019

Or there is likely to be a question and an answer. Log out with an edit of a post published by C'MON MAMA on February 6, 2020 I wrote a lot about how other moms think they are the best resource for all moms. Especially when it comes to advice for new moms. Seriously, who can prepare you for a whole new world better than someone who already lives in that world? I should actually say our series, not my series. Because this advice is straight from other moms. Other moms who are not me. I've always been for advice from my mom and my mom's friends. Honestly, I've even asked a random mom in the grocery store for advice (not embarrassing at my mom's game). My favorite part of this series is that it's totally for mom by mom. It comes from all of you. I love hearing what worked for you, what helped you and what saved you. If you're joining now, here's the deal: I've quizzed thousands of my mommy friends (via @cmon.mama) for their best advice for new moms. And they cooked it. And some. Part 1 was the best advice for moms. Part 2 is for all your new moms out there (but if you're still with mom, it resonates with you as well. Big time. Next up is Part 3: The best advice for breastfeeding moms. This is Part 2: The best advice for new moms. In order: listen to them when you finally meet your baby. They will show you what to do. Trust your instincts. Don't let what others say affect how you feel about the decisions you're making. You are my mother. You know what's best for you both. Even when you don't think. Don't listen to the advice of those who don't hold their baby while taking a shower, crying, sleeping or peeing. Don't hide yourself from photos, even if you're not happy with your current physical appearance. You will regret it! I personally only have two pictures of me and my son until he is a few weeks old. One picture shows me changing his diaper for the first time and the other is of us before he leaves the hospital. That's it. I should have taken more pictures than usual. If not myself, at least for him. How much do you have to wait for your baby? No, there is no way to hold the baby and pamper it. Embrace them as tomorrow has done. Ask for help! And you need more breaks than you think! take a nap or a walk or something to recharge the battery. Let people bring you dinner and get groceries. Whatever they offer, take it. Or flat out ask for it! Don't be afraid to tell visitors that it's not today. There is no perfect way to do something. You can ask others for advice, but you can do your own research and decide what works for you. And it's okay to change your mind. What works for you and your baby may change after a month! Accept any help you can get. A nap, a second or three pages of books, even if a shower is enough. It's useful. Take your plans and throw them out the window! From birth plans to parenting plans, babies change every day and what you imagine may not be how it ends. But it usually ends up getting 100 times better! They say the days are long, but the years are short and they are right. Take care of it. Ask someone about your mental state after the baby arrives WEEKLY. Maybe every day. I first had severe postpartum depression and was very blessed to have people check in. Mental health checks are very important!!!! Note: Please specify one or two people in advance. I didn't think I'd do it until I read this comment, but it might just save your life. Trust your mom's bowels and do what you think is best for your baby! Don't say you don't do anything because it's NEWSFLASH! Practice self-love. Stop judging yourself. Give yourself grace... Give me a lot of grace and a lot of grace. What I need to know is that Mom's instincts are real. Very realistic. Document the moment. You will never remember thinking you will never be forgotten. Don't overthink about your actions. Motherhood is full of insane choices. You can emphasize yourself until you die. Move forward, move on, keep alive and enjoy the moment. My advice is simple: be alive and present in the moment. During pregnancy, I imagined how I would feel and what I would do to be the best mom I could be. I read books, blogs, talked to everyone in my life, and googled too much information. I thought I was ready for nothing. And my son was born! Suddenly my mother's instincts kicked in and I became a new person. Since then, I have lived in the present, not the future. I forgot most of what I learned during pregnancy, and my husband and I understood what worked for us as we went. Get as much rest as possible. Don't feel bad for help! and take it when people offer help! That whole sleep when the baby sleeps thing. Laundry, tableware and other household chores await. Especially laundry. Omg. It never ends. Please enjoy snuggling up. They don't last forever. Again, they don't last forever. Mom's instincts are very real. We suddenly learn how to understand what our baby needs. We somehow just know how to be a mom. Sleep. When. You. Cna. After that, you will miss your chance, so postpone it. Mom, don't cave into what you're supposed to be doing. There is no should! Mother's guilt is BS.

Don't let anyone shame your mom about the decisions you make, whether you want your time (like going out) or making choices about your kids. No one really tells you that you are a mom and it will come to you naturally as soon as you hold the baby for the first time. Until it actually happens, there is no way to prepare or understand it. The best comparison I can make is also how part of your mind has been removed from your body. You hold your baby for the first time and you feel complete & like they were supposed to be there all the time. You will feel intense love and protection at the same time. It is the most miraculous and frightening part. (Quick note: I certainly felt this way. But I know that mothers with PPD/PPA may not always feel this way. If something doesn't feel right for you, tell someone. It doesn't make you a bad mom. It makes you brave. I soaked up advice from all the moms out there & I experienced pregnancy with some of my closest friends. What fascinated me is that everyone has a unique experience with pregnancy, childbirth and how they raise their children. I've learned that there's no right way. There is the right way for you and your family. We understand that we may never be perfect for ourselves, we are perfect for our children and we are perfect for us. Accept now that there are days when you fail as a mother. No one is a perfect mom. There are also days when you win a funny championship. You may not be able to breastfeed. No one really tells me that. And if you can't, it's not your fault. My advice is to listen to your sister. I am a sister. So this might be my favorite. Give yourself permission to grieve for life before motherhood. to grieve the woman you were. Some days I miss her. When you become a mother, it changes you. Sometimes it's okay to say, I wish I was the same as before or I want a day. My advice is common, but just get on and have fun! You're raising kids the way they should go & it's hard work! If you are planning to breastfeed, if you know that milk may take a little time to come in & producing 1-2 ounces at a time in the first few months is usually so. Too often women put too much pressure on themselves & think they can't produce enough. Your body will produce more time for you to do this and the more your child will feed. Don't compare yourself to Brenda on social media. Remember that most of what you see online is fake. It has been posted to look perfect. Karen really isn't organic baby food in her kitchen on a daily basis. She found a baby food processor at a resale store, bought it and tried it once. You will find it at her next garage sale. Susan doesn't sew her children's clothes & if she does, I guarantee her kids are boycotting them. Remember that when you stumble the day you question yourself (you do), you have been chosen as the mother of this little person. You. You got this. Bad days don't make you a bad mom. That's some good advice for new moms. Take it in. And before you do anything, check out my OG new mom article: every new mom needs to get herself. Mom, you need something to be on this list. Believe me. A few years later, I still love and use them all. If you don't have a baby yet (and even if you have one), check out part 1 of this series: best advice for moms and parents or part 3: go read the best advice for breastfeeding moms and my personal advice for moms: 10 things to do before the baby comes (bucket list in front of the baby) This post comes from the TODAY parenting team community and all members are welcome to post and discuss parenting solutions. Learn the details and join us! & Look at my post & My blog C'MON MAMA is not your typical mom blog. The mom behind it loves to be a mom & isn't afraid to say so. It's popular with rags for motherhood and the madness that comes with it, but C'MON MAMA's Christina nails funny & true while proudly highlighting all the good that comes with the best hoods in the world: motherhood. It refreshingly take the beauty and sheer power of motherhood. She thinks it's ridiculous to act like motherhood shouldn't define us. It is the most powerful thing in the history of the world. We should hope to be defined by that epic. ♥ ♥

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