

Ten Things New Mothers Would Like Their Childfree Friends to Know

~Heather Irvine~

- 1 | It's hard to believe, but babies are total time-suckers.** I'm truly busy, exhaustingly busy all the time.
- 2 | I can't be sure where my time goes.** And I often can't tell you or have very little evidence for what I've done. I just know some days I struggle to even use the bathroom or have a shower.
- 3 | This job is heaps harder than I ever realized.** I've never felt so responsible. And most days I feel I get heaps of it wrong. If I have a little cry, please just tell me I'll be OK (and make sure my house has chocolate in it for when you're not there for reassurance).
- 4 | It feels right to make my baby the center of my universe.** My partner revolves around in there somewhere, and you do too. I love you, but give me time to sort out this new whirlwind. I know it won't always be quite this chaotic.
- 5 | When I don't call for ages, it's not that I don't care.** Please see my tiny texts or group emails as a huge effort to stay in touch, because they are.
- 6 | I worry about loads of things I never even knew I could worry about.** This takes up heaps of my headspace and sometimes sends me a little loopy. Please forgive me if I forget your birthday, your phone number and even maybe your name – I forget my own now too sometimes...
- 7 | I WANT to make sacrifices for my baby. It's OK.** Truly. I'm all good to stay home when you're out partying, but if I join you, can we start early? I need to be in bed before 10pm.
- 8 | If you come over to my house would you mind ignoring all signs that a tornado has just ripped through?** Please only comment if you are offering to help me out...
- 9 | If I suddenly have to change plans, run late or can't meet up, please know I'm as upset as you are.** If my baby's sick, that's what I'll have to do. If I'm late because of an unexpected 10-minute clean-up after baby's poo explosion then that's what will happen. I'm doing those things because my baby needs me to. It's not that I don't adore you and want to be with you too.
- 10 | Even if you loathe my baby, pretend you don't.** Even just for a moment. Smile and pick him up. It makes my heart sing to see my special friend with my special baby.