

10 truths I wish I had known as a new mom

1. Some days, mere survival of the day is cause for contentment and celebration!
 2. If you are consumed by a fear of ruining your baby, it is highly unlikely. Relax and enjoy the ride!
 3. A baby's cries DO NOT indicate a mom fail. Babies cry to communicate. Take each one in stride. You can do this!
 4. It is acceptable and necessary to ask for information AND help! It doesn't make you weak. It does make you better.
 5. Allow yourself space to be a rookie in each new phase of parenting. Start at the beginning, and learn as you go.
 6. Give yourself lots of grace! You will not be perfect, and you will make mistakes. Ask God for wisdom.
 7. Mom guilt is NOT a fruit of the Spirit. Lay it down and walk away!
1. Allow yourself to feel and embrace each season of mothering, even the hard ones. Depend on God to help you navigate and learn through each one.
 2. Self-care is a necessity, NOT a luxury. To take care of your people, you must first take care of YOU!
 3. If taking life "one day at a time" seems overwhelming, take a deep breath and back up. Live in the now, and allow yourself to tackle one moment at a time when needed. Parenting, like life, happens in baby steps!