

Chapter 1 : Infant Development - First 12 Months

Technically my little one is now just over one year (13 months to be exact) and I honestly can't believe that I've been a mother for a year.

A British lifestyle and motherhood blog. Remembering what was happening, a year ago from now. As that was the dreaded date when those three hellish days in hospital ensued. I had this Hollywood vision of what that experience would be like. I was in a wheelchair, barely able to walk, your daddy and I equally in a dangerously sleep-deprived state. In truth I should not have been allowed to go home at that hour around 2am I think, a little over 24 hours after you were born, in the physical and emotional state I was in – but I was hell bent on getting out of that ward. We all just wanted to go home. You too, I think. So I bawled my eyes out, which did the trick. We were allowed to go. Fast forward a year and here we are celebrating 12 months with you! Light of my life. Everything your dad and I could ever want. Your first birthday, and you have chicken pox. And now with this waving malarkey I am sure. Chewed it like a champ! It felt like such an achievement for all of us and still makes me feel oh so proud when I think back to it. Currently your favourite foods are yoghurts, melon, cheese, chicken, stuffing and welsh cakes. Last weekend we went to West Wales for a little mini-break and you must have had a welsh cake every single day we were there. Maybe two on a couple of the days. Either just right out your mouth, and down your chin or even into your lap depending on the consistency of said chew-up, or, you quite like to pull it back out of your mouth with the hand that put it in there, before throwing it on the floor. Your most favourite thing on the telly is the TV Guide – the way the menu and the words flit up and down the screen puts the biggest smile on your face. Every day you have a favourite new toy that you insist on taking with you wherever you go. Though nothing quite lives up to the remote! When we visited Grandad in Wales he even gave you his old battery-less TV remote, to save you constantly chewing on ours. Your Grandma adores and worships the ground you crawl on! You have to wear it 23 hours a day after all. Nursery has been both a blessing and a curse. So proud of you Oscar. You love playing peekaboo – and still, no one and I mean no one can make you belly laugh like your dad can. A challenge to say the very least. But oh so joyful. More wonderful than I could have ever imagined. Happy Birthday baby boy. January 20th, this was pre nappy wrestling days. You were actually poorly on this day. Smiling at the traffic lights on March 11th in Leeds city centre. Just being adorable on December 17th. With your boys Ollie and Hugo in Manchester on January 11th. Getting ready for the Wales rugby match on March 12th! You have Auntie Liz to thank for your awesome outfit! Hanging with daddy at our favourite burger joint, Five Guys on January 21st. Being gorgeous in Boden on March 20th. March 14th, our last full day together before I returned to work from maternity leave. We three had such a beautiful afternoon in the sunshine in Ilkley. All hail the jumparoo! Just showing the world how to be handsome on January 6th. Getting the hang of rolling back to front on December 9th – this was such a big milestone for you after weeks and weeks of trying. The first time you did it I cried! May 7th at The Welsh House. Matchy matchy on January 25th. You and me, kid. On May 9th, just seven days before you were in my arms. You have eight teeth.

Chapter 2 : First Year for Your Newborn Baby | What to Expect

Here are 12 things I learned from my first 12 months of motherhood: 1. You are so, so, so much stronger than you think you are.

I know that may be a shocking way to start this blog post but I always thought that I was a better aunt especially to little ones over the age of three. Yoh, I was not present for the diaper changing, constant burping, bottle feeds and anything else associated with newborn babies. So when I found out that I was going to be a mother, my biggest worry was whether I would genuinely like my child. Of course I would love my child – that goes without saying but I was honestly worried about how I would cope given that I knew nothing about handling babies and whether I would genuinely like the experience. I was pronounced a mother on 28 November. When I finally got a chance to look at the little human that I had been baking for nine months, all the fears and trepidation I had did not miraculously disappear contrary to all the lies you are told at the baby shower – but rather completely enveloped me. Yes, I was that woman. I was scared and completely nervous about being a mum over the first four months. I was completely overwhelmed by the responsibility that comes with raising a child. The sleep deprivation and hormones did not help. And let me not start on the struggles faced with breastfeeding. People take it for granted that every woman will have sufficient milk supply and the right technique for baby to latch. Needless to say, I struggled with breastfeeding. We had incorrect latch and minimal supply a teaspoon worth of milk was produced after pumping for at least an hour. Breastfeeding completely humbled me. Baby steps I suppose. Those were the days I honestly felt like a mother and realised that this little person knows that too. Once I learnt to let a few things go, motherhood was not as scary anymore and I was able to enjoy being a mother. I luckily went through this emotional roller coaster with probably the most understanding partner I could ever have asked for. But honestly, I think motherhood especially with your first child is made to appear all shiny and sparkly and perfect like floating in a field full of candyfloss perfect. I just wish someone had told me that so that maybe I could have prepared myself a little bit more for it. That Googling if the colour of baby poo is normal at odd hours of the morning is ok. It is much appreciated. As someone that has witnessed you come into your own as a mother and wife, I am so delighted to witness this growth and wish you and your family many more joyful and blessed days ahead.

Chapter 3 : First Period After Baby: What to Expect | CafeMom

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That is where the idea for this post came from. Whether these posts reassure, entertain, encourage or amuse, I hope they help you to feel a little less alone. As you probably know, I am Mama to my nine month old baby boy, Freddie. The age Freddie is now has been my absolute favourite so far. He is so responsive and engaging and there has been such an explosion in what he can do and what he understands. Now that he has a predictable routine, going out to different places is a lot less stressful. Freddie is so inquisitive and I feel like I am seeing the world through his eyes, as cheesy as that sounds! Now that Freddie is on the move, crawling super quickly and also starting to stand and cruise, it has become much harder to get things done. With becoming more mobile, injuries are far more frequent and it has been hard when he has bumped his head or managed to hit himself in the face whilst attempting to stand one handed! Freddie has always been a more physical baby than a talkative one which is something that I used to be quite worried about. As time has gone on I have realised that every baby is different and where he may be more advanced in some ways, another baby will be in another. During the first couple of months after Freddie was born I was really eager to get to the next stage because I found the newborn stage quite challenging. Freddie had Silent Reflux which I have talked more about in this post and it made him very unhappy lots of the time. However the last few months particularly the last two have been so lovely and I actually find myself not wanting the next stage to come because it is all going so fast. This is probably a bit controversial, but I think that at this age having a routine has been really helpful for me and for Freddie. Rather than limiting what we do, it allows me to be much more flexible because I know when his naps will be and I can then work around them without panicking about when he might get tired. I have found that by watching when Freddie would naturally get tired or hungry over a week or so, it was easy to work out a natural routine. We started this at seven months and it was a real turning point for me. Now that Freddie is enjoying his pram, I have found his pram suit to be so, so useful. It is easy to throw on over his current outfit whenever we are popping out for a walk and it keeps him really cosy. He loves knocking over towers and lets out a manic little giggle whenever I start to stack them! Georgina is Mama to Rory who recently celebrated his first birthday. She is currently pregnant with baby number two, a girl. She also has a YouTube channel where she talks openly about every aspect of motherhood. It sounds really stupid as of course I am always proud of Rory, but he is currently doing things to make me really proud! Just today he took his first steps but I am also starting to get to know my child. I also love that he feels more like a child at the moment and we can interact more. He wants to walk so I try and walk holding his hands as much as possible. I would recommend it! I think he likes to have things that he sees grown ups with so my brushes or cutlery! Thank you so much Georgina for sharing your experience, if you have a baby of a similar age I hope this resonated with you and helped you to feel less alone.

Chapter 4 : Guest Post: Motherhood: the first 12 months | first hand accounts of a former homebody

Fast forward a year and here we are celebrating 12 months with you! Happy Birthday Oscar! Light of my life. Everything your dad and I could ever want.

And that is absolutely true, for five women maybe six. But, for the rest of us, diving into motherhood is a tumultuous, overwhelming experience filled with joyful bliss yes, but also with bouts of doubt, anxiety, and even despair. Being prepared can go a long way to making this time so much easier. Here are a few of the things you may encounter on the road ahead of you. Katherine Scrimshaw Motherhood and Vulnerability The vulnerability you feel when pregnant is nothing compared to the outright paranoia that settles in once you have that totally helpless little bundle of perfection in your arms and it strikes you that you are the one thing standing between it and death. When my son was about a week old my husband took him out for a walk so I could rest. I was glued to the window for the entire time waiting to spot them rounding the corner, and finally there they were. My relief was short-lived, however, when I saw a woman who was obviously violently insane lurching down the road toward them. The crazed homicidal lunatic or innocent passer-by depending on your own personal sanity level passed them by, of course, quite uneventfully. Just remember, no matter how convinced you become that a spider is going eat your baby or that the little blemish on his otherwise perfect butt is some form of baby cancer, you will learn to relax in the knowledge that your instincts are indeed enough to keep your baby well. Sleep You may get one of those babies who start sleeping through the night at three weeks. Again, there have been five such babies -- with rumors of a sixth somewhere in the South Pacific. Most likely for the first few weeks you will be awake every two hours or so. Even if you have no other responsibilities and plenty of helping hands, the lack of a good solid stretch of sleep can be devastating. It will affect your mood, your stamina, your emotions, and your ability to focus, and operate complex machinery, like the radio. For some reason, our society treats sleep like some sort of luxury that only the weak indulge in. No one is immune. So, get as much as you can and be kind to yourself when you start to fray a bit around the edges. Diet Right now, while your little bundle of joy is still stomping on your bladder and wrestling with your rib cage arrange to have a freezer full of heat and serve meals like casseroles and lasagna. But you will be hungry, particularly if you are nursing. Growing a human being and squeezing it out into the world takes its toll physically. You will need lots of easy to prepare, nutritious food. I recommend particularly a stash of your favorite comfort foods. As for dieting, the first three months are a time to make sure you are eating well. Give yourself time to recover physically and settle into motherhood before beginning any sort of diet. You will probably, at some point during the first couple of weeks, take a good hard look at your naked body and cry louder than your baby. Please be kind to yourself and remember that in order to make room for your baby your body accomplished some strange and magical things; organs shifted, bones spread and your hormones made their presence known everywhere. It will take a little time for your body to go back to its humdrum life of one. Wait for the dust to settle, and let a little healing happen before you start trying to whip yourself into shape. Advice You may not have received the Diaper Genie you were hoping for. Or many offers to do your dishes, or even the free sample of diapers you signed up for weeks ago It will come from friends, family and strangers on the street. Some will be good, some bad, some irrelevant and some downright weird. Just smile, say thank you, take the good and toss the rest. Everything in your life has been turned on its head, you are exhausted and emotionally charged and your body is a chemistry experiment of hormones all running rampant. Enjoy the highs and weather the lows. It will settle down. Daddy It is so easy as a new Mom to take all the care for the baby on yourself. Your baby has been part of you for over nine months. The sooner your partner feels comfortable with your baby the more relaxed you can be about actually taking a shower now and then or maybe even leaving the house! It may seem in these early days that when it comes to caring for your infant that having it done right meaning of course, your way is all-important. But, trust me, if you can bring yourself to let your partner take the baby out wearing a red sweater, a pink hat and orange polka dot pants, the future rewards are worth it. Housework If you can afford to hire a maid service, do it. If you have an abundance of friends and family you can press into service, do that. If you have neither, then do just enough to keep the rats

away and forget the rest. Your baby does not care if your furniture has been dusted or if your carpet is linty. Make the most of them by asking for help when you need it and by mothering yourself a little as well.

Chapter 5 : The first 12 months of motherhood (edition) | Open Library

12 Lessons From My First 12 Months as a Mother. By Reem Kassir. k "Your baby is here!" "YOU HAVE TO PUSH!" 12 Lessons From My First 12 Months as a Mother. Quotes About Motherhood.

A full year since she showed me that in life, not everything goes according to plan. While that may have been the first lesson I learned as a mother, over the following year I picked up many more. Contributors control their own work and posted freely to our site. If you need to flag this entry as abusive, send us an email. I had arrived at the hospital only one hour earlier. This was definitely me dying I was clearly wrong, though, because less than 30 minutes later -- in a scenario contrary to everything in my birth plan -- I had a pink bundle in my hands. As surreal as all 90 minutes of that experience were, I remember the joy of holding my daughter for that very first time as if it were yesterday. It has been a full year since my daughter first gave me a glimpse into her stubborn and impatient personality. These are the 12 things my little girl has helped me discover in my first 12 months as a mother: When you have your first baby, everyone who has ever had a baby before you becomes an expert. An antenatal yoga teacher once told me about labor, "If you stand stiff at the beach in the face of a coming wave, it crashes into you and knocks you down; but if you relax and embrace it, it will carry you along. So accepting that these changes will happen and choosing to cherish instead of resist them can make the journey much more enjoyable. Unconditional love does not mean unconditional patience. I would go to the ends of the earth for my daughter if she needed me to, but that does not mean I always enjoy or want to spend every waking second with her. Sometimes, when she wants me to play the same song over and over 1, times, I just want a pair of earplugs. Sometimes, I want to read a book, take a long quiet shower, or watch a TV show. Sometimes, I need a break. Through it all, I love her unconditionally for each and every second. Patience -- that comes in shorter supply. We all want to give our children the best care possible. But the best thing I did for my baby girl was to take care of myself so that there would be more of "me" to give. It will help you recharge, stock up on some more patience, and actually enjoy taking care of your family. Yes, it would be amazing, but it would be impossible. But parenting is not a race, and our children are not proxies for our success. Too much competition between parents can be toxic -- for parents and children alike. Opening up and sharing concerns without judgement can ease the anxiety of first-time parenting. Comparing only makes it worse. What kids really need to flourish are love and discipline -- not things. So instead of buying all the stimulating toys in the world, giving our children our time, attention, and love, is a much better way to ensure they grow into the smart and happy adults they are destined to become. Besides, you can buy all the toys in the world and your baby will still prefer your pots, pans, and iPhone! Every child is different. Some children get teeth by 4 months or walk by 9 months; others only do so after their first birthday. Some are good sleepers and eaters, some are not. Some are happy babies, some are grumpy. But ALL of our children were not ordered from a catalogue, and these unique traits -- even between siblings -- make parenting more interesting. Whether a child is in the 10th or 90th percentile, the best gift we can give that child is accepting them as they are and allowing them to develop in their own time instead of forcing them into societies dictated averages and expectations. That mother who is formula feeding instead of breastfeeding? That mother who went back to work after a very short leave? That mother who is still co-sleeping at two years? She is scared of leaving her child in his own room and losing him the way her sister lost hers. There will be days or weeks or months when you find yourself succumbing to the will and whims of a two-foot, tyrannical little boss. Enjoy it, savor it, laugh about it, get over it When you want baby to sleep, she stays up. When you need baby awake, he decides to sleep. When you take food, he refuses to eat. When you forget to pack food, she screams from hunger. It often seems like our babies are out to get us! My baby is a person, but not an adult, and she needs my help and guidance -- to sleep, to eat, to play, to do anything. Signing on for parenthood means I am willing to be a teacher all day every day -- at least for a little while - and I need to keep my end of that bargain. Be grateful for every second because even though the days are long, the years are short. I know this with certainty now as I look at my wide-eyed 1-year-old angel and notice how many things she has stopped doing, and how many habits have been replaced with new ones. I still remember every detail about the day she was born as if it were

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yesterday, yet in the blink of an eye, a year has gone. So next time I feel a day dragging on, I will slow down, savor it, and cherish every precious moment with my daughter, knowing that soon enough another day

Chapter 6 : MY MOTHERHOOD | THE FIRST YEAR | MONTHS - Amy Jane & Baby

*Motherhood: Your First 12 Months [Deborah Insel] on calendrierdelascience.com *FREE* shipping on qualifying offers. An examination of the emotional needs and problems of new mothers includes discussions of the changes in relationships with the husband.*

Chapter 7 : Letters to Oscar: your first 12 months - this is jules - a British lifestyle & motherhood blog

The First 12 Months Of Motherhood Get this from a library the first 12 months of motherhood susan hassebrock discusses what to expect in the first year of motherhood covering such topics as.

Chapter 8 : 12 Lessons From My First 12 Months as a Mother | HuffPost Life

PART TWO. One of the biggest comforts to me during this crazy motherhood journey so far has been reading about the experiences of other Mama's with babies of a similar age or just ahead.

Chapter 9 : How your baby develops - What your baby can do

so nice to hear your thoughts on the first month of motherhood! and so glad that you're doing well (as the first few months can be so rough for some). yay love & babies! SupaFlowaPowa / March 9th @ pm.