

# The Emotional Adjustment to Motherhood

## Myths & Mantras

### Myths:

Good Mothers are:

- ❖ The only ones who knows how to:
  - ❖ Calm the baby
  - ❖ Feed the baby,
  - ❖ Get baby to sleep
  - ❖ Do it right!
- ❖ Shouldn't have to ask for help.
- ❖ Don't **want** to have time away from their child/children.
- ❖ Women that bond straight away with their baby.
- ❖ Become a domestic goddess (what else have they got to do with their time at home?).
- ❖ Can do everything they did before the baby arrived, just bring the baby along.
- ❖ (Add your thoughts here):

### Mantras:

- ❖ I can't control everything
- ❖ I am doing the best I can at this moment and that's okay
- ❖ I will try to focus on one thing at a time and stay in the present
- ❖ I will try to be flexible
- ❖ I love my family and I love me too