

Dear Mummy and Daddy,

Please keep this letter from me in a place where you can read it and re-read it when things are rough and you are feeling down.

- Please don't expect too much from me as a newborn baby, or too much from yourselves, as parents. Give us both six weeks as a birthday present, six weeks for me to grow, develop, mature, and become more stable and predictable – six weeks for you to rest and relax and allow your body to get back to normal.
- Please feed me when I am hungry, I never knew hunger in your womb and clocks and time mean little to me.
- Please hold, cuddle, kiss, touch, stroke and croon to me. I was always held closely in your womb and have never been left alone before.
- Please forgive me if I cry a lot. I am not a tyrant who was sent to make your life miserable, the only way I can tell you I'm not happy is with my cry. Bear with me and in a short time, as I mature, I will spend less time crying and more time socialising.
- Please take the time to find out who I am, how I differ to you and how much I can bring to you. Watch me carefully and I'll tell you which things soothe, console and please me.
- Please remember I am resilient and can withstand the many natural mistakes you will make with me. As long as you make them with love I cannot be harmed.
- Please don't be disappointed when I'm not the perfect baby you expected nor be disappointed with yourselves when you are not the perfect parents.
- Please take care of yourself, eat a balanced diet, rest, and exercise so that when we are together you have the patience and energy to take care of me. The cure for a fussy baby is more rest for Mum.
- Please take care of your relationship with each other. What good is family bonding if there is no family left for me to bond with?
- Keep the "Big Picture" in mind. I'll be like this for a very short time, though it feels like forever to you now. Although I may have turned your life upside down, please remind yourselves that things will be back to normal before too long.
- Enjoy me – I will never be this little again.