

Things You'll Get Told in Pregnancy... ***And why they aren't true!***

'Just sleep when the baby sleeps'

So much easier said than done. When the baby sleeps is when we tend to get things organised, washing done, bottles sterilised and it's not quite as easy as just *sleeping when the baby sleeps*. Especially if you have other little ones too!

There are some amazing sleep courses out there to help with getting your baby into a sleep routine, but as they are constantly changing, growing and developing all the time, it may not work for your family and that's ok. Try to get as much rest as you can and try not to put too much pressure on yourself to get everything done when your baby sleeps, as hard as it may be!

'You must get organised and get all the new baby gadgets!'

You will more than likely need less things for your baby than you thought so hold off on buying everything you see online and if you do buy things, keep the receipts! Choose carefully and try to lean more towards brands that have been out there for a long time as they are more likely to have safeguards in place for your family and are more credible, too.

'Listen to all the advice, they know best.'

As great as it is getting advice off others who have been through something similar, doing what works best for your family and your baby is ultimately the way to go. Your gut instinct is there for a reason and will guide you more than you may realise. Not everything that worked for some friends will work for you, and that's absolutely fine!

'Choose one way to feed your baby.'

Fed is best. You and your baby choose the way that they will be fed. Breastfeeding may work for you, or it may not. Breastfeeding may come easy to you, or it may not. You may decide that you want to bottle feed from the beginning and not breastfeed at all. You may start breastfeeding and find it's not for you after a few weeks. Whatever your circumstance, just know that fed is best and you're doing an amazing job.