



FLOURISH
STL

Letters of Love



Congratulations from Flourish St. Louis on your journey into motherhood! Being a mom can be exciting and scary. We want you to know that the St. Louis community supports you and your family. Here is a letter from someone who is rooting for you and wishing you the best.

Dear New Mom,


Wow, congratulations! Having a new baby can be so overwhelming. I had two at once-premature twins. My new baby girls spent 6 weeks in the hospital after a difficult pregnancy. For some reason, while I was pregnant, I just felt everything was going to be alright. And it was, eventually! But not at first. We had to jump over some pretty big hurdles before they could come home. Bringing a new life into the world is hard enough without extra challenges. I hope your "extras" are few, and manageable.

But life brings surprises, and changes, no matter how good a mother you are. I think the hardest thing for me has been accepting that there are things over which I have no control. But you will love your baby, and your baby will love you. In the end, that's all that matters. You can help each other grow and thrive and survive. Your baby will take the best you have to offer and use it as the foundation he or she needs to rise up and become their own best self. Its a wonderful thing to watch.

I nearly died with the pain of divorcing their father and breaking up their family. That was one of those things I didn't have much control over. Everyone told me, "Don't worry, kids are adaptable. They'll be fine." But part of me didn't believe it. But that part of me was wrong. They are so strong. They need to talk, they need to cry sometimes, but kids can cope with challenges. They really can if they have good people in their lives who will listen to them and love them.

My daughters amaze me. We've been through a lot together. They're in the third grade now. And every minute of worry, and effort, and sleeplessness has been worth it. But I find myself wishing I hadn't worried so much. It didn't help. So go easy on yourself, and take good care of yourself. You've got this! 'Cause you're MOM. And there are a lot of us out there rooting you on.

Sincerely,
Stacy



Flourish St. Louis is bringing the community together in new ways to improve the health of our region's babies and families. Together, we'll help every baby born in St. Louis celebrate a happy and healthy first birthday. Visit flourishstlouis.org for more information.

