

# Hey Mama,

I know that title has been your biggest dream. You've imagined being a mother for as long as you can remember and stood ready for the day it was your turn to pour all the love you've been saving into your little one. Determined to give them everything you felt, you missed being raised by a single mom with a demanding job.

Dreams of a two-parent home, being there for every moment, big and small. From singing them to sleep to sweet baby snuggles, planning play dates, baking cookies, and building that close bond between mother & child that you wish you had.

But even with the biggest dreams and best intentions, things don't always go as planned. Your dreams never included having postpartum depression that made it difficult to connect with your baby and struggling with milk production that made you feel like less of a mom. You could have never imagined the strain having a baby would put on your relationship as both you and your partner navigated being new parents. Or toddler temper tantrums that could test even the most patient mama and make gentle parenting feel like an unscalable mountain.

It's a lot, mama. I know. I know because I see you and because I am you.

Some days you feel defeated (some days the picture doesn't feel perfect), but I promise you it will all work out because, through every tough moment, you've grown, found new ways to connect, to care, to provide, to show up for your kids, your family and yourself. Your dedication is unmatched, and you give comfort & a safe space that your kids can depend on. You lead with love, instill value in them, nurture, and protect. Mama, you are magic.

And though things may not always feel like your daydreams, all you have to do is look in your kids' eyes to know this, too, is perfect.

You are changing the tides of what parenting looks like in your family, so in case no one has told you today, mama..., you are amazing. You got this.

  
Deanna

