

### **Truth #1: You Are Never Ready**

Yes, you can have the job, the house, the husband, or wife. Yes, you can be fertile and filled with baby fever. However, you will never be 100% ready for what a baby brings to your world. Even throughout pregnancy, you can be totally confident of what you will be doing when the baby gets here, but things will not be like you thought. And that's *okay!* That is part of the journey of life. It is unknown to anyone; your Mother doesn't know, and your doctor doesn't know. Only that little miracle knows. There is a quote that you can be a perfect Mom until you have kids. You can decide that you will breastfeed, never co-sleep, and personally make fully organic baby food, then your baby is colic, you are tired, and it's way too easy to just buy the little pouch of apples. And that's *okay!*

I want any woman thinking about having children that you are as ready as you can be because you were born for this. The generational and societal expectations are not realistic. All you have to know is how to love that bundle of joy. That will guide you toward all the "right" decisions for your family.

I never wanted children, solely because I could not fathom the idea of being able to carry and birth a child with how much fear I had around anything medical. Then I met my husband and things changed. I was still scared, but it was a thought that crossed my mind occasionally. I had stipulations, though. We needed to have a home of our own, we needed to have \$10K in the bank, we had to both have secure full-time jobs. I had to lose weight. We had to figure it all out beforehand. Most of those boxes were checked when we started to try, but what I learned is that none of them mattered.

My first son, Dylan, was “very planned,” as you can see. Even when we did start trying, it took 12 months of a bad guessing game and 2 IUI cycles to actually conceive. That should have been my first sign that this was not up to me. My second son, Owyn, came like a whirlwind once we started “discussing” having baby number two. You would have thought that I learned my lesson with the first, but no, trying to plan the “perfect” time to expand the family blew up in our faces when we unexpectedly got pregnant without any fertility help about a year earlier than we were discussing. We had no money in the bank, we had bigger bills, my husband left his secure job for one with half the income, and I had been at my heaviest weight. Oh, and to top it off, we had just decided to host a teenage exchange student from August to June who would be occupying our third bedroom.

But guess what? He is here, he is healthy and happy, and I am too. We were not ready for Owyn, but I am the happiest I have ever been with these two beautiful boys. The bills are getting paid, and even in a pandemic, this has been an amazing journey.

So, take this in stride. You can become a Mother without being ready and you will be a damn good one.