

# 10 Things No One Told You About Baby's First 6 Months

A Free Guide by Mama Mentor

## **1. The first month doesn't have to be perfect.**

It's okay to struggle, to cry, and to feel overwhelmed. You're adjusting, mama.

## **2. Your baby might not sleep as much as you expected.**

And when they do, it's usually not when you need it. Your sleep will be all over the place.

### **3. Crying isn't always about hunger.**

Sometimes they just need to feel held, warm, and loved.

#### **4. Breast or bottle — fed is best.**

There's no one right way to nourish your baby. You're doing great either way.

## **5. You don't need to buy everything.**

Many of the products marketed to new moms are totally optional.

## **6. Every baby is different.**

What worked for your friend might not work for you. Trust your gut.

## **7. Hormones will surprise you.**

You might cry over spilled milk — literally. It's real, and it's okay.



## **8. Bonding isn't always instant.**

Love grows. And your connection will deepen with time.

## **9. Everyone will give you advice.**

Smile, say thank you, and follow only what feels right for you and your baby.

## **10. You're doing better than you think.**

Even on the hard days — you're still their safe place.

## **Need More Support?**

- Explore our expert-led courses
- Book a 1:1 Consultation with Mama Mentor