



# new life ahead

Despite the anticipation and joy of being a first-time mother, you may experience feelings of fear and apprehension. Find out how you can make this transition into motherhood an easier one.

**Pin Pin, 35**, was overjoyed when she found out she was pregnant seven years ago. "My husband and I had been planning for a baby. So on the very first day that I missed my period, I excitedly went to the doctor for a check-up. We were over the moon when we found out I was expecting Kyllis."

Like any first-time parents, the couple were also a little apprehensive. "One concern was whether our baby would be healthy," says Pin Pin.

After Kyllis was born, she was challenged by her new responsibilities as a mother.

"Feeding Kyllis once every two hours wasn't easy. I still had to burp her afterwards. It was hard to get a proper sleep because I had to keep waking up for feeds. Thankfully, my husband helped out, so I

could catch up on some rest!"

Embracing her new role as a mother, Pin Pin made it a point to ensure she spent time bonding with Kyllis and her husband.

"When Kyllis was a baby, I used to give her body massages while singing nursery rhymes. The soothing massages helped her to sleep better. These quiet moments together also helped to bring us closer."

"I really appreciate my husband's support and understanding while I was still getting used to my role as a mother. I always made sure that we had alone time.

"We still go on dates while our parents, siblings or domestic helper takes care of Kyllis, now seven, and her younger sister, Kylene, who is four. We also spend a lot of quality time together after the girls go to bed every night."

## THE EXPERT SAYS

Parenting a newborn isn't easy, especially if you're first-time parents. But remember, this is an experience and responsibility that both you and your spouse share, so you're not alone! Be kind and patient with yourself and with each other.

- **Shared parenting:** Working together as a team makes parenting easier. So, when things go wrong, don't point the finger at each other, solve the problem together!

- **Hone your parenting skills:** Read parenting books, surf parenting-related websites and sign up for workshops. You'll be equipping yourself with skills that will benefit you for a lifetime.

- **Tip for Mum:** Be kind and patient and not too harsh with yourself. Don't get too uptight with the nitty-gritties. As a "newbie" to parenting, there are a lot of things you will need to learn, so relax and enjoy the process.

- **Tip for Dad:** It doesn't mean that you're not a good father if you don't feel as bonded to your child as your wife does. Be more involved with the parenthood experience by learning how to change the diapers, feed, or even sing the baby to sleep.

- **Make time for your spouse:** When you become parents, you don't cease to become a couple, so keep showering each other with love and care. Never allow your marriage to take a back seat for too long.

The expert, **Evelyn Khong**, is the manager and family life educator of **Fei Yue Community Services - Family Life Education**.

This is the third of a six-part series. Pin Pin is the mother of Kyllis, an I Love Children ambassador. The ambassadors' parents will share more of their experiences about their parenthood journey in upcoming issues. Check out [www.ilovechildren.org.sg](http://www.ilovechildren.org.sg) for more parenthood stories and tips.