



WOMEN'S SPECIALISTS
of New Mexico, Ltd.

As We Begin Our Lives Together...

Dear family:

- 1) Please take time to find out who I am - how I differ from you and how much I can bring to you.
- 2) Please feed me when I am hungry. I never knew hunger in your uterus – and clocks and time mean very little to me.
- 3) Please hold, cuddle, kiss, touch, stroke, and cling to me. I was always held closely in your uterus and was never alone before.
- 4) Please don't be disappointed when I am not the perfect baby you expected, or disappointed in yourselves that you're not the perfect parents.
- 5) Please do not expect too much from me as your newborn baby or too much from yourselves as parents. Give us both six weeks as a birthday present. Six weeks for me to grow, develop, mature, and become more stable and predictable. And six weeks for you to rest, relax, and allow your body to get back to normal.
- 6) Please forgive me if I cry a lot, bear with me and in a short time as I mature, I'll spend less and less time crying and more and more time socializing.
- 7) Please watch me carefully and you will begin to recognize those things which soothe, console, and please me. I do not mean to make your life hard, but the only way that I can tell you I am not happy is my cry.
- 8) Please remember I am resilient and can withstand many natural mistakes you make with me and as long as you make them with love, you cannot ruin me.
- 9) Please take care of yourself and eat a balanced diet, rest, and exercise so that when we are together, you have the health and strength to take care of me.
- 10) Please take care of your relationships with each other, for what good is family bonding if there is not a family to bond to? Although I may have turned your life upside down, please realize that things will be back to normal before long.

Thank you,
Your Loving Baby