



Women's voices: What I wished I had known: Ellen's story

I wish I'd known that mentally, it was going to be very tough, so I'm definitely the kind of person who puts preparation in, I attended all the courses, I read all the leaflets. Nowhere within did it say, there's a chance that you could just struggle with this, or it's likely that you're going to struggle with this and it's the biggest transition that you're going to make in your life. You go through adolescence, you go through your first job, you go through your first relationship, you know, getting engaged, getting married, even the pregnancy!

I thought pregnancy would be tougher than motherhood, because you know, people waddle around with their big, pregnant bellies, but that transition of, this little things has grown inside you, you've very little input into how that happened, the body just took over. I kind of figured, motherhood would be the same way, but your mind starts to come into it, you start to doubt yourself, and that to me was probably the hardest part, and the bit that no one had mentioned up until that point.