

# The Secret Diary Of A New Mum Aged 43: Reflections On Motherhood, Identity, And The Meaning Of Life



**The Secret Diary of a New Mum (aged 43 1/4)** by Cari Rosen

★★★★☆ 4.5 out of 5

Language : English

File size : 863 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 258 pages

Screen Reader : Supported

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I never thought I'd be a mother. Not because I didn't want to be, but because I always assumed it would happen in my twenties or early thirties. Life, however, had other plans for me. I met the love of my life when I was 39, and we got married a year later. It wasn't until I was 43 that we decided to start trying for a baby.

I was terrified. I knew that my age would make it more difficult to conceive, and I had heard horror stories about the risks of having a baby later in life. But I also knew that I wanted to be a mother more than anything in the world. So we went for it.

To my surprise, I got pregnant very quickly. I was overjoyed, but also incredibly anxious. I worried about everything: my health, the baby's health, my ability to be a good mother. But I also felt a profound sense of gratitude. I couldn't believe that I was going to be a mother. It was a dream come true.

The pregnancy was relatively smooth, but the birth was long and difficult. I ended up having an emergency C-section, and I was in a lot of pain afterwards. But when I finally held my baby in my arms, all the pain and fear melted away. I was completely in love.

Being a new mum is hard. It's exhausting, it's stressful, and it's often thankless. But it's also the most amazing and rewarding experience in the world. I love my baby more than words can say, and I would do anything for him.

But being a new mum at 43 is different than being a new mum in your twenties or thirties. I have more life experience, but I also have more responsibilities. I'm not as physically strong as I used to be, and I don't have the same energy levels. But I also have a greater sense of patience and perspective. I know that I can't do everything perfectly, and I'm okay with that.

Being a new mum has also made me reflect on my own identity. Who am I now that I'm a mother? I'm still the same person, but I'm also a different

person. I'm more responsible, more selfless, and more loving. I'm also more tired, more stressed, and more forgetful. But I wouldn't trade it for anything.

Being a new mum has also made me think about the meaning of life. What is the point of it all? Why are we here? I don't have all the answers, but I believe that one of the main reasons we're here is to love and be loved. And there is no greater love than the love between a mother and her child.

I'm so grateful for the opportunity to be a mother. It's the most challenging and rewarding experience of my life. I wouldn't trade it for anything.

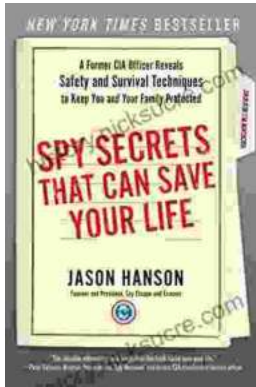


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