

Dear Mother,

You are a mother, you know, no matter how you came to be. You were born as a mother the very moment you first decided you wanted to be. Your journey has been hard, your journey has been tough, but it is your journey, and that is all that matters.

I know it feels like your body failed, like you failed. But believe me, you didn't. It wasn't the beautiful, glowing journey towards motherhood you always envisioned, yet still it made you the mother you are today. Strong, beautiful, loved.

It may not have been the natural, perfect pregnancy the media shoves in your face every single day, but still you got there. I know those images that pop up on your timeline hurt you so, but please don't let them break you. Grieve for the pregnancy you always wanted but couldn't have, grieve for the loss of cherished dreams, grieve because you need to.

People will tell you to be happy and grateful, as if these two emotions cannot go hand in hand with grief. But remember, that sadness, anger and confusion you feel is just as valid as any other emotion. That grief, believe it or not, makes you all the more stronger, for you know just how much you'd sacrifice, just to become the mother you are today.

Your love for your child is so very beautiful. It is not tarnished by grief, but refined like precious gold in a fire. Parenting is tough, and you've already shown the power you have to face anything that comes your way. Cherish that and no matter what, you'll be alright.

Dear Mother, your journey was unexpected and broken, but you picked up the pieces and created a whole new life, for you and your child. It may not be perfect, it may not be pretty, but it is the most precious journey you will ever take. It's worth it, and so are you!

Cherish the bumps, celebrate your "faults" for you are uniquely prepared to guide your child through a world that isn't perfect, and all because you faced the darkness and made it through.

You are a mother. How you got here doesn't matter, only that you're here.

With love
You.