Thank you so much for agreeing to share your experience of motherhood. The format of the blog will follow the below questions, please answer in as much detail as you are comfortable.

1. Tell me about yourself… first name, age, location, job, interests, family, children etc. Anything else you wish to share ☺
2. What were your expectations of being a mum prior to becoming one?
3. How did you feel when you found out you were pregnant?
4. How did you feel during your pregnancy? How was your physical health and mental health?
5. How was your experience of your baby’s birth?
6. How did you feel emotionally/mentally after the birth?
7. Did you experience any postnatal mental health difficulties?
   1. If yes, how long did it last?
   2. What helped you feel better?
   3. Did you seek any external support?
8. How are you feeling now?
9. What helps you feel like “you”?
10. What has surprised you about being a Mum?
11. Do you think that social media affects you as a woman, and as a Mum?
12. What advice would you give a new mum?

If you have found any of these questions difficult, or triggering, please know that you are not alone.

The following support services are available:

**PANDAs Foundation: Supporting families dealing with perinatal mental illnesses.**

0808 1961 776 (9am to 8pm 7 days a week) [info@pandasfoundation.org.uk](mailto:info@pandasfoundation.org.uk) (7 days a week 365 days a year)

**Samaritans: If you need someone to talk to, Samaritans will listen. They won't judge or tell you what to do.** Freephone 116123 or [jo@samaritans.org](mailto:jo@samaritans.org)

**Birth Trauma Association:** <https://www.birthtraumaassociation.org.uk/>