

# Lifesaving Lessons: Notes From An Accidental Mother



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by Linda Greenlaw

★★★★☆ 4.5 out of 5

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I never planned to be a mother. In fact, I was quite adamant about not having children. I had a career, I loved my freedom, and I didn't think I was cut out for motherhood. But then, life happened. I got pregnant unexpectedly, and my whole world was turned upside down.

I was terrified at first. I didn't know how I was going to be a good mother. I didn't know anything about babies. But I was determined to give my child the best life possible. So I read every book I could get my hands on, I talked to other mothers, and I just took it one day at a time.

It wasn't easy. There were times when I felt like I was failing. But I kept going. And as I got to know my daughter, I realized that she was the best thing that had ever happened to me.

Being a mother has taught me many things. It has taught me about patience, perseverance, and unconditional love. It has also taught me about the importance of lifesaving. Not only physical lifesaving, but also emotional lifesaving.

One of the most important lifesaving lessons I've learned is the importance of listening. Really listening. To your child, to your partner, to your friends, to everyone around you. When you listen, you learn. You learn about the people in your life, you learn about yourself, and you learn about the world around you.

Another lifesaving lesson I've learned is the importance of forgiveness. Forgiving yourself, forgiving others, and forgiving life itself. When you forgive, you let go of the past and you open yourself up to the future. Forgiveness is not always easy, but it is always worth it.

Finally, one of the most important lifesaving lessons I've learned is the importance of hope. Even in the darkest of times, there is always hope. Hope is what keeps us going. Hope is what makes us believe that tomorrow will be better than today. Hope is what saves lives.

I am an accidental mother, but I am also a survivor. I have survived the sleepless nights, the colic, the temper tantrums, and the teenage years. I have also survived the heartbreak, the loss, and the fear. But through it all, I have learned some invaluable lifesaving lessons.

These lessons have made me a better mother, a better person, and a better friend. And I am forever grateful for the accidental journey that led me to them.

## Here are some of the other lifesaving lessons I've learned as an accidental mother:

- The importance of self-care. You can't take care of others if you don't take care of yourself first.
- The importance of asking for help. There is no shame in asking for help. In fact, it's a sign of strength.
- The importance of being present. Be present in the moment with your child. Put away your phone and really connect with them.
- The importance of being patient. Things don't always go according to plan. Be patient with yourself and with your child.
- The importance of being kind. Be kind to yourself, to your child, and to everyone around you.

These are just a few of the many lifesaving lessons I've learned as an accidental mother. I am still learning, and I know that I will continue to learn for the rest of my life. But I am grateful for the lessons I have learned so far. They have made me a better mother, a better person, and a better friend.

If you are an accidental mother, I want you to know that you are not alone. There are other mothers out there who have been in your shoes. And we are here to support you. We are here to help you learn the lifesaving lessons that you need to know.

You are not an accidental mother. You are a survivor. And you are a hero.

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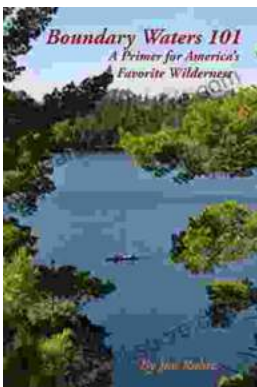


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