

March 2009

I just wanted to let you know that I had another baby girl, Chloe Joy, on Australia Day (26 January) and we are both doing well. She is a much easier baby than my first but perhaps that is because I am also much more relaxed.

I had a good birth, stayed at home for most of it - got to hospital at noon and had her before 2 pm. She weighed in at 3.8 kg and measured 50 cm.

I went straight from hospital to the psychiatric hospital mother and baby unit where they gave her one bottle at night so I could get my sleep. I stayed there for three weeks and when I came home a carer started coming at night to continue the one bottle feed at night for three months. I breastfeed her the rest of the time. I have remained on my medications, with no increase, and Chloe had no withdrawal symptoms when she was born.

So far I have been blessed with a stable mood and am really enjoying being home with my baby. Our older daughter, Isabella, started school this year and so I am forced to get out of the house twice a day, which is also good. She is loving having a baby sister.

Anyway, just thought I'd let you know the current state of play!

Marianne B,
Australia