

By Tahlia Mandie –Psychotherapist & Family Counsellor

# HOW THINGS HAVE CHANGED

The surreal experience of birth is one thing; the surreal experience of bringing our daughter home was another. In just that brief second, it was no longer just my husband and I (and our puppy), but we had this little person to now take care of. I never realised how precious “sleep-ins” were, and how fortunate we were the other day to sleep in to 6:30am instead of 5:30am. When people ask me, “so do you love it?”, my instinctive response is yes, but it is tough!

I honestly have no idea how people do this with more than one, let alone a toddler or two running around. Being someone that was always on time, I now succumb to running late everywhere I go, not realising how long the little things take. When I think I have everything in the nappy bag, her sweater and beanie on, and have gone to pick her up to put her in the car, the instant projectile vomit that then comes

up requires a clothes change on both her part and mine. Another 10 minutes late!

Her goos, gaas, and cheeky smiles make my heart melt every time. I can't help but laugh when Daddy has changed her into non-matching clothes.

I used to credit myself for being a part of the Melbourne food scene, impromptu coffees with girlfriends, enjoying fine dining evenings, and sampling the best of Melbourne's nightlife. This is now replaced with mothers group at the local health clinic, eating Thai takeaway on a Saturday night and reading about the latest Hot Spots in the daily paper. But I would not have it any other way.

We welcome back Tahlia to 3008 as a regular contributor and congratulate Tahlia and her husband David on the arrival earlier this year of their first child and daughter, Edi.

**TAHLIA MANDIE IS A PSYCHOTHERAPIST AND FAMILY COUNSELLOR FOR DIRECTION EXPLORING, WHICH HELPS ADOLESCENTS BY INSPIRING, EMPOWERING AND MOTIVATING THEM TO FIND THEIR POTENTIAL AND PATHWAY WHILE GIVING THEM MORE ENERGY, CONFIDENCE AND BELIEF IN THEMSELVES AND THEIR ABILITIES. DIRECTION EXPLORING ALSO WORKS WITH PARENTS AND FAMILIES AND RUNS GROUP PROGRAMS AND WORKSHOPS.**



Tahlia and daughter Edi

If you have a topic you would like Tahlia to discuss in the coming months please send through your question or suggestion to the editor.

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