

Every day is a new day

A story by young mums
for their bairns – to be read
when they are older.



Every Day is a New day

Dedication

This story is from the young mums to their children

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*Illustrated by Anders Frang**



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Listen. This is important.

I'm not joking. Listen... this is a serious chat.

This is about you and me and our life.
I'm going to tell you what it's like being
a young mum – your mum.

And this is about your gran and your great
gran too... because they were mums before
me. We can all tell stories with ups and downs
and hopes for the future because that's
what life is like.

You're at the heart of this story,
our story.

Are you ready?

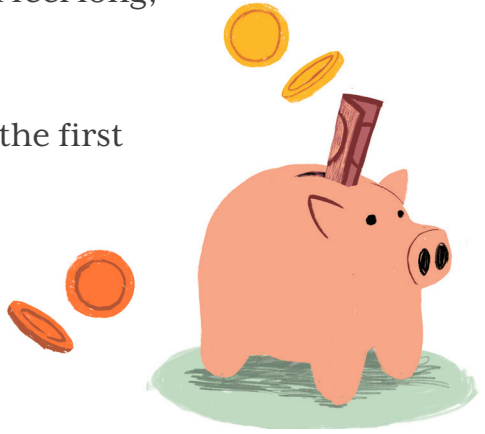


Each day starts the same.
Get up.
Get dressed.
Have breakfast.



It's harder to do if sleep's not been good
– if that happens the day can feel long,
even as it begins.

So getting up and out is like the first
success of the day.



If I could, I'd take you to all sorts of places for new
adventures – but life can be expensive – so I've learned
to budget – making our money stretch.

The good thing is I see you smile as I push you around.
You teach me that in your eyes the simple things are
fun.



When I step outside things feel different. People sometimes look at us, and judge me.

Folding up the buggy as we get on the bus, at the shops, the doctors, or walking past some builders...

“You’re still a bairn yourself!”

Or you might have a tantrum and I try to be patient...

“Do you no’ ken how to shut that bairn up?”

Who are they to say that? They don't know how old I am or what our story is.

I've even been followed into a shop by people thinking I'm going to steal and hide something in the buggy!

What people think about me can seem like a voice in my ear... making me look over my shoulder.

With you it's different. You and I have a special kind of trust.



“The bairn’s quiet the day”

“You’re doing really well...”



Do they really mean that? I sometimes think people are being sarcastic but they’re actually being nice!

I find it hard to tell, but there are good people who mean well.

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I have comments to cope with on my phone too – good ones and bad ones. Social media can **help** one minute and **hurt** the next.

I've realised that I've got to be thick-skinned and stubborn and believe in myself – that way I stay strong for you.





Every day is a learning day because kids don't come with instructions. Some people think life happens step by step. But it doesn't. There's no list to follow.

You can't plan when you don't know what's coming next. Whatever happens, you manage it and make each day work – there's everyday things like cooking meals, washing, shopping...





...but then there's money and relationships and housing and doctors and dentists and hospitals...

Some of it is hard, but if I get scared I try not to show it. I don't want you to see my fears.

You are relying on me, so I trust in myself that I know my own mind.



I need somewhere I can get support. You should know that too. Don't ever feel you're on your own. Look for help if you need it.

I found a place where I can meet other mums like me. I try really hard to go each week. I make the day work to be sure I get there.

I can share my experiences and be truthful about how I feel. It's important because I've learned that my health affects you. You and I are connected like that.

Me and the other mums, we're all different – but we're all in the same boat. We understand and care about each other, and that helps me care for you.



Guess what... I'm not the first mum and I won't be the last. Think of your gran, your great gran and all the mums in history. They've been brave and resilient too and solved all kinds of problems every day.

Things were different for them – it changes for each generation – the prams, the buses, the money given for support, the food in the shops. It could have changed again by the time you read this.





Families were different in the past too. Parents expected things to be done in a certain way. Tradition was important – there was more pressure from that.

Nowadays you've got a better chance of hearing that everyone is unique, and being a young mum is as normal as lots of other things!



If you're old enough to read this, then you and I will have been through a lot together.

I want you to know that I've tried to do the best I could.

I've always wanted to do a good job for you.

I hope I've shown you to value things that are important. Like money – don't just waste it – that's something I've learned along the way.

And I hope you find good friends – lifelong ones who care about you.

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So... what more can I say? Being a mum, being *your* mum, can be tiring, worrying, difficult but... it has changed me for the better too.

I've got more skills now than I ever had before.

And because of you I value life more – because simple things are totally different with kids, like swimming or visiting places.

You and me... I wouldn't have it any other way.

So lucky you! You have a mum who loves you and wants the best for you... and she is brave, resilient, sensible, confident and has lots of energy! Did you know that?

Hopefully whatever you choose to do in life, you can be all of these things too...

... the world is your oyster!

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Know your own mind

Be brave

Trust in yourself

Be resilient

**Be strong
and stubborn**

**Express
confidence**

**Have lots
of energy**

**Listen
to advice**

Be sensible





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Heritage Hunters

The Heritage Hunters project was managed by Children in Scotland with the aim of broadening the participation of children and young people in heritage settings across Scotland.

For more information take a look at the Children in Scotland website:

www.childreninscotland.org.uk