

# Alanis Morissette Says She Was Unprepared for Motherhood



Alanis Morissette recently opened up about postpartum and not being prepared for the birth of her 10-month-old son, Ever Imre, with husband Souleye. The singer, who wrote a blog for [iVillage.com](http://iVillage.com), said she worried about labor and delivery instead of mentally preparing to become a mother. According to [UsMagazine.com](http://UsMagazine.com), Morissette said she felt like there was no handbook to guide her in raising her son and being a first time mother.

**How do you prepare yourself for motherhood?**

## **Cupid's Advice:**

- 1. Talk to the experts:** Go beyond getting a pediatrician's advice or reading those expensive baby books, and talk to actual mothers. Don't know any? Try becoming a member of mommy forums online and/or play groups.
- 2. Talk to your baby:** Talking to your baby while they are still in the womb helps build a bond. Once the baby arrives, you will feel more intuned with your child and your role as a mom.
- 3. Come to terms with not being prepared:** We could write a thousand steps on preparing for motherhood, but the truth is that motherhood is taught through experiences. Making mistakes makes you human, and teaching your child how to *not* make the same mistakes you do, makes you a mother.

If you think you may have postpartum or need someone to talk to, don't be embarrassed, talk to your doctor.

**How did you “prepare” for motherhood? Share your experiences below.**