

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, said she worried about labor and delivery instead of mentally preparing to become a mother. According to 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.