

6th March 2023

A Mother's Story

The below blog piece has been written and sent in by a mother in our community, who has asked to remain anonymous. *Cystic Fibrosis Australia thanks you, for being bold and sharing your story.* We know that by doing this, this mother hopes to inspire others who may be in a similar position as her. Whether you are directly affected by CF or are on our mailing list because you have an interest in CF, this piece allows a glimpse into life with CF, and we are grateful to share it with you all.

As a new year begins, I'm reminded of the day creeping up, that marks 2 years since Cystic Fibrosis entered our lives.

23 days after my darling boy was born our lives took a complete turn.

I couldn't imagine what a week would look like, let alone 2 years!

I was simply trying to get through a moment at a time.

Training my brain to take on this new normal and invent a new mother, one that I was not familiar with, but was determined to be.

Our older children soon learned what CF meant and took on the roles of beautiful and protective siblings. They did not fear CF. We made it part of our lives very quickly.

To say it was smooth sailing would be a complete lie. Just as we would get our heads around one dose of medication there would be a change. Along with growth, and even dips in weight came adjustment of medication.

Seasonal temperature changes meant an adjustment of salts and monitoring of sweat loss.

Winter meant we were on high alert to further protect our family, and social events soon became a juggle of which one of us was going to attend.

Cystic Fibrosis is something that has etched its way deeply into our family but has also become very normal to us.

There are A LOT of adjustments and "tweaks" in our days and the decisions we once made as a family are slightly different now, but we do it together and will continue to do so as a team!

It was once something that I read about whilst skimming through a magazine, never ever expecting it to be in our lives, but now it is something we fight every single day, with every move we make.

It has definitely had its tests and has pushed us in ways we never expected. It has also shown us how resilient and strong our three children are.

Unstoppable!

When we face moments that are too much we say, "we will try again tomorrow."

It has allowed us to connect with some of the most amazing people in the CF community which we are forever grateful for.

For a disease that keeps people apart, the community is so very close.

Most of all the last two years have shown me that CF is in our family, but it is NOT who we are. The little boy I held in my arms wondering how this would affect him, shows me daily just how amazing he is and that anything at all is possible!

We drive it every day at full force without leaving anything to chance, setting a strong foundation for our children.

If you are a new family with Cystic Fibrosis, I would like to tell you this - the days can be hard, and the load can be heavy, but our children are one of a kind. Your journey will be unique, and your baby will continuously amaze you every step of the way.

