

My daughter was born on 13th May at 6:58 am. She weighed 8 lbs and we called her Jessica. My bond with her was immediate and, as I leave to return to work today, I am struggling with the prospect of leaving her. I know every little sound she makes and I have every one of her facial expressions mapped in my mind. I envy my wife for getting the next 6 months with her.

That said, getting back to work will provide me with a healthy life balance and the time I spend with her will be richer. Her mum will have many periods of exhaustion over the coming months and I suppose I'm getting off lightly by shirking the responsibility by jaunting off to work to sit in front of a fancy computer and drink fancier coffee.

We've heard horror stories from many people about how it is to look after a newborn child. I've been told that it will slow me down and that I won't be capable of my usual high frequency work rate. So far, this hasn't happened. It hasn't happened because we created order from what is a chaotic situation. Bottles are organised to perfection with everything in its place so that feeding time is executed to near perfection. Winding the child has also been researched and we take steps to minimise the risk of Jessica swallowing air. This reduces discomfort for her and means she's sleeping again fairly quickly after finishing her meal.

I'm not claiming to have worked out child rearing in the first fortnight. What I am saying is that, like anything else, you can do things the hard way or you can plan a bit and do things a slightly easier way. Everything is easier when you review a repetitive situation and plan a better way to deal with it.

Anyway, back to work it is. I am somewhat looking forward to it. What I'm not looking forward to is the undoubted deluge of emails that I will have to deal with at the beginning. My fancy coffee should help me through though.