




Motherhood is a new adventure in my life, I will take all the time I need.

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I am the mom my child needs.

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I allow myself to say no.

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If I'm sad, it's OK; my whole life is changing. I will adapt.

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I will ask for help when I need it.

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I give my body time to rest and recover.

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I am patient with myself as I learn how to care for my child.

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We are growing together.

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I am doing my best and that is enough.

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I will be fully present with my child.

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I am full of love and peace.

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I am unique and capable of great things.

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I can learn and grow every day.

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I can meet the challenge of motherhood with grace and humour.

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I take everything one moment at a time.

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I will encourage myself.

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I am not perfect,
but I am good
enough.



I accept my
thoughts and
emotions.



I'm doing fantastic!



I accept all my
moods and feelings
as part of who I
am.



I believe in myself.



I listen to my
body.



I take time to bond
with my baby.



We are on a journey
into a bright future
together.



I gladly welcome
the help and
support of others.

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My child is
healthy, safe, and
loved.

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I am calm, and my
child feels my
calmness.

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I am more
confident in
myself every day.

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My focus right now is
on myself and my
baby.

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My wonderful
body is recovering
and healing.

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My baby and I are
getting to know each
other.

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I eat well and sleep
as much as I can.

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