

KENNEWICK · RICHLAND · PASCO, WA

Postpartum *Affirmations*

Gentle words to carry with you through the tender, tiring,
and transformative days of new parenthood.



"I was made to raise this child."

"Good enough parenting IS the best parenting."

"I will keep learning about me and my child."

"I am the best expert on my body and my child."

"I am my baby's parent."

"I am becoming."

"We are learning."

"This isn't forever."

"Today, I choose hope."

"Help from others is a gift."

"Self care isn't selfish."

"I will respect my body's whisperings today."

"Today, I will celebrate the little things."

Keep These Close

Cut along the lines and tuck one in your wallet, on the fridge, or anywhere you'll need a gentle reminder.



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