

It is okay not to be
perfect



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I trust my instincts



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My baby and
I are growing together



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I've got this



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I am a good enough
parent



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I am doing the best I



can



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*I accept my baby
and myself*



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*I cherish the moments of me
and my baby being
together*



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I am patient



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*We are both learning
and getting to know
each other*



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*Every hug and kiss
will make our bond
stronger*



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*We will master each phase
together and grow stronger as
a family*



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I am strong



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I am understanding



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*I am calm and
relaxed*



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I am loved



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I am creative



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*I have fun as a
parent*



www.things4u.co.uk

I am fun



www.things4u.co.uk

I am gentle and loving



www.things4u.co.uk

I am a devoted parent



www.things4u.co.uk

I promise, to practice self-care.



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I keep my promises



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I am becoming a better parent Every day



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