

POSTPARTUM AFFIRMATION CARDS

Postpartum can be a huge adjustment for many women. Overnight you become a Mother, suddenly with a small child entirely dependent on you. The reality may not match the expectation.

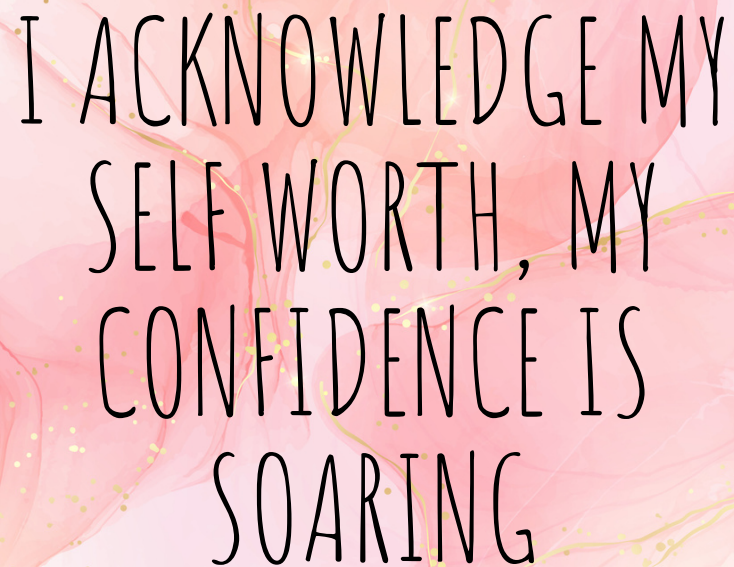
Add in fluctuating hormones, lack of sleep and a body that isn't what it was before and for many, you can question everything - Am I doing it wrong? Am I a terrible Mother? Why is my body not pinging back to shape?

I created these positive affirmation cards for myself when I was pregnant with my fifth baby. I knew that I would need a boost post-partum, and I used them as visual reminders every day that I was doing an amazing job!

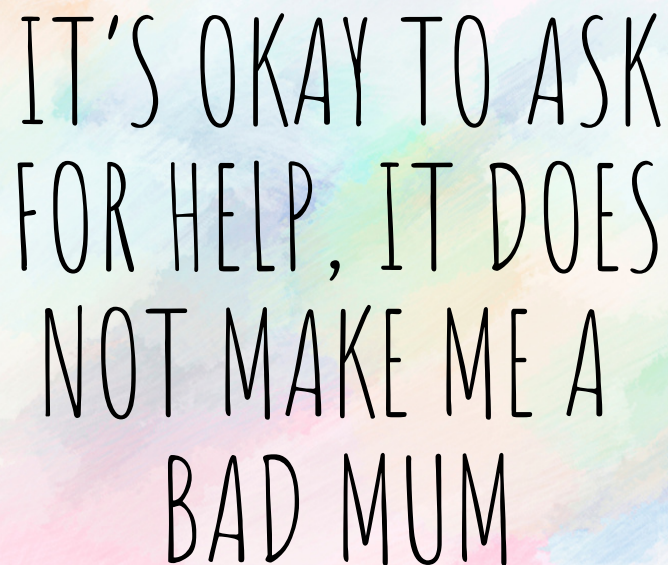
I printed them out and pinned them around my house, though you could keep them in a stack and pick a card each morning, or when you feel like you need some kind words.



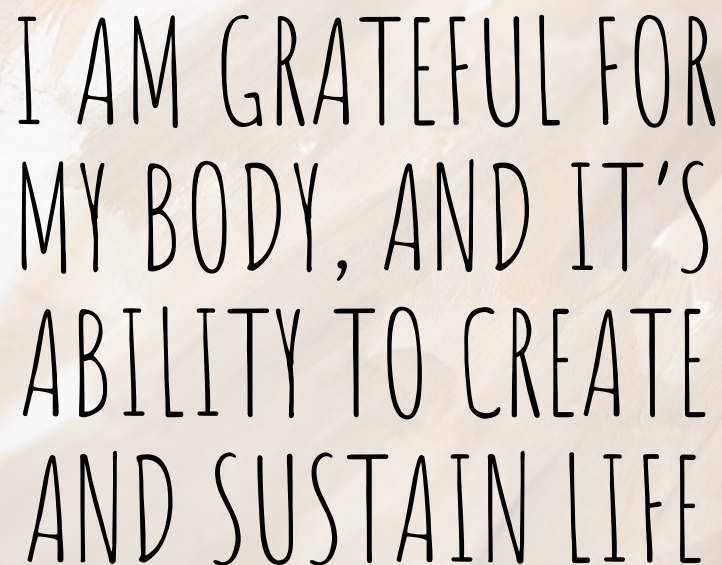
MY BABY AND I ARE
WORKING TOGETHER



I ACKNOWLEDGE MY
SELF WORTH, MY
CONFIDENCE IS
SOARING



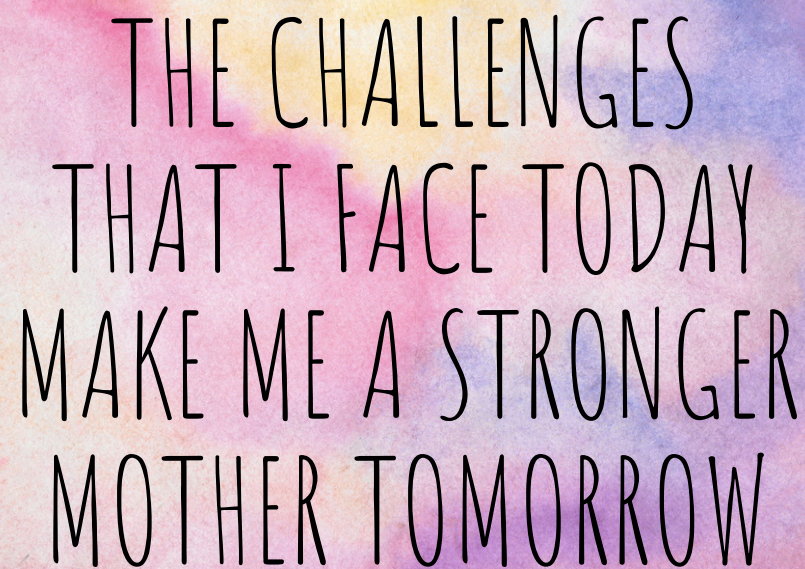
IT'S OKAY TO ASK
FOR HELP, IT DOES
NOT MAKE ME A
BAD MUM



I AM GRATEFUL FOR
MY BODY, AND IT'S
ABILITY TO CREATE
AND SUSTAIN LIFE

A light blue watercolor background with soft, blended tones of blue and white.

I AM THE MOTHER MY
BABY NEEDS

A watercolor background with a mix of purple, pink, and light blue tones, creating a soft, ethereal effect.

THE CHALLENGES
THAT I FACE TODAY
MAKE ME A STRONGER
MOTHER TOMORROW

A light grey watercolor background with subtle variations in tone and texture.

MY MOTHERS
INTUITION GUIDES
ME TO MAKE THE
RIGHT CHOICES

A watercolor background with shades of blue, purple, and pink, featuring some darker, more textured areas.

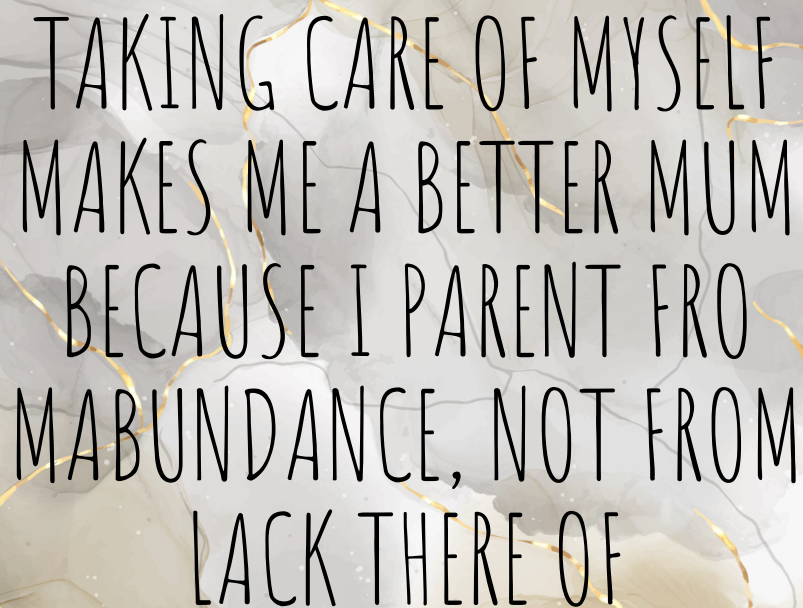
I AM MY CHILD'S
BIGGEST COMFORT.
NO MATTER WHAT I
LOOK LIKE

A rectangular panel with a watercolor background in shades of yellow and orange. The text is centered and written in a black, hand-drawn, uppercase font.

I AM DOING THE
BEST FOR MY
CHILDREN,
AND IT'S ENOUGH

A rectangular panel with a watercolor background in shades of pink and orange. The text is centered and written in a black, hand-drawn, uppercase font.

I WILL TAKE THIS
ONE MOMENT AT A
TIME

A rectangular panel with a marbled background in shades of grey and white, accented with thin gold veins. The text is centered and written in a black, hand-drawn, uppercase font.

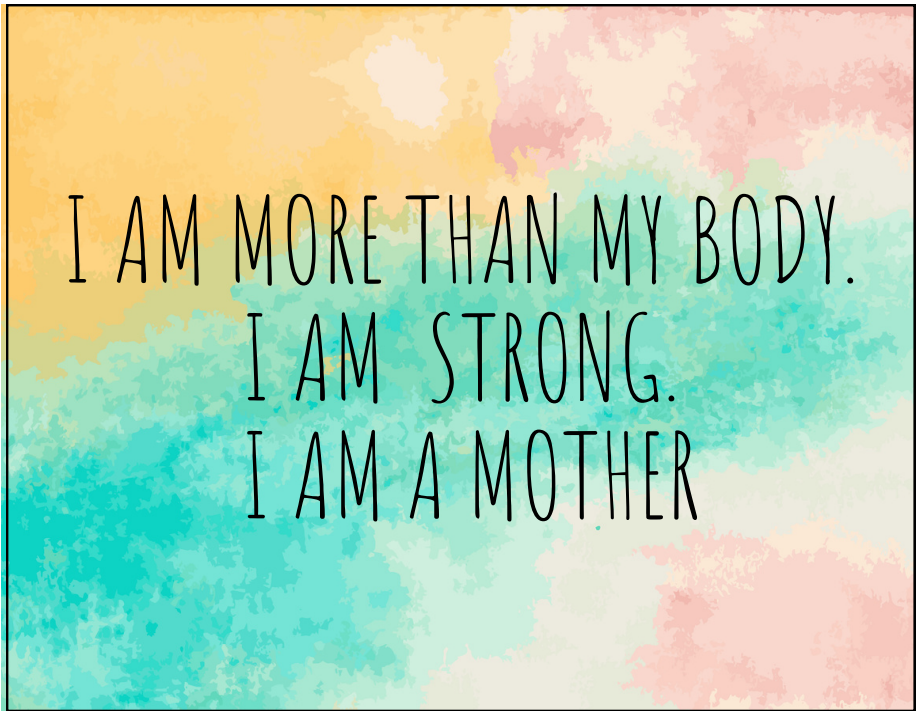
TAKING CARE OF MYSELF
MAKES ME A BETTER MUM
BECAUSE I PARENT FROM
ABUNDANCE, NOT FROM
LACK THERE OF

A rectangular panel with a watercolor background in shades of light pink and white. The text is centered and written in a black, hand-drawn, uppercase font.

I KNOW BETTER WHAT
MY CHILDREN NEED
THAN ANYONE ELSE



TAKE CARE OF MYSELF
TO BE A
BETTER MOTHER



I AM MORE THAN MY BODY.
I AM STRONG.
I AM A MOTHER




I KNOW WHAT
MY BABY NEEDS



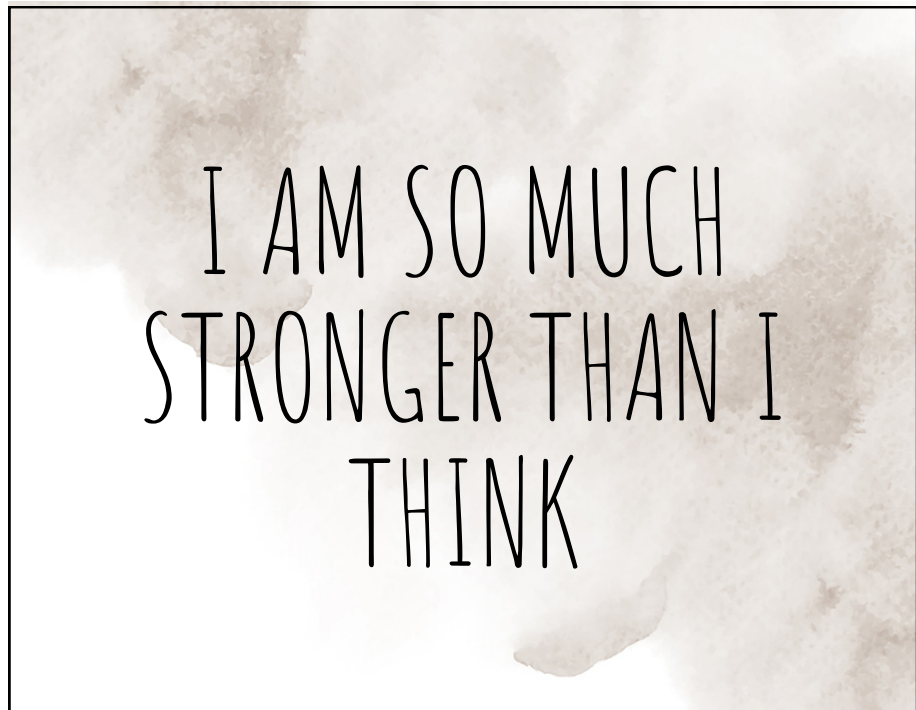
MY STRENGTH GROWS
AS I TAKE EACH STEP
FORWARD IN MY
MOTHERHOOD JOURNEY

A background with a marbled pattern in shades of orange and gold, with some darker orange veins and a shimmering gold effect.

I AM ENERGETIC AND
MY BODY IS HEALING

A background with a watercolor-style wash of blue and gold, with soft, blended colors and some darker blue and gold accents.

TODAY I WILL NOT WORRY
ABOUT SMALL DETAILS

A background with a watercolor-style wash of light grey and white, with soft, blended colors and some darker grey accents.

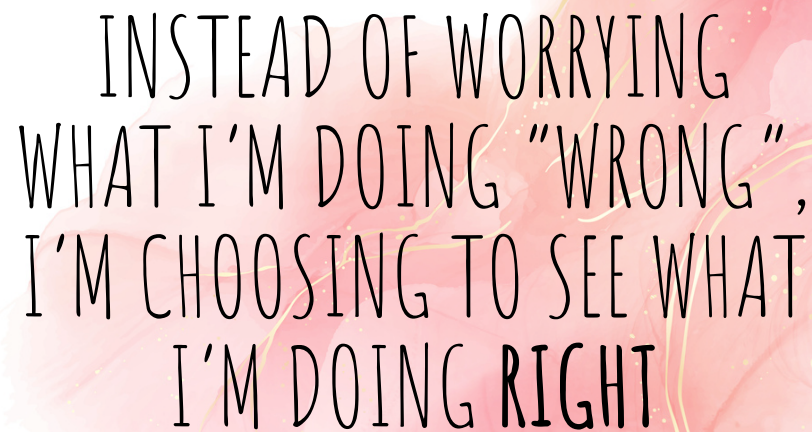
I AM SO MUCH
STRONGER THAN I
THINK

A background with a watercolor-style wash of blue and white, with soft, blended colors and some darker blue accents. There are also several small white dots scattered across the background, resembling stars or snow.

CHALLENGING DOES
NOT MEAN IMPOSSIBLE



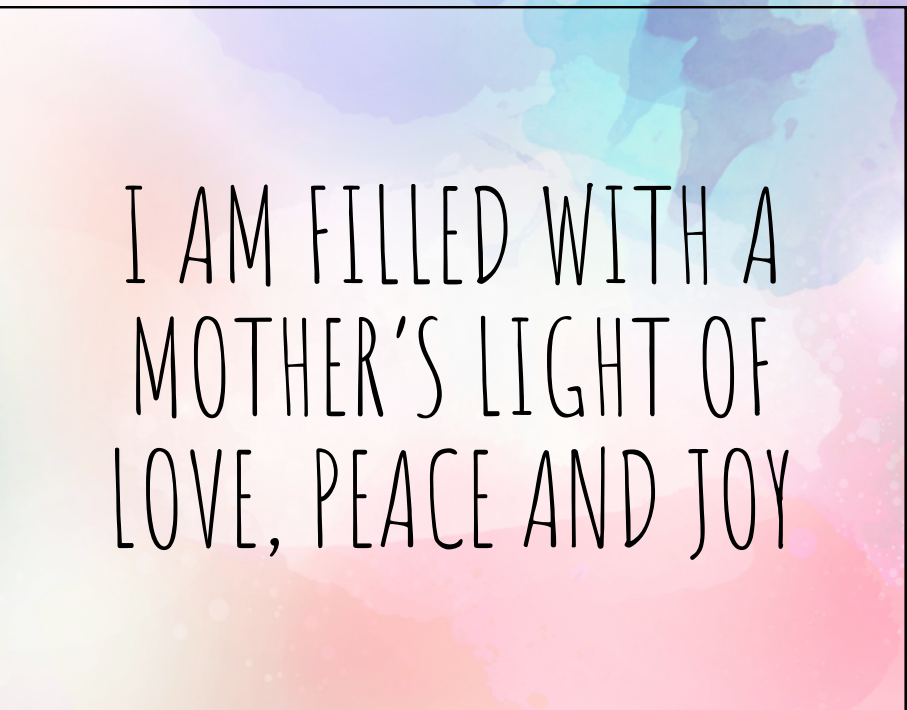
MY BABY IS BEING
NOURISHED BY ME



INSTEAD OF WORRYING
WHAT I'M DOING "WRONG",
I'M CHOOSING TO SEE WHAT
I'M DOING **RIGHT**



TODAY I EMBRACE
ALL THAT I AM



I AM FILLED WITH A
MOTHER'S LIGHT OF
LOVE, PEACE AND JOY