

ALL OF MY
EMOTIONS ARE

VALID



My love

for my baby is stronger than
anything else

I MAY FEEL



My baby

grows stronger and healthier

EVERYDAY



I TRUST THE PROCESS
THAT BRINGS ME
CLOSER TO MY BABY

**COMING
HOME**



I TRUST MY INSTINCTS
AND WILL USE MY
VOICE

**IF I NEED
TO**



I believe in

MIRACLES

BECAUSE I GAVE BIRTH TO ONE



My baby is
RESILIENT



I have clarity
ABOUT MY WANTS
AND NEEDS



I am the PERFECT

PARENT FOR
MY BABY



I am learning
ON THIS NICU JOURNEY



I show myself

GRACE AND COMPASSION

