



DAILY AFFIRMATIONS

Affirmations to integrate into your day-to-day routine

NO ONE EXPECTS PERFECTION

I AM ENOUGH

I AM A GOOD ENOUGH PARENT

I AM GRATEFUL FOR MY CHILD, MY PARTNER AND MY FAMILY

I DESERVE TIME TO UNWIND

I GIVE MYSELF PERMISSION TO RELAX

WHEN I TAKE CARE OF MYSELF, I TEACH MY CHILD THE VALUE OF SELF-CARE

MY CHILD AND I ARE LEARNING AS WE GO

I WILL MODEL WHAT I WANT TO SEE IN MY CHILD

IT'S OKAY TO HAVE A BAD MOMENT

THIS TOO SHALL PASS

I DON'T LOVE THIS STRUGGLE BUT I LOVE MY CHILD

I WILL BREATHE AND RESPOND CALMLY

I CAN ASK FOR HELP

I AM CONSTANTLY GROWING AND LEARNING