

Positive Self-Statements

1. This is hard right now, but I can handle this.
2. I'm doing everything I can to help my baby.
3. I'm going to be a great mom.
4. The nurses are always here to help teach me how to care for my baby.
5. I can deal with anything thrown into my life.
6. This challenge will help me grow.
7. My baby is soothed by my touch and voice.
8. It feels good / will feel good when I hold my baby.
9. I can picture my baby big and strong.
10. I will love my baby no matter what.
11. I can imagine having my baby home, with all this in the past.
12. _____