

BUILDING BALANCE

Motherhood can be busy and full of tasks. It can feel like you are so busy running from one thing to another, that you lose a sense of what happened from day to day. This becomes even more challenging when we add an element of depression, anxiety or mood lability. Consider the first few months of your infant's life, when time goes so slow and so fast all at once. So many doctor's appointments, needs to attend to and information to absorb. At the same time, we try to slow down, notice our babies, learn about who they are, and pay attention to our feelings and experiences. In order to find a balance and increase our connection to others and ourselves, we have to practice finding space to reflect. A way to let go of our negative judgments or unhelpful thoughts. We need to build balance into our moment to moment lives.

BUILD YOUR OWN SPACE EVERY. SINGLE. DAY.

Establish a daily practice.

This can be as little as 5 minutes per day, attending to your breath, your emotions, sensations, your body, your experience. Our mind and body can become more attuned to one another with practice and self-reflection.



OBSERVE YOUR NEEDS AND THOSE OF YOUR CHILD

Consider ways in which you respond to your child.

What might you need to regulate yourself, to be effective with your infant/toddler? What is my child doing? What are they feeling? What do they need from me? How could I respond?

