Parent Toolkit: AFFIRMATIONS

As I give out love, I will look for nourishment; in whatever form it comes.	

Being 'good enough' will be enough. Perfection is impossible.

I am a priority. Establishing healthy boundaries will help me remember this.



I am of value, worth and wisdom. I am a mother.

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All mothers struggle. It is where growth begins.

I do not need to compare myself to others. I am a necessary part of my child's growth.

Just as the needs of my children matter, so do my own.



As I strive to be a better mother, I remain a good one.

When I take care of myself, I am able to see my child with clarity.

My emotions are fuel for the thoughts that propel me to protect and react.

I can accept the present moment, and know that it will pass.

In order to observe the lessons offered to me today, I will join in this moment, exactly as it is.

When my thoughts get stuck, I can remind myself that my body is not stuck.

I can feel safe in the ever-changing moments of my life. I have an anchor.

Love and connection can provide an anchor for my child and myself.

What I struggle with today, will be a strength that I share in the future.