

I am the best
mother for my
baby

My baby and I will
work out what's best
for us.

I can find ways to
look after my baby
and myself.

I am learning with my baby
as they grow, and as I grow
as a mother.

There have been babies before
mine, and there will be babies
after mine, but I know my baby
better than anyone.

This is all new for
me and my baby

My baby loves me

Although they may not
have words, my baby is
grateful for all my care

When I take a break, it helps recharge me.

Looking after myself is one way I can look after my baby

I can care for my body with gentle compassion.

With each breath I take, I nourish and nurture my body and mind.

I am not alone: millions of other mothers have felt exactly as I do now.

I can ask for help and companionship: this is a sign of strength

I can trust my body and my instincts.

I have the strength I need, inside me