



HIMANI DALMIA

# Newborn Truths: *Affirmations for the First Year*



*Pin me up!*



- I am not the same person I was before birth - and that's okay. I am becoming.
- Matrescence is real. I am allowed to grow, shift, and change.
- Even when I feel unsure, I am the best parent for my baby.
- Bonding can take time - it doesn't have to be instant.
- It's okay to hold my baby as much as we both need.
- I can love the baby bubble and still miss my old life.
- Asking for help is not weakness. It's wisdom.
- My sleep matters. My rest is valuable.
- I'm allowed to enjoy contact naps, slow mornings, and quiet moments.
- My baby is not too clingy. My baby feels safe with me.
- It's okay to say no to visitors, expectations, or routines that don't serve us.
- Every day is a new day. I'm learning. I'm growing. We're doing this together.
- This phase will pass - but my love, presence, and gentleness will always matter.

