**The Gift of Affirmations (Handout)**

*These statements can validate a mother’s feelings around her concerns.*

I remember feeling that way, too.

You’re not alone. I have heard other mothers worry about this too.

It’s great that you are breastfeeding!

I can see that you are worried that tells me what a good mother you are.

With all you have on your plate, I am glad you reached out for help today.

Your baby is lucky to have a mom that cares so much.

I can tell, you take good care of your baby.

It’s obvious you talk to your baby a lot, what a caring mom your are.

I can see you have given this some thought! Look at you! You are doing it!

You should be so proud for sticking with it this long a lot of mothers would have stopped by now.

That is a very common reaction, I can see how much your baby loves you.

I can tell it is important for you to have a strong family.

Feeling like a good mom can be a struggle some days, it is ok, I think we have all felt this way.

You are working hard at being a good role model for your younger children.

I remember what those days were like – being a good mom was a juggling act on some days.

I’ve met a lot of dads who worried about this too.

How wonderful that you have so much family support

It’s hard to take care of everyone else and still have time to take care of ourselves.

You are so good at setting boundaries.

It is great that you have shared this with your doctor.