

*This is
my promise*



I WILL
Look after myself
Trust my instincts
Listen to my own advice
Enjoy my baby
Treasure the moment
Ask for help and support
Rest and recharge
Be fearless expressing how I feel
about my baby
Make choices that are right for me
and my baby



Baby Bear

My amazing baby



Date

What are you grateful for?



5 special things about your baby

1.....

2.....

3.....

4.....

5.....

What amazing thing has your baby done this week ?



Baby Bear

massage and yoga

Positivity Progress

 Date

What are you grateful for?

5 things I loved about today

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....



What made a difference today ?

