



Today is not about accomplishing.  
*Today is about being.*



*All mothers, for all of time,  
have been this new once.*



*Caring for myself*  
is caring for my baby.



Every day is a new day.  
Every hour is a new hour.  
*Every minute is a new minute.*



**I deserve care, rest,  
and nourishment.**



I have learned  
*so much* already.



My baby and I are both new at this.

*And together we are  
figuring it out.*



**My baby knows me and  
welcomes my love.**