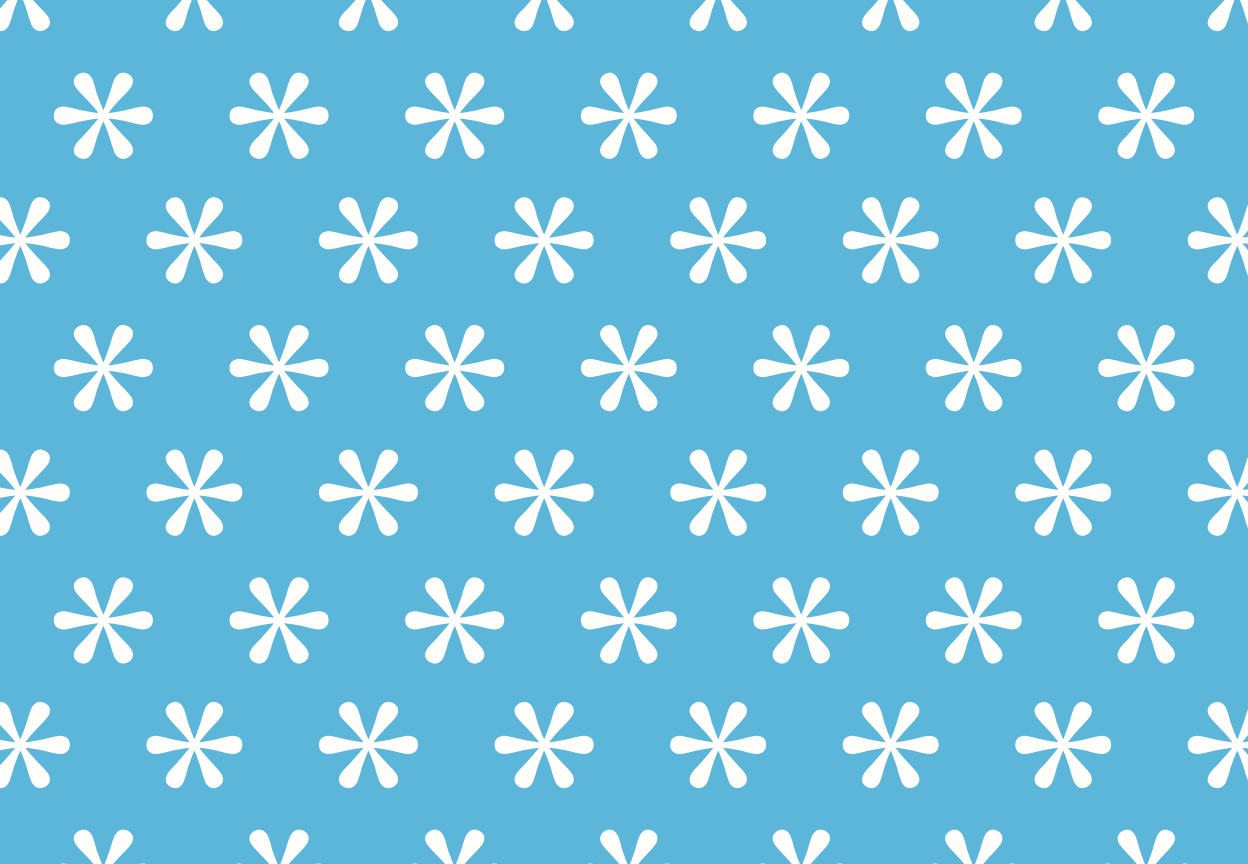




*All mothers, for all of time,  
have been this new once.*

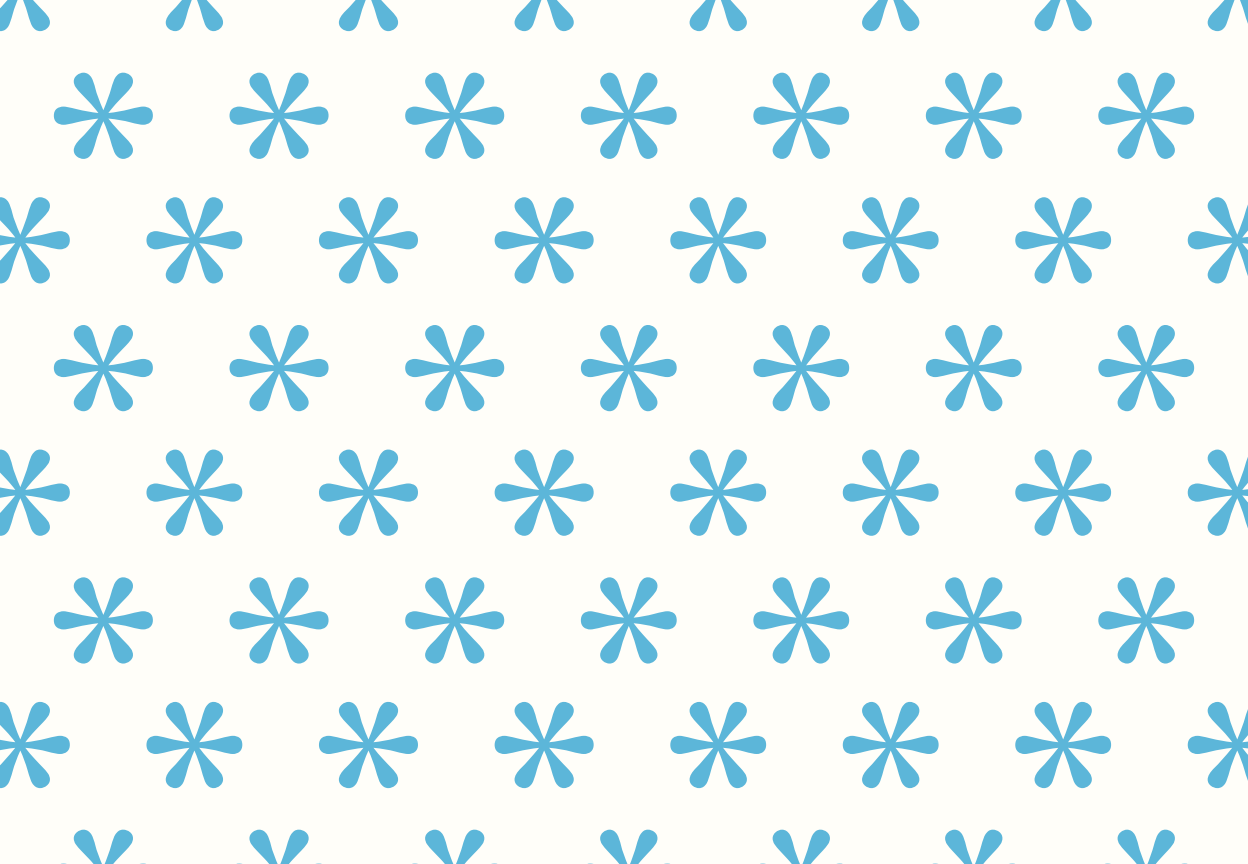
yourPostpartumPlan





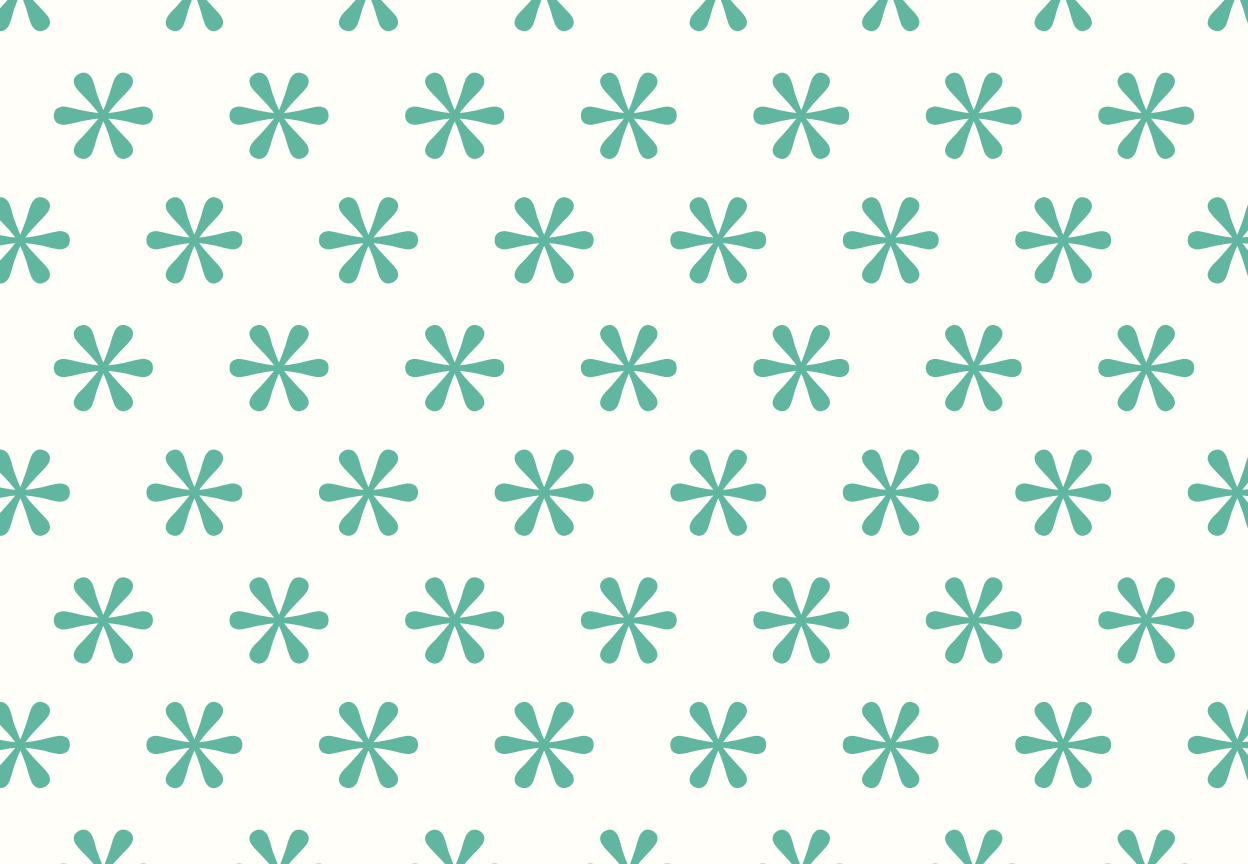
*Caring for myself*  
is caring for my baby.

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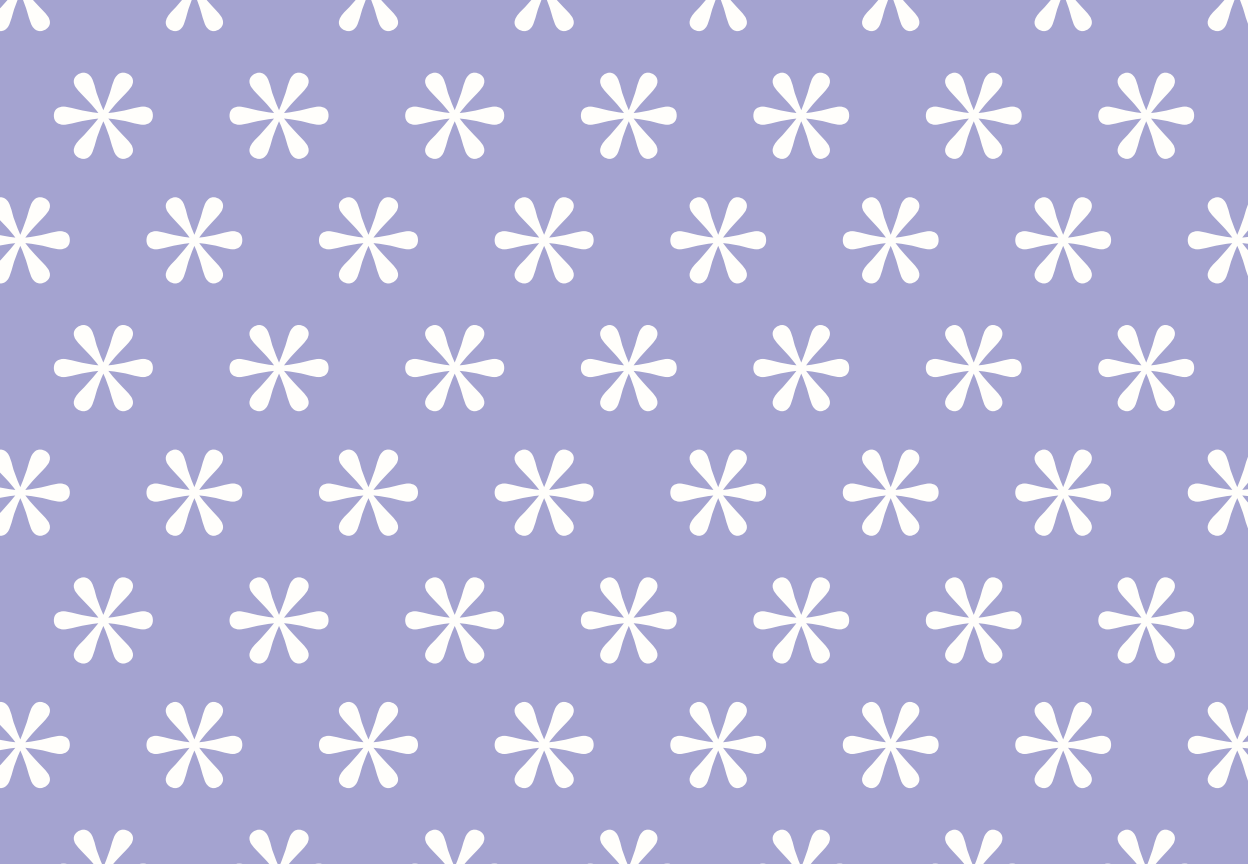
Every day is a new day.  
Every hour is a new hour.  
*Every minute is a new minute.*





I deserve care, rest,  
and nourishment.

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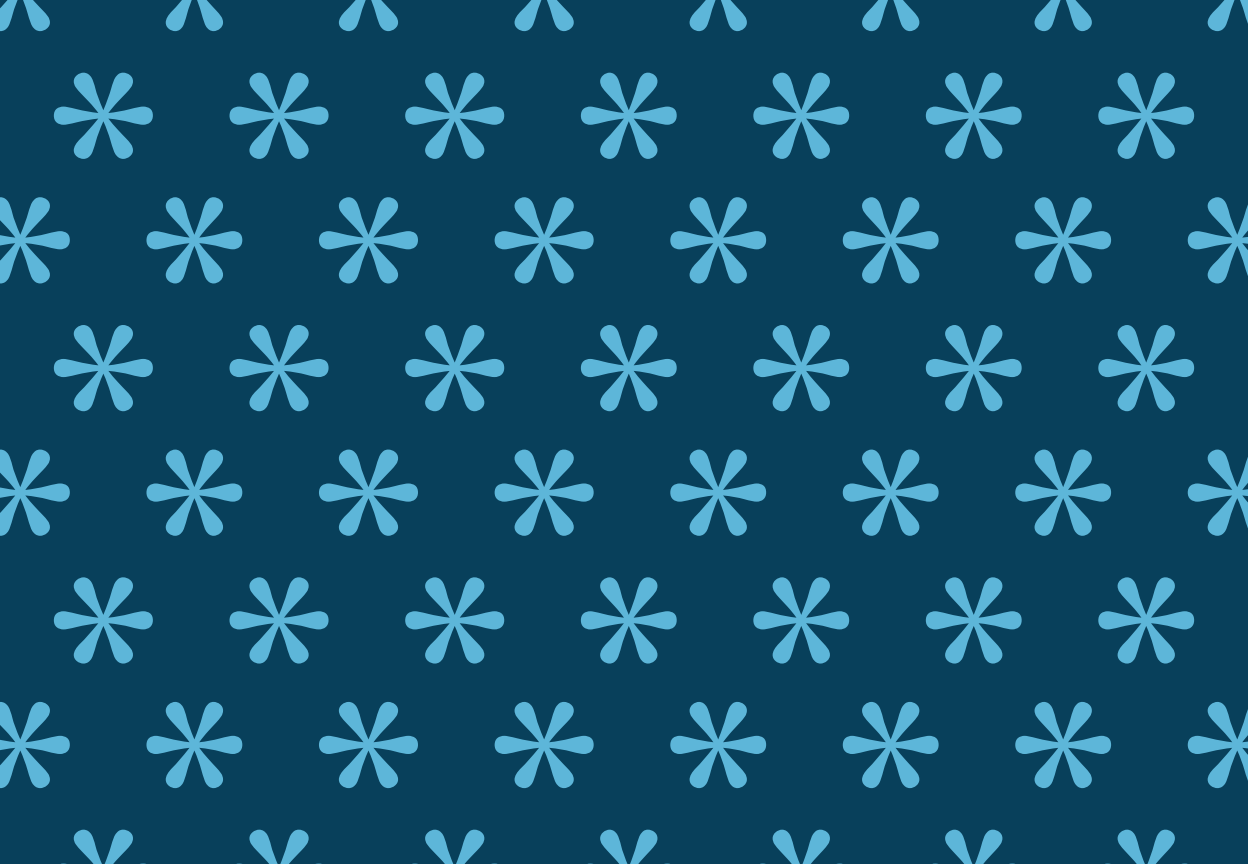






Today is not about accomplishing.  
*Today is about being.*

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I have learned  
*so much* already.

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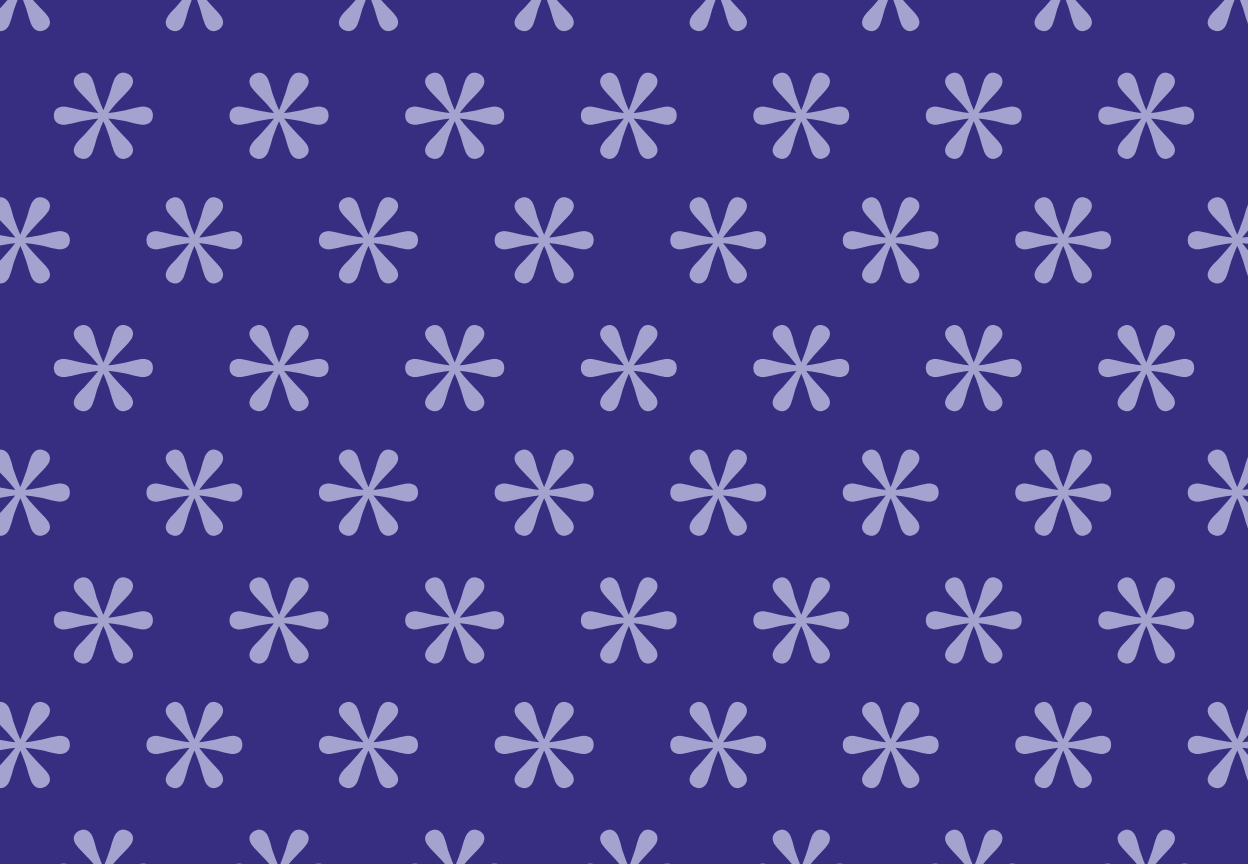




My baby and I are both new at this.

*And together we are  
figuring it out.*

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My baby knows me and  
welcomes my love.

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