



MAMA AFFIRMATIONS TO COLOUR



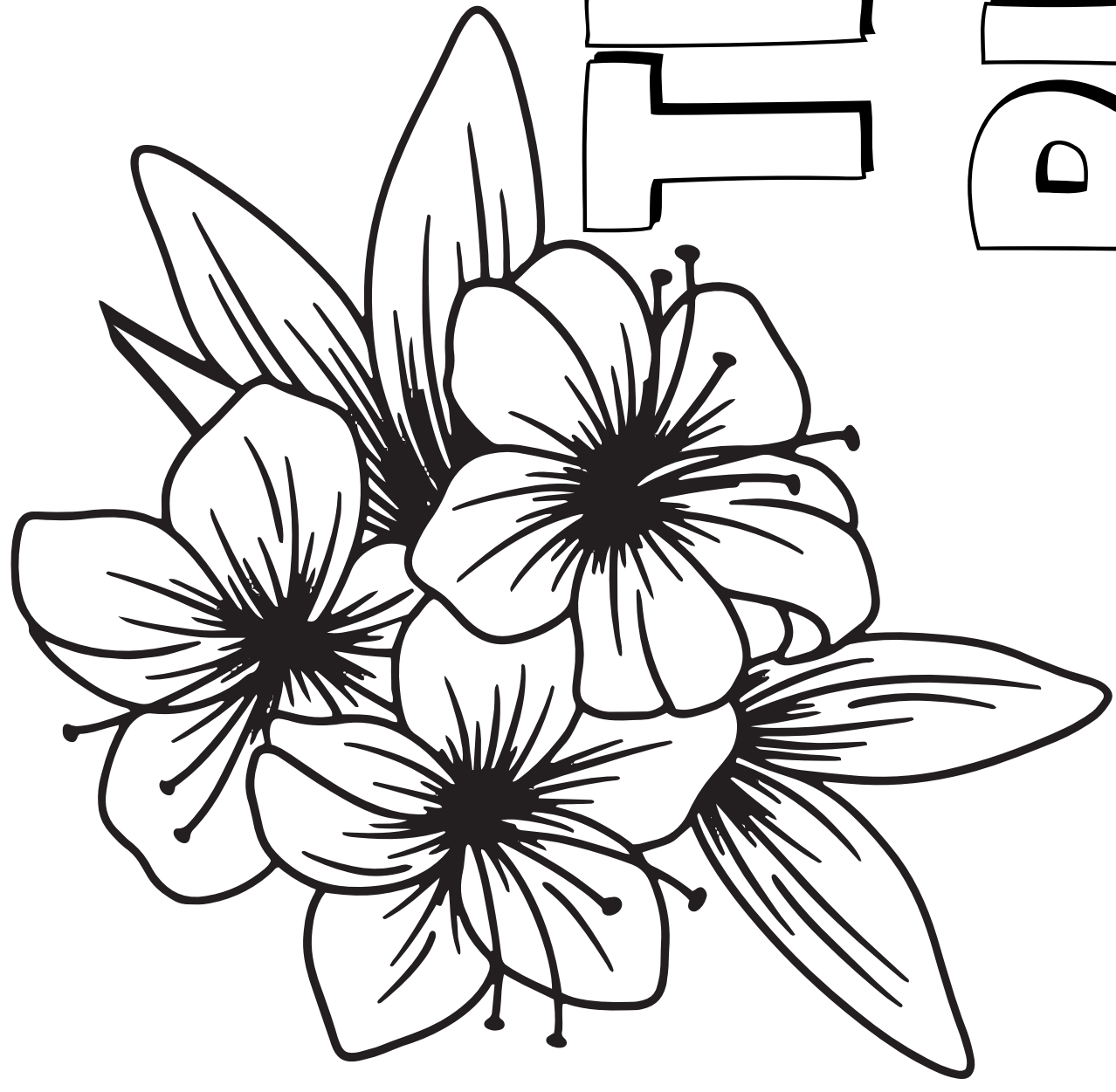
JULIA IDDIR
ANTENATAL AND BABY

@DOULAJULIAIDDIR



LIFE DOES NOT
HAVE TO BE
PERFECT, TO
BE WONDERFUL





THIS IS HARD,
BUT I CAN GET
THROUGH IT



TODAY I
CHOOSE TO
NOTICE THE
POSITIVES

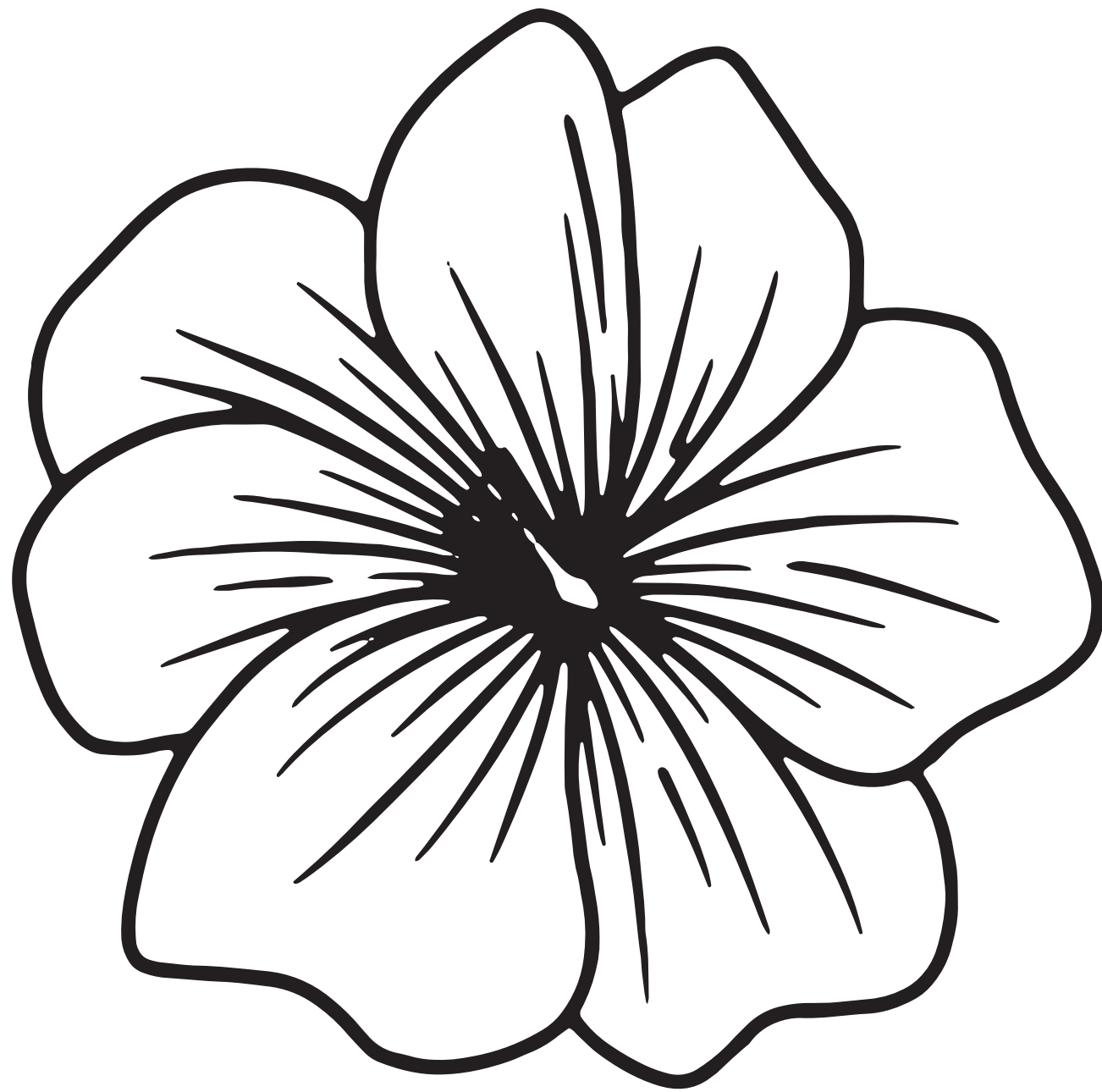




ONE DAY
AT A TIME







LOVE IS ALMOST
ALWAYS THE
ANSWER





I AM
EVERYTHING
MY BABY
NEEDS

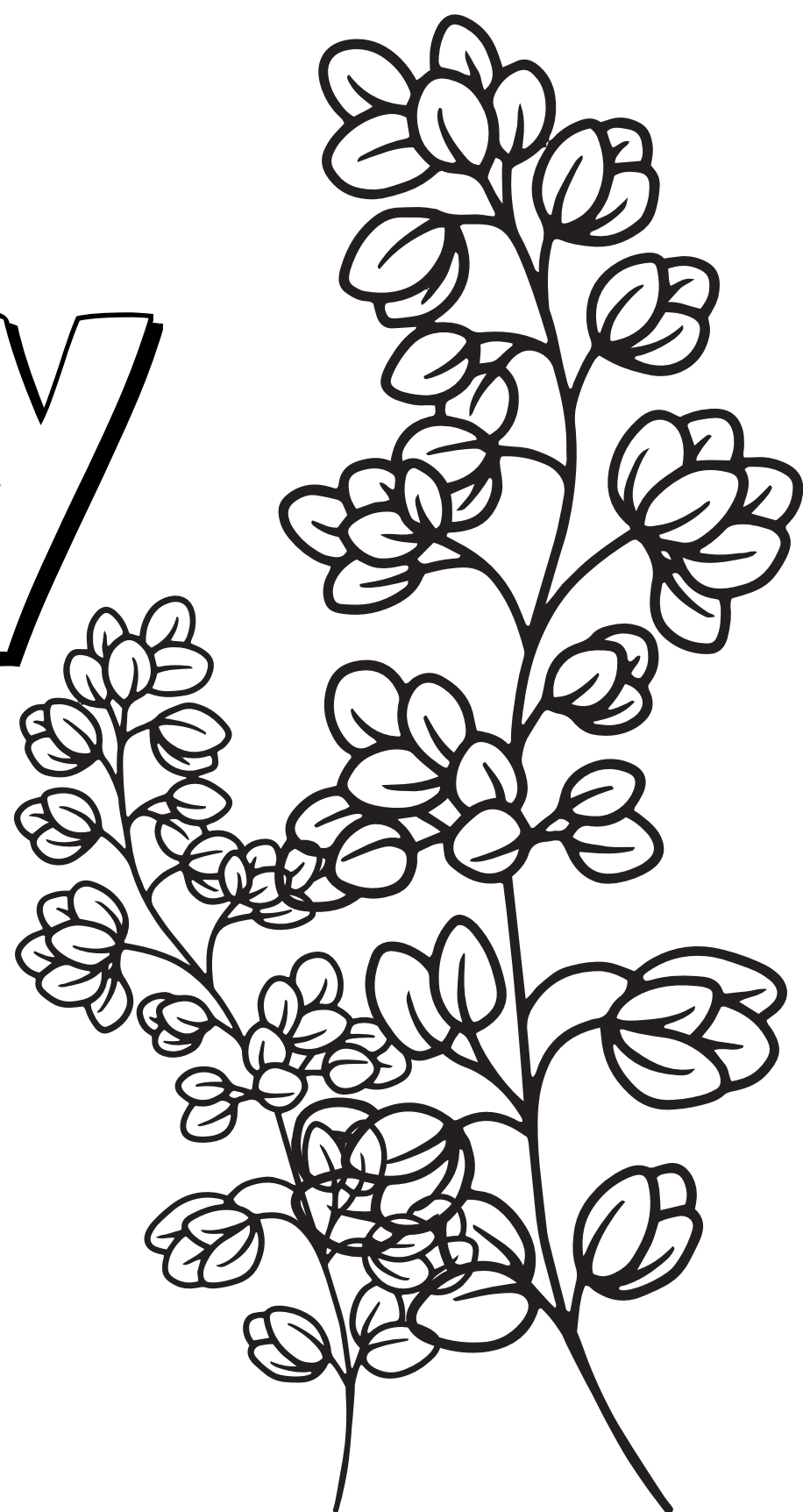


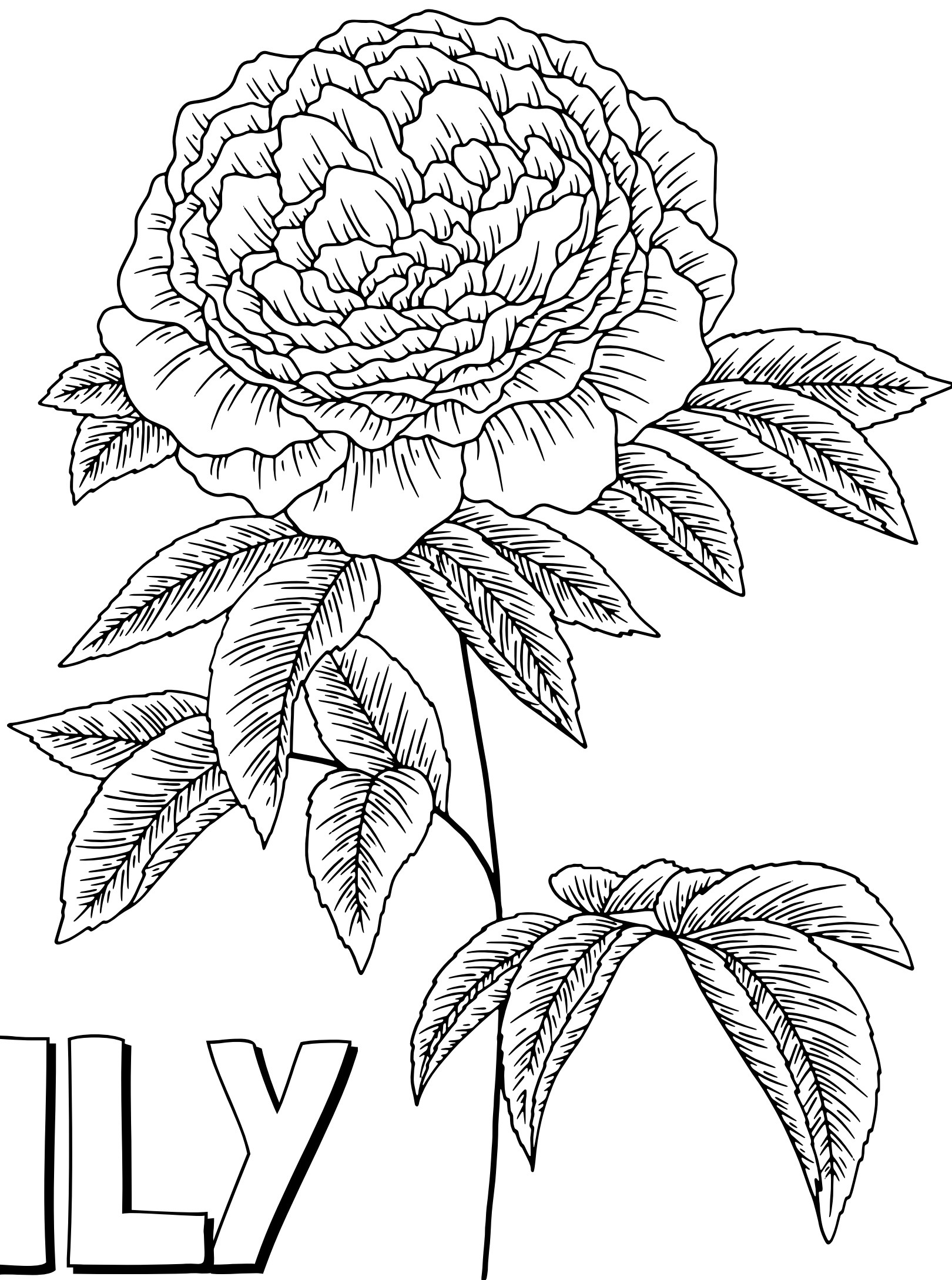
MY CHILD WILL
REMEMBER THE
TIME I SPENT WITH
THEM, NOT THE
MISTAKES I MADE





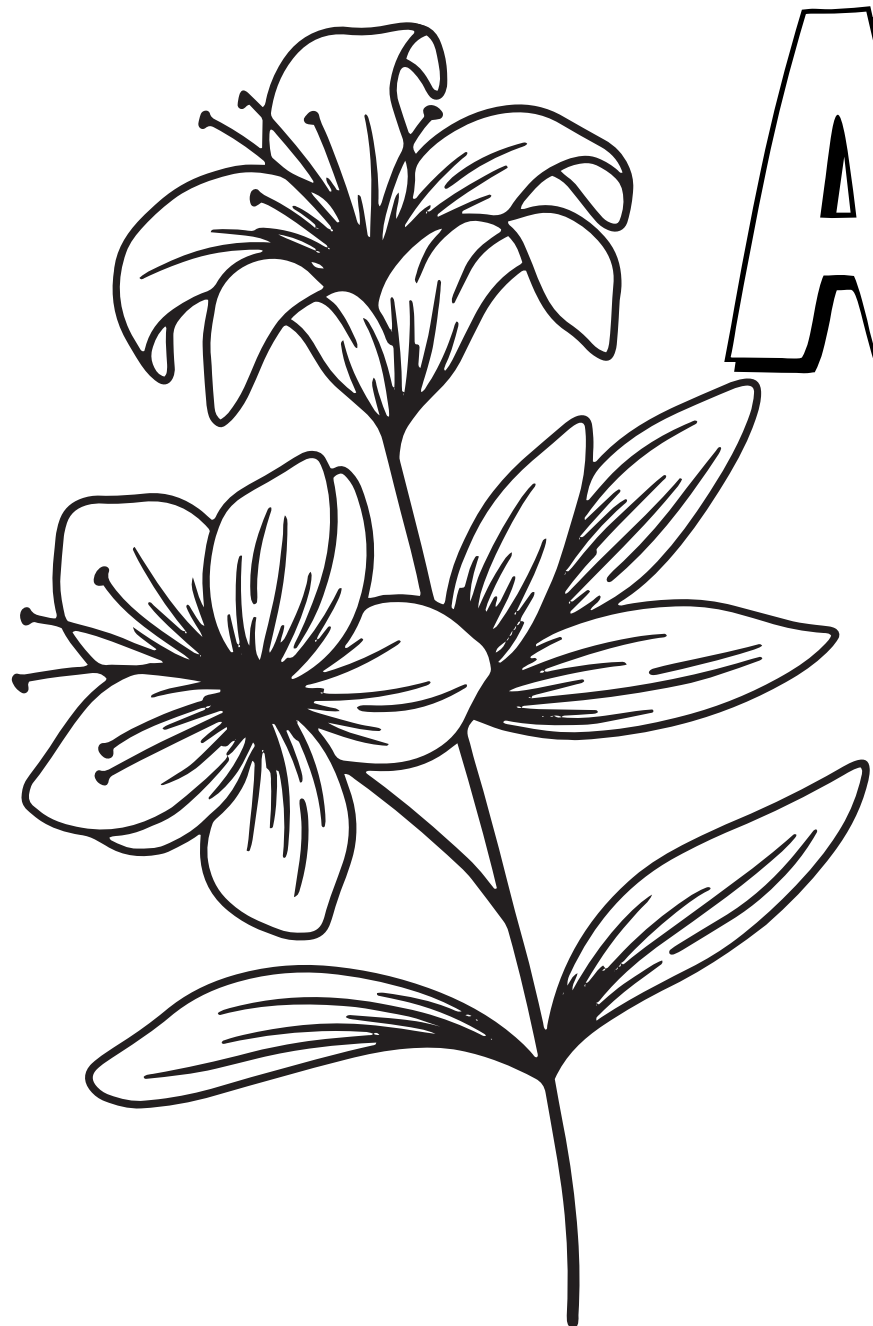
WE
ARE HAPPY
AND
HEALTHY





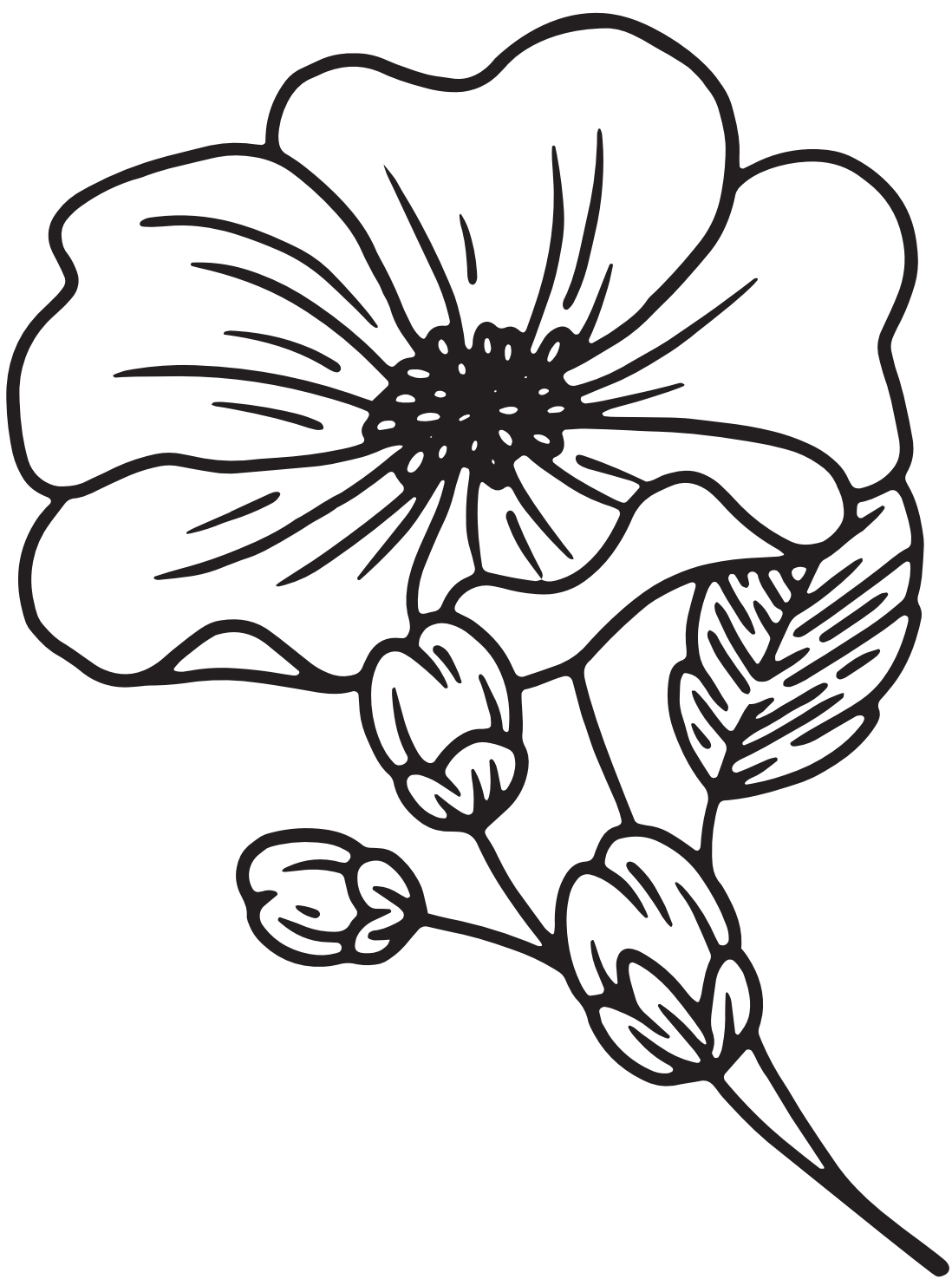
**MY
FAMILY
AND I ARE
SAFE**

I WILL DO
MY BEST AS
A MUM, AND
THAT WILL
ALWAYS BE
ENOUGH





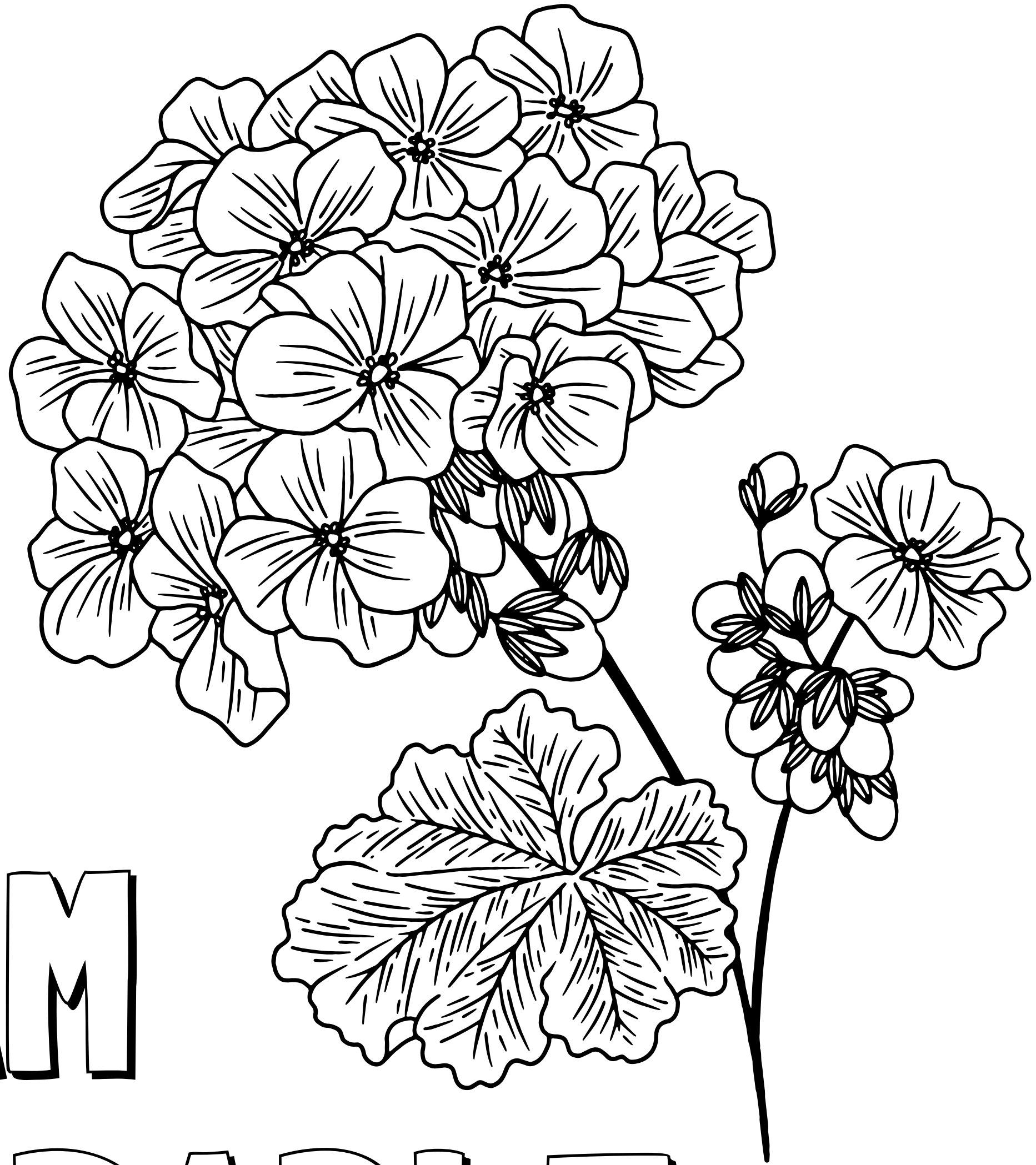
I AM
EXACTLY WHAT
MY FAMILY
NEEDS





WE WILL MAKE
NEW PLANS

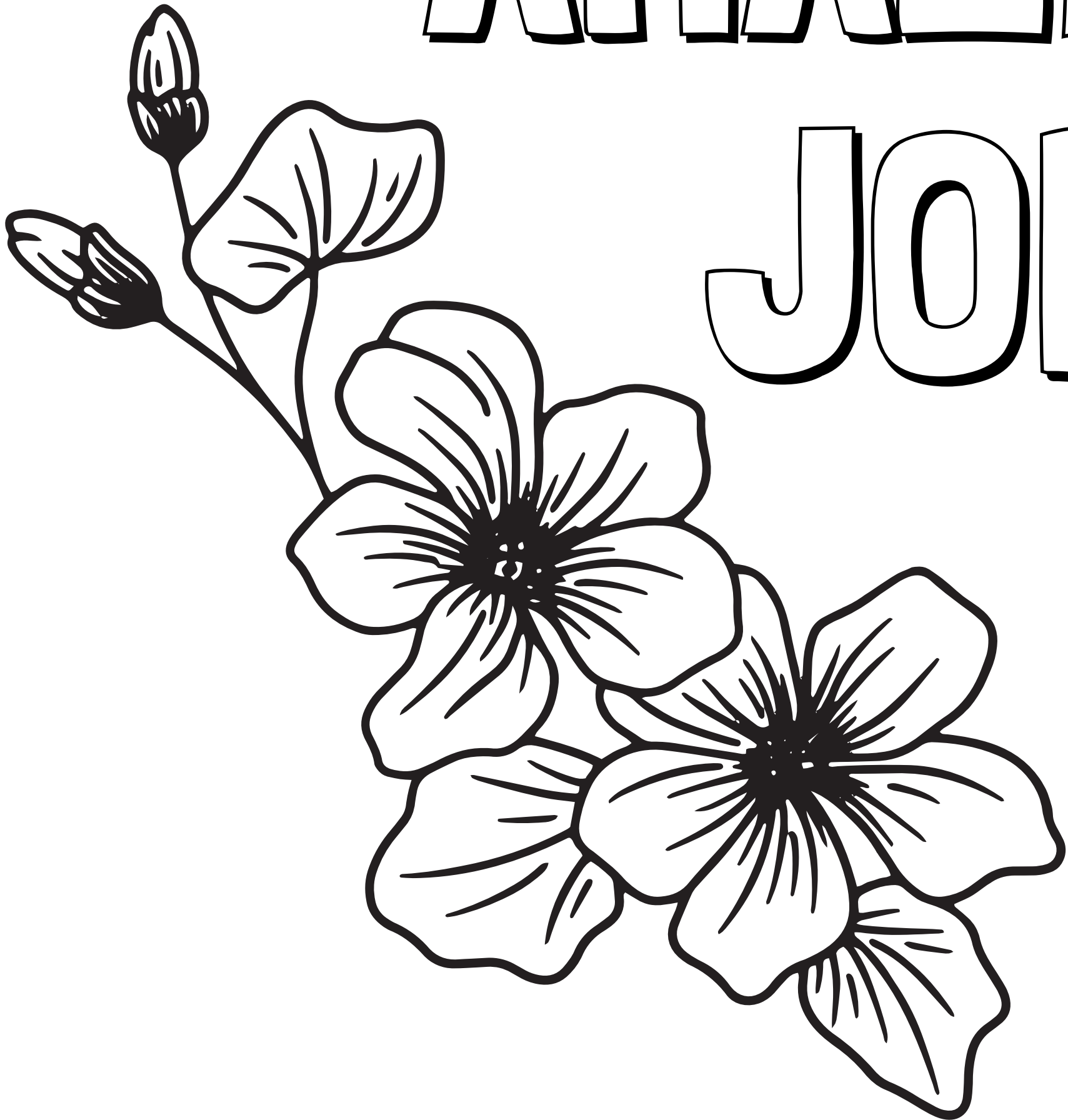




I AM
CAPABLE
AND
STRONG

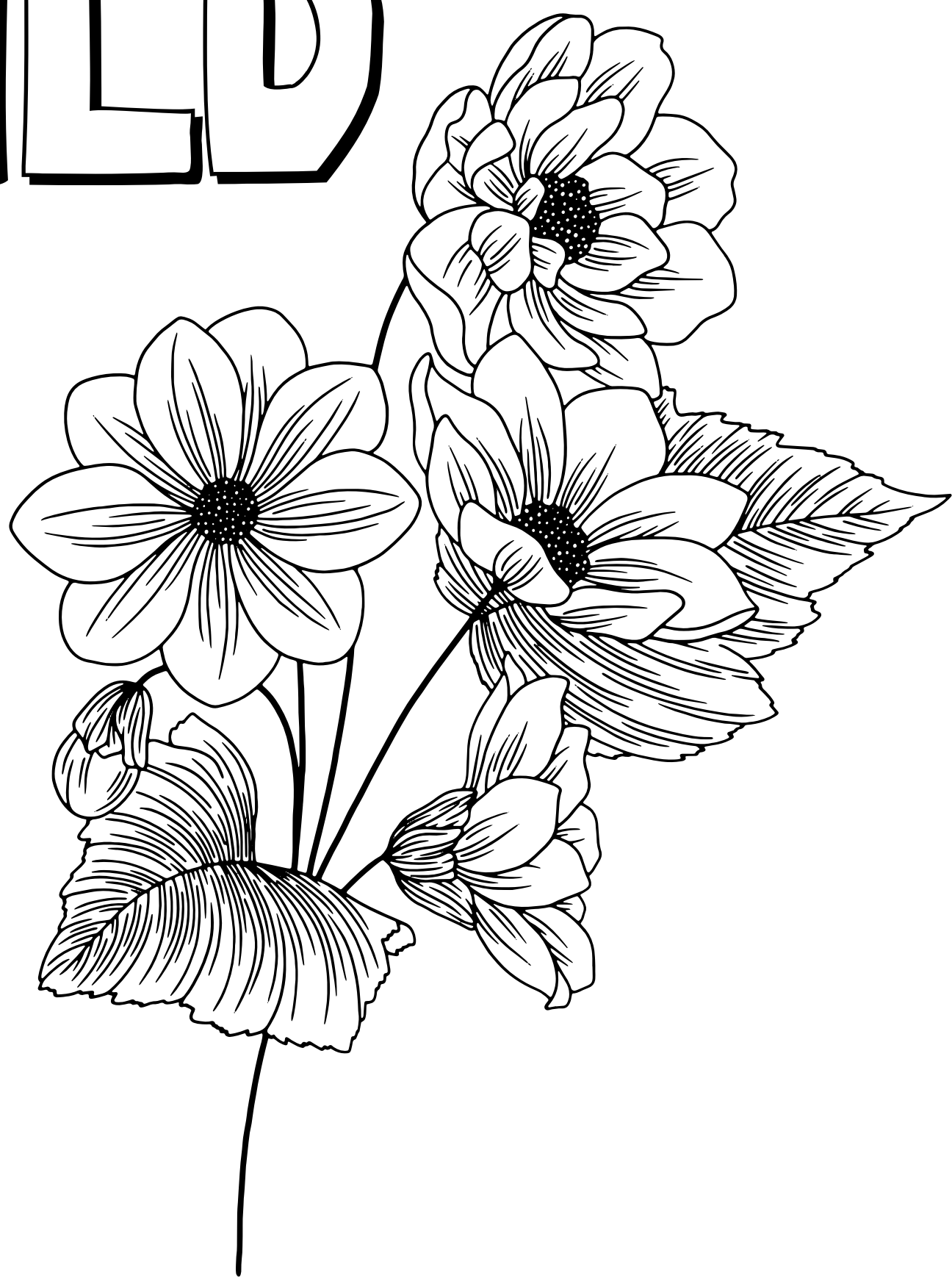


I AM
DOING AN
AMAZING
JOB





I AM
ALL THAT
MY CHILD
NEEDS





THIS TOO,
SHALL PASS



I CHOOSE TO

TAKE CARE

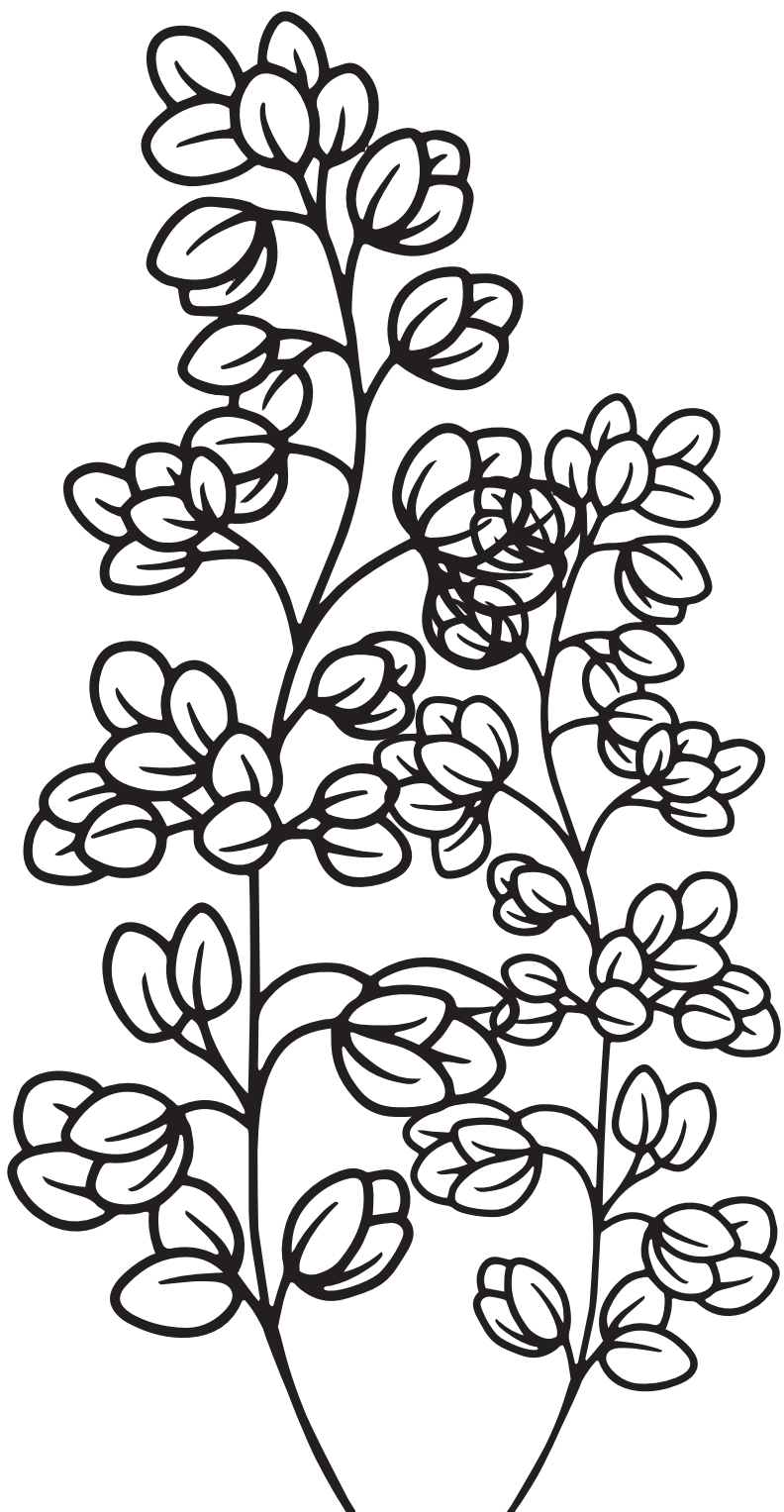
OF MYSELF AS

WELL AS OTHERS





I TRUST
MY INSTINCTS
AS A MOTHER





I BREATHE IN
CALM,
I BREATHE OUT
WORRIES

