

AFFIRMATIONS FOR
PARENTING IN THE NICU

TO PRINT + DISPLAY

AFFIRMATIONS TO EMPOWER YOUR PARENTING IN THE NICU

TO PRINT + DISPLAY

Navigating a NICU journey isn't easy! Know that you are not alone in your experience and that positive affirmations can help!

Positive Affirmations are an opportunity to identify and reframe difficult thoughts and feelings in order to empower how you think, feel, and take action for your family at every step along your path as you move through it.

This set of 27 original affirmations is meant to meet you wherever you are, right now. Every affirmation may not speak to you. You may have your own phrases or sayings that you want and need to hear right now. Feel free to take what you like and leave the rest.

If you feel called to create your own set of affirmations check out [step-by-step guidance](#) from Cristina Evans, birth doula and fourth trimester guru who also offers virtual birth affirmation workshops and banner kits with everything you need to DIY a powerful and personal set of affirmations.

Directions: 1. Print 2. Cut out each circle and hole punch the top twice 3. Use twine, string, or ribbon to display the set in your baby's NICU space or at home, wherever they will serve you best. If you prefer something fancier you can decorate each affirmation with markers or colored pencils; or paste each circle onto a square or circular shaped backing slightly larger than the printable. Hole punch the backing and string them for display where you can see them often.



I know my baby
best.



My baby needs
me right now.



I am the most
important
person in my
baby's world.



My intuition to
advocate, protect
and parent my baby
grows in the NICU.





Parenting is a lifelong
relationship and my
baby is resilient.






I am a good
advocate.






My voice is loud.
My love is big.





I have clarity
about my needs
and wants right
now.





I know my baby
and my baby
knows me.



I am the best
parent for my
baby.






I am a good
parent.





My baby knows I
love them.





I am learning
as I go.



I can give myself
compassion.





I have power here.



I am supported in
my journey.



I am strong to ask
for help.





I am not alone.






I walk this journey
with my baby one
step at a time.





I will do whatever it takes.





I feel all my
emotions
and that is ok.





I can lean on my
community.




Our journey
has ups and
downs. I am
here for my
baby.



Self care is
important. I
can give myself
what I need.





I am a learner
and a teacher
here in the NICU.





Good communication
builds trust.





We celebrate every
small victory.



Empowered NICU Parenting 