



A Mantra For Self-Compassion In The NICU

SAY OUT LOUD

THIS IS HARD, AND IT HURTS.

OTHER PARENTS GOING THROUGH THIS EXPERIENCE ALSO FEEL THIS WAY.

I AM NOT ALONE.

PLACE YOUR HAND GENTLY ON YOUR HEART, OR CLASP YOUR HANDS TOGETHER. TAKE A DEEP BREATH IN THROUGH YOUR NOSE, AND RELEASE IT OUT OF YOUR MOUTH. FEEL YOUR BELLY RISE AND FALL.

SAY OUT LOUD

PARENTING IS A LIFELONG RELATIONSHIP.

MY BABY IS RESILIENT AND I AM DOING MY BEST.

I HAVE POWER TO DRIVE MY BABY'S TEAM TO DELIVER BETTER AND MORE PERSONALIZED CARE TO OUR FAMILY.

MAY I ALSO CARE FOR MYSELF WITH KINDNESS, COMPASSION, AND PATIENCE FOR THE UNKNOWN.





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PARENTING IS A LIFELONG RELATIONSHIP.

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