

DEAR NEW MAMA

Postpartum companion

A gentle place to pause, notice, and meet the mother you are becoming.

For your tender new beginning · 01

01 Before you begin

There is no right way to enter postpartum life. Let these pages hold a little room for your questions, your joy, your exhaustion, and all the changes you are learning to carry.

02 A small grounding ritual

Place one hand over your heart and take three unhurried breaths. Ask yourself: What would feel supportive today? Write down one small answer and let it be enough.

03 Week one: What is changing?

Name three shifts you notice in your body, your emotions, or your days. Then finish this sentence: I am allowed to move through postpartum at my own pace.

04 Week two: A note to myself

Write a few lines to the version of you who needs the most tenderness right now. Keep it simple. Keep it true.

05 Week three: Your circle

Who helps you feel safe, understood, or cared for? List their names. Choose one person to reach out to when you could use a little support.

06 Week four: Looking ahead gently

What do you want more of in the weeks ahead? What can wait? Make two small lists, then give yourself permission not to have all the answers today.

07 Keep close

You are not behind. You are not doing it wrong. You are finding your way, one day at a time.
