



# HOW TO...

## positively affirm & encourage mom & dad

**Check your words:** Ensure the phrases you use are supportive and encouraging.

**Some supportive phrases to affirm mom and dad.** Based on your culture and relationship with mom and dad, sprinkle these phrases into your conversations:

- "You are doing a great job"
- "All your kid needs is for you to love them"
- "You are doing better than you think you are"
- "It's okay if you feel like you're losing it sometimes"
- "No one is as perfect as they seem on social media"
- "Do you need a break?"
- "It's okay if you don't love every moment"
- "You are not alone"
- "Trust your instincts"
- "You are the exact parent your child needs"
- "You are the best mom or dad this child needs"
- "You are everything your baby needs right now"
- "You have got this"
- "You can do it"
- "I am here to help you if you want it"
- "Take it one day at a time"



"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things."

**Philippians 4:8 | NIV**