

Creating **YOUR OWN** *Bonding affirmation*

One of the first ways you can start that bonding process is to access your inner spirit and strength through an affirmation that brings out your best. Create your own affirmation and promise yourself you will become the best mother you can be. When you say it, you will feel strong and good.

Say it often with feeling and it will prime you for bonding and psych you up for motherhood. Some examples:

*“I am getting closer
to you every day.”*

*“I am feeling
more and more like a mother.”*

“I am growing a loving bond with

(If you've chosen a name) _____ my baby”

I am _____

(Say your affirmation aloud before your daily Quiet Time and at the start and end of the day.)