

Parenting to Sleep

Affirmations

I am the calm in
the chaos

My child's sleep
does not define
me as a parent

Sleep will come

I can't make my
child sleep
but I can help
them calm

I am doing the
best that I can

I trust my
parental
instincts

Bad days
don't make me
a bad parent

I love my
children

Parenting Affirmations

Continued...

Tough times
never last

Be the adult I
want my child to
become

Its okay to ask
for help

I may not see it
now but the time
I am investing
does matter

Sleep isn't
happening and
that is okay

I am choosing to be
present. Nothing
else matters in this
moment

I am the best
judge of what my
child need's

Inhale Calm
Exhale
Confidence