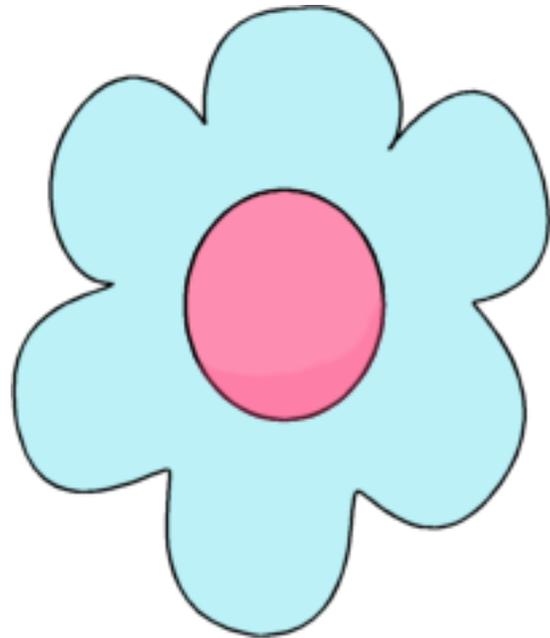


# *Positive Affirmations for Mothers*



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# *Positive Affirmations for Mothers*

Many mothers sometimes doubt themselves as parents and are unable to see how valuable they are to their families. Practicing daily affirmations can help boost a mother's confidence as a caregiver and also help them to recognize their strengths.

## *What are affirmations?*

Affirmations are positive statements or declarations about who you are. When you use positive affirmations, it helps you to let go of negative thoughts and instead focus on the positive.

## *How to use affirmations*

Practice using affirmations as frequently as possible. The more you use them, the more likely you are to believe and internalize them.

## *Credits*

Frame: <http://the3amteacher.blogspot.com>

Graphics: [mycutegraphics.com](http://mycutegraphics.com)

*I am doing a  
great job*



*I love my  
children*



*I am brave*



*I love my body.  
It brought life  
into this world*



*I am a blessing  
to my family*



*I am worthy*



*I am exactly  
what my family  
needs*



*I am good  
enough*



*I am patient*



*I am the best  
mother I can be*



*I am worthy of  
my children's  
love*



*I am a capable  
mother*



*I am learning to  
be a better mother  
daily*



*I am grateful  
for my children*



*I am loving  
towards my  
family*



*I am kind to my  
children*



*I am beautiful*



*I am a great role  
model for my  
children*



*I see the best in  
my children*



*I accept my  
children for who  
they are*



*I am able to accept  
my imperfections as  
a mother*



*I have the strength  
to meet my  
children's needs*



*I am a loving*



*I am a great  
provider*



*I am generous  
with my time*



*I deserve good  
things*



*I have a  
forgiving heart*



*I am a caring  
person*



*I am an  
intelligent  
woman*



*I am valuable  
to my children*

