

Healing Quotes for Moms

When your baby is born, the mother is born within you.
You are growing and learning as you go.

When your baby falls attempting to sit up or stand up, you point out their effort and cheer them on. Why not do the same to you. When you are doing mothering and trying to make the motherhood work, you acknowledge your effort, your courage of keep going, and your love for you and your family.

Balance and Priority.

Matrescence:
Normal emotional ups and downs of becoming a mother.
Process of becoming a mother.

You are enough.
You are worth.
You are very important.
You have done something that made difference in your life and other's life..

Every person does parenthood and parenting different.

Believe in yourself.
Even when you feel like you do not know what to do, your body knows what to do.
You have done hard things before.

Trusting that you land on your feet.

You are doing the best you can with what you have and situation you are in.

Sometimes we are stuck because the gap between where we are and where we want to be seems huge.
Gap get covered in a very simple way: one step at a time.

By Dr. Paolo Terni

Focus on reasons for living.

By Heather Fiske

Maybe happiness is a byproduct of a meaningful life.

By Rayya Ghul

Despite life's struggles, all persons possess strengths that can be marshaled to improve the quality of their lives.

By Insoo Kim-Berg

The future is both created and negotiable.

By Steve de Shazer et al.

If it isn't broken, don't fix it.
If it works, do more of it.
If it's not working, do something different.

By Steve de Shazer et al.