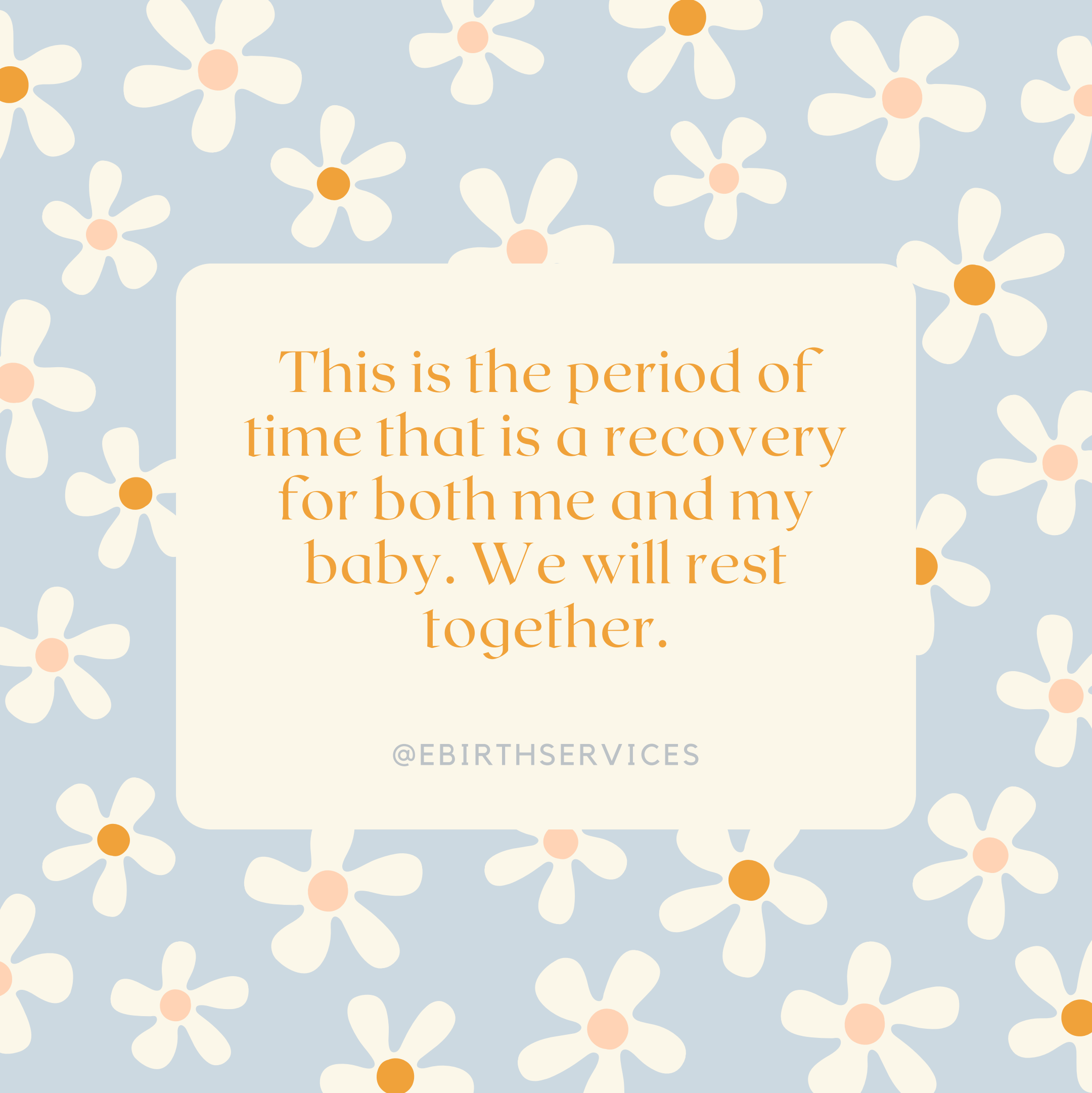




Today I embrace all
that I am.

@EBIRTHSERVICES




This is the period of
time that is a recovery
for both me and my
baby. We will rest
together.

@EBIRTHSERVICES



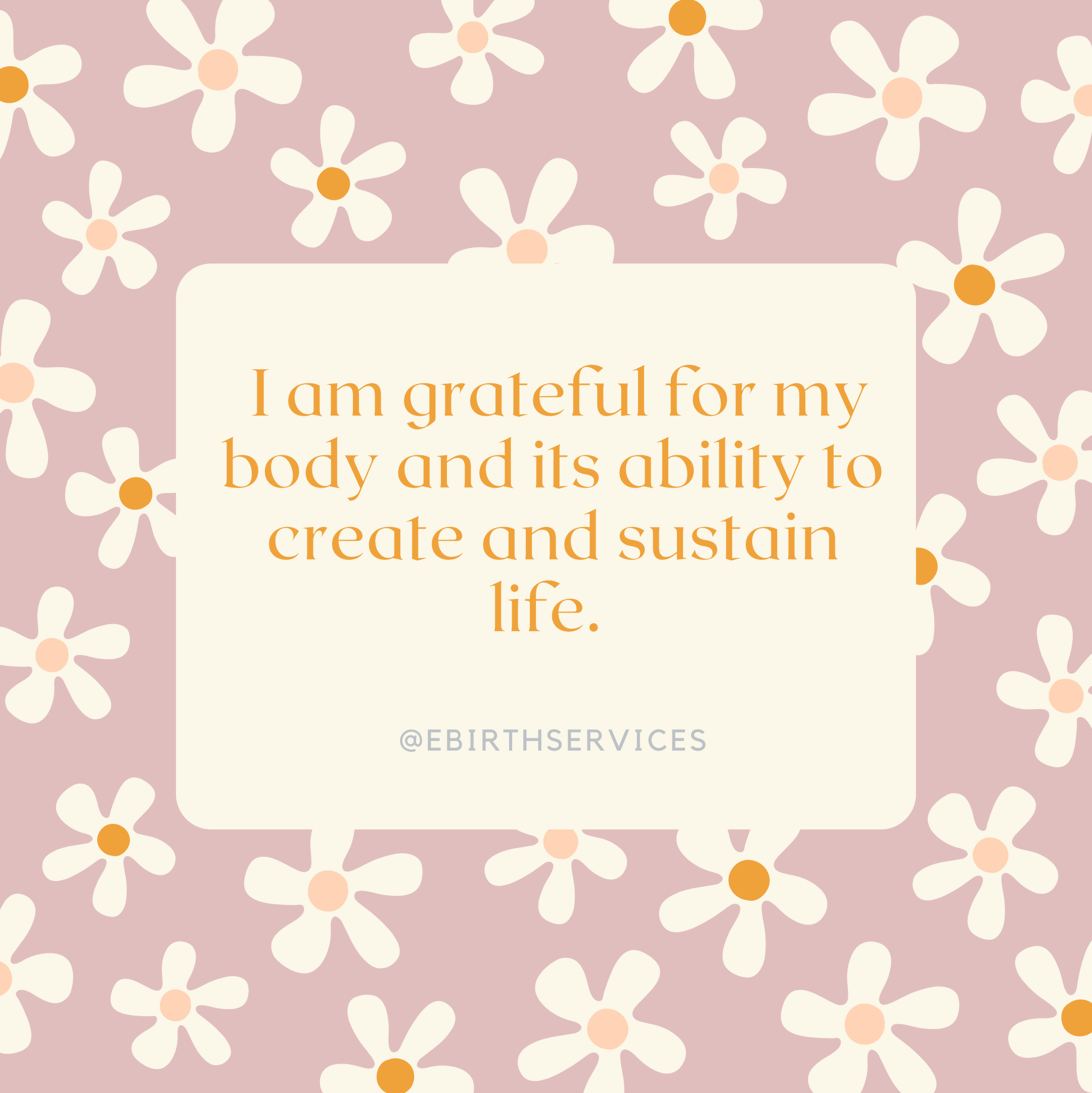
I am good enough
in all that I do. It will
get easier.

@EBIRTHSERVICES



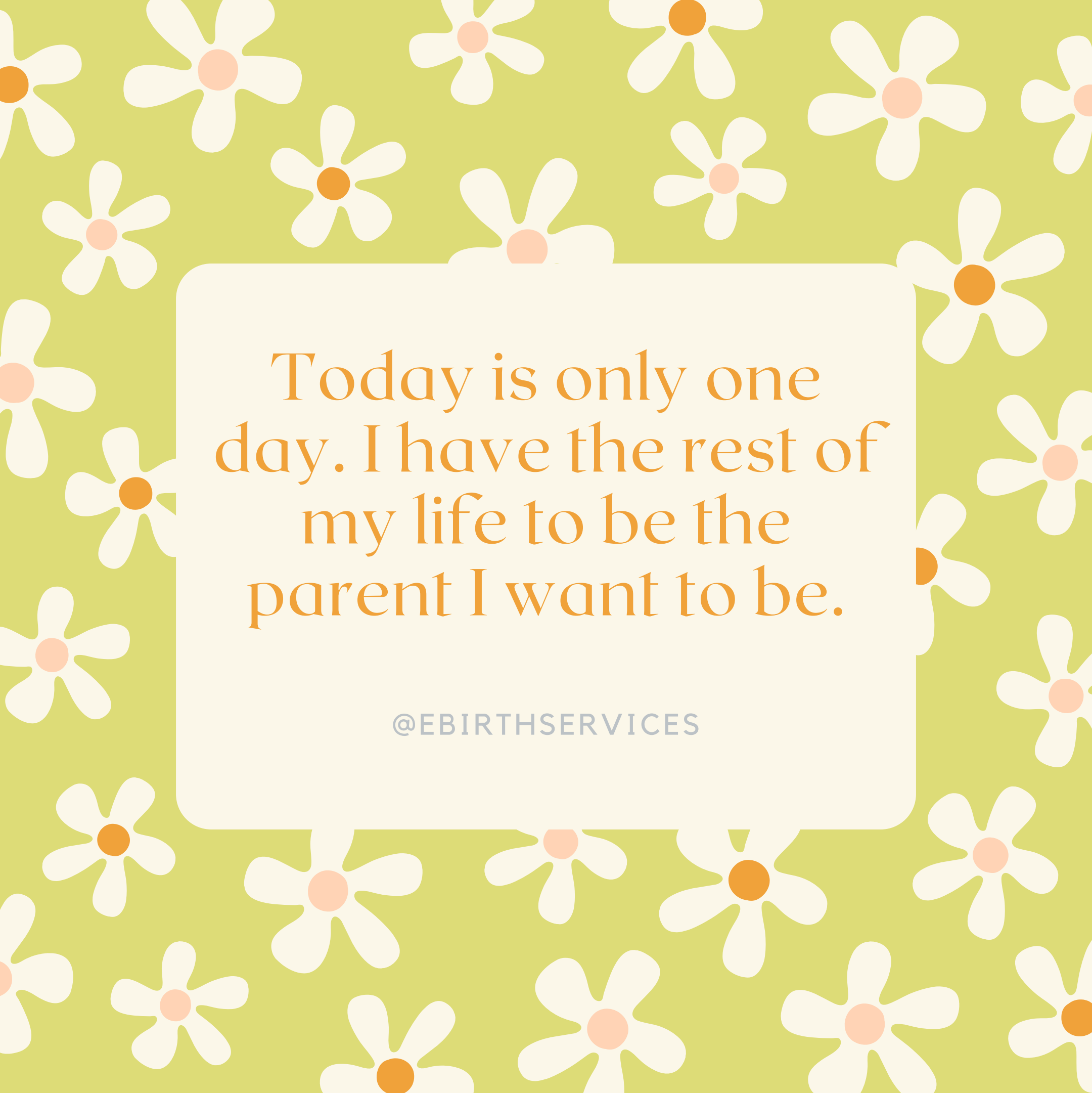
Every moment with
this being is precious.
Soak it in, cherish it,
and remember it.

@EBIRTHSERVICES

The background is a solid light pink color, decorated with a repeating pattern of white daisies. Each daisy has five petals and a center that is either a light orange or a darker orange color. The flowers are scattered across the entire image.


I am grateful for my
body and its ability to
create and sustain
life.

@EBIRTHSERVICES



Today is only one
day. I have the rest of
my life to be the
parent I want to be.

@EBIRTHSERVICES



I can have grace for
myself, my body has
accomplished a lot.

@EBIRTHSERVICES