



The Gift of Affirmation

I remember feeling that way, too.

You're not alone. Other parents have worried about this or experienced this too.

It's great that you are offering human milk to your baby!

With all you have on your plate today, it's great you made WIC a priority.

Your baby is lucky to have a parent who takes such good care of them.

You should be so proud of yourself for sticking with it. A lot of parents would have stopped providing their milk.

That's a very common reaction! I can see how much your baby loves you.

I can tell it's important to you to have a strong family.

Being a good parent is a struggle some days.

It's great that you made WIC a priority today.

You are working hard at being a good role model for your children.

I remember what those days are like—being a good parent is a juggling act on some days.

I've met a lot of dads and partners who worried about that too.

How wonderful to have grandma and grandpa there to help you.

It's hard to take care of everyone else and still have time to take care of ourselves.

It's great that you have talked to your doctor about this.