

10 Tips for New Moms

- 1. Pray about everything!**
- 2. Ask God for His wisdom and perspective.**
- 3. You have never been a mama, before, but your child has never been a baby before. You'll learn together. Be a teachable student.**
- 4. Give yourself lots of grace! You will make mistakes and that's ok. Every job has a learning curve!**
- 5. Be the mom! You have permission. Don't be afraid to do things differently. Make the best decision for your child.**
- 6. Trust your intuition. You know your child best! Don't shy away from advocating for your child when it is needed. You are their greatest asset!**
- 7. Don't wake a sleeping baby at night unless instructed by a doctor. They WILL tell you when they are hungry, and you WILL hear them!**
- 8. Don't lay awake thinking they will wake up soon to eat. It's a waste of perfectly good sleep time!**
- 9. Self-care is NOT a luxury! It is a necessity. You are important! Learn it early. Do it often. Simple pleasures pay big dividends!**
- 10. Don't expect yourself to know everything. Ask LOTS of questions.**

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