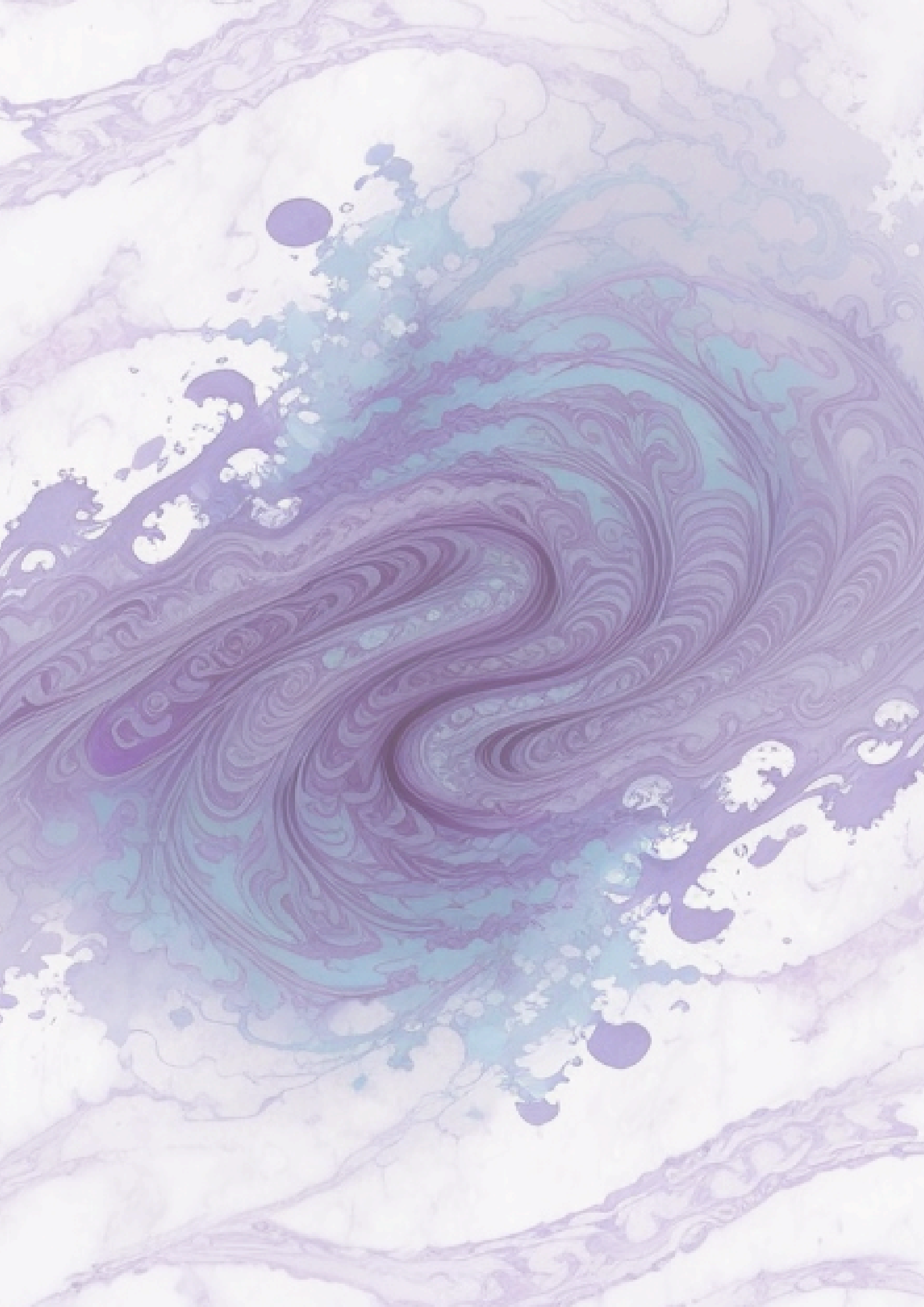
The background of the entire page is a marbled pattern in shades of purple, lavender, and light blue. The pattern consists of swirling, organic shapes that create a textured, fluid appearance.

MOTHERING YOURSELF WHILE MOTHERING YOUR NEWBORN

***INSPIRED BY: COMMUNITY
BABY SHOWER - KIM THE
DOULA CARES***

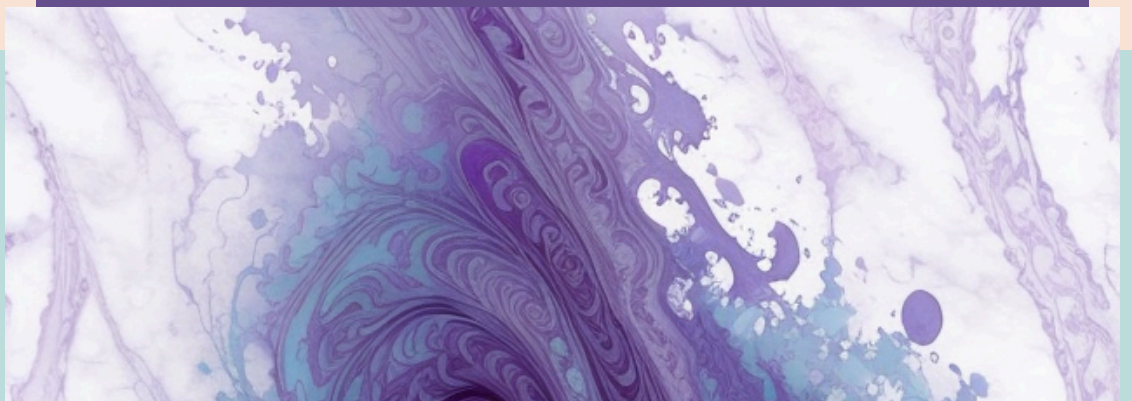
By: Tier'a Berry

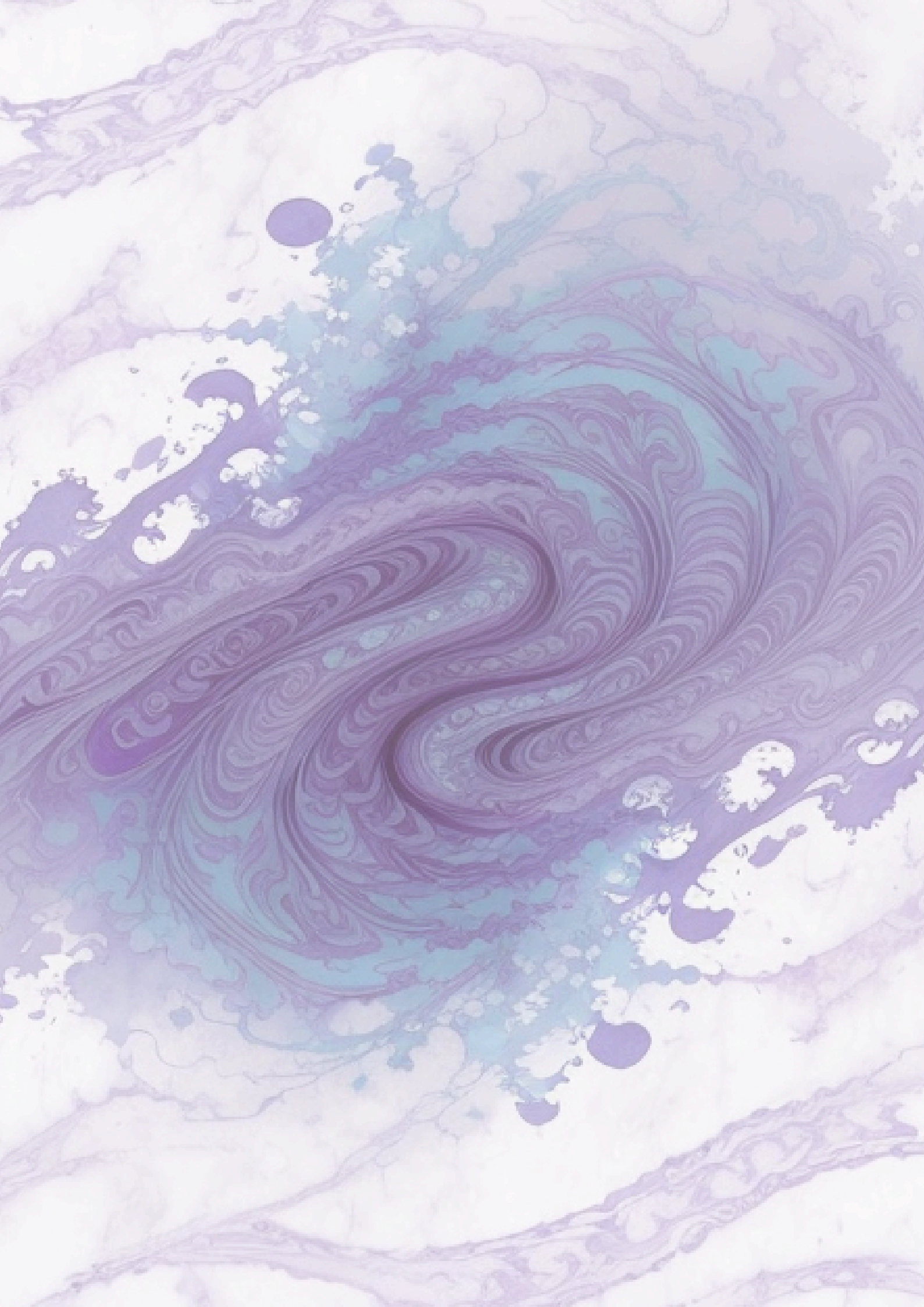




Dear Mom

You have come so far along this voyage. Now you are almost there. Your newborn will be here really soon. If your newborn is here, Congratulations to you. This transition from woman to mother is magical. You will learn new things about your self while learning your newborn. You both will have changes. Some days may be more challenging than others. Just remember that you were chosen for your newborn and your newborn was chosen for you. I hope this ebook provides you with some support. Remember you also have a tribe now. Best wishes to you and your newborn. Sweetts





Self-Care

1. **Physical Self-Care:** Regular gentle exercise (like walking or prenatal yoga), maintaining a balanced diet rich in nutrients and prioritizing sleep and rest.
2. **Emotional Self-Care:** Talking to a therapist or counselor if feelings become overwhelming, practicing gratitude by noting down things that you are thankful for each day and engaging in creative outlets, such as painting or writing.
3. **Social Self-Care:** Scheduling regular meetups or calls with friends and family, joining support groups and either in-person or online, for expecting mothers.



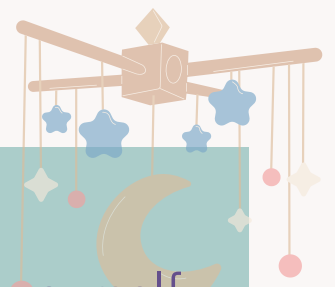
1. **Affirmations:** Use positive affirmations each day to promote self-love and confidence.
2. **Pampering:** Taking baths, using essential oils, or enjoying prenatal massages can soothe and nurture the body.
3. **Recognition:** Remember to celebrate your achievements no matter how small—whether it's completing a task or simply getting through a tough day.
4. **Reflective** Journaling: Encourage journaling about their hopes, fears, and dreams for motherhood, allowing them to process emotions deeply.
5. **Set Intentions:** Set personal intentions that focus on your well-being and self-compassion during this transitional

phase.

Self-Love



Do's



1. Do Prioritize Self-Care: Carve out time for yourself, even if it's just a few minutes a day and participate in activities that bring you joy, relaxation, or energy.

2. Do Foster a Support Network: Build a circle of support with friends, family, or other mothers and Sharing experiences, feelings, and challenges with others.

3. Do Practice Mindfulness: Practice mindfulness techniques, such as meditation or deep-breathing exercises, to stay present and reduce stress. Journal to reflect on experiences and emotions.

4. Do Set Realistic Expectations: It's okay to not have everything figured out. Remember that motherhood is a learning voyage. Normalize the ups and downs of parenting.

5. Do Maintain Healthy Boundaries: Say no when necessary to protect your mental health and well-being.

1. **Don't Neglect Your Needs:** You cannot pour from an empty cup. Your well-being is essential for your newborns well-being.

2. **Don't Compare Yourself or Your Newborn to Others:** Focus on your unique voyage and avoid comparing your experiences to others, especially on social media.

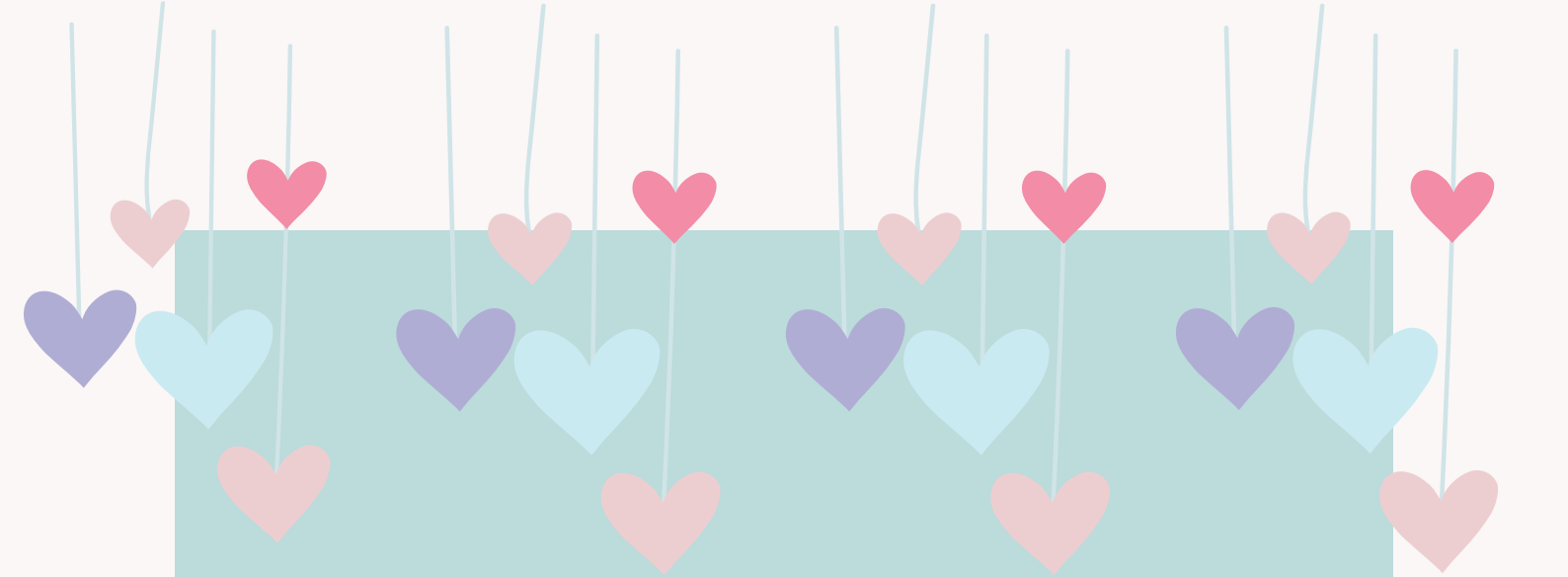
3. **Don't Ignore Emotional Health:** Acknowledge and express your feelings, whether it's joy, fear, or anxiety.

4. **Don't Overcommit:** It is not healthy to take on too many responsibilities. This can lead to burnout.

5. **Don't Dismiss Your Intuition:** Trust your instincts about what your body and newborn need.

Don't's



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***Shonda Rhimes —
“Being a mother is
learning about
strengths you didn’t
know you had and
dealing with fears you
never knew existed.”***

This is growth!

*It is very
important to
have support to
avoid not
feeling capable
or good
enough!*

*You are worthy,
accepted and
validated.*

*Take up space,
feel seen and
heard.*

Historical and systemic inequities — including biased treatment in healthcare, limited access to culturally responsive care, and structural racism — contribute to disparities in who is screened for and receives postpartum support.



Find Your Tribe

Emotional Support: A support network provides a safe space for sharing experiences, feelings, and concerns, which can reduce feelings of isolation and anxiety.

Practical Assistance: Friends and family can offer practical help, such as running errands or providing childcare, allowing you to focus on your well-being.

Sharing Knowledge and Resources:

Connecting with other mothers can lead to shared advice, resources, and tips on coping strategies, parenting, and pregnancy challenges.

Increased Resilience: Being part of a supportive community fosters resilience and confidence as you navigate the ups and downs of pregnancy and motherhood.

Creating Bonds: Forming connections with other mothers can lead to lasting friendships, fostering a sense of belonging and support long after the baby arrives.

Mindfulness Techniques to Reduce Stress During Pregnancy:

1. **Deep Breathing Exercises:** Focus on slow, deep breaths to promote relaxation. Inhale deeply through the nose, hold for a few seconds, and exhale through the mouth. This technique can reduce anxiety and bring a sense of calm.

2. **Meditation:** Guided meditation or visualization practices can help center the mind and alleviate stress. Expecting mothers can visualize a peaceful scene or focus on their body's sensations.

3. **Mindful Walking:** Practice mindfulness while walking, paying attention to the surroundings, the sensations in your body, and your breath. This combines physical activity with mindfulness.

4. **Body Scan:** A body scan involves mentally scanning the body for tension, starting from the toes and moving up to the head. This helps identify areas of stress and promotes relaxation.



1. Emotional Expression: Journaling allows you to express your feelings, anxieties, and joys, providing an emotional outlet that can help reduce stress.

2. Reflection and Self-Discovery:

Through writing, you can gain insights into your thoughts and feelings about pregnancy, which can foster a deeper understanding of your changing identities and your newborns development.

3. Tracking Progress/Health Concerns

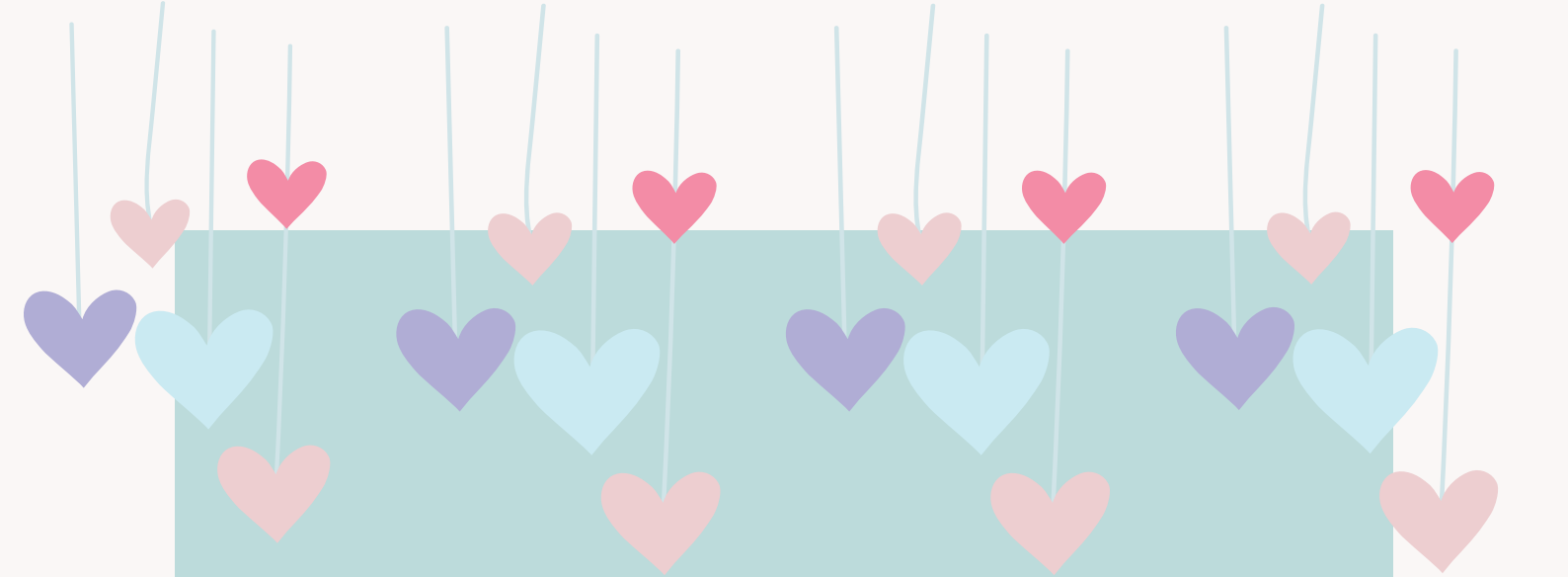
Journal helps track physical and emotional changes throughout pregnancy and beyond, allowing you to reflect on your voyage, celebrate milestones and provide a paper trail.

***How Journaling
Helps During
Pregnancy:***

4. **Bonding with Baby:** Writing letters or notes to your soon arriving newborn can strengthen the emotional bond and foster a sense of connection even before birth.

5. **Preparation and Decision-Making:**

Journaling can be a space for processing decisions related to parenting, childbirth, and baby care, helping to clarify thoughts and make informed choices.


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***Roxane Gay —
“Motherhood is a choice
you make every day to
put someone else’s
happiness and
wellbeing ahead of your
own.”***


This is your one good deed a day!

*8 Things
to
Remember
for the
First Week
Home:*





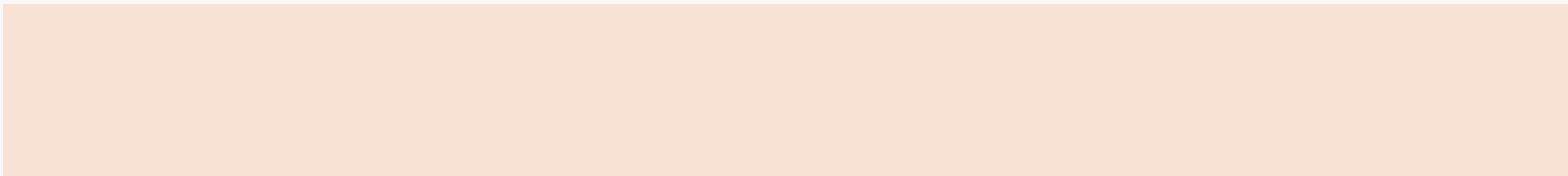
1. **Establish a Routine:** Setting a basic routine can help provide structure in the early days, making adjustments easier for both parents and baby.




2. **Prioritize Sleep:** Take turns napping when the baby sleeps to combat sleep deprivation and support overall well-being.

3. **Take Care of Yourself:** Don't forget to eat well, stay hydrated, and take time to rest; your health is crucial for you and your baby.

4. **Seek Help:** Don't hesitate to ask family or friends for assistance, whether with meals, cleaning, or just company.





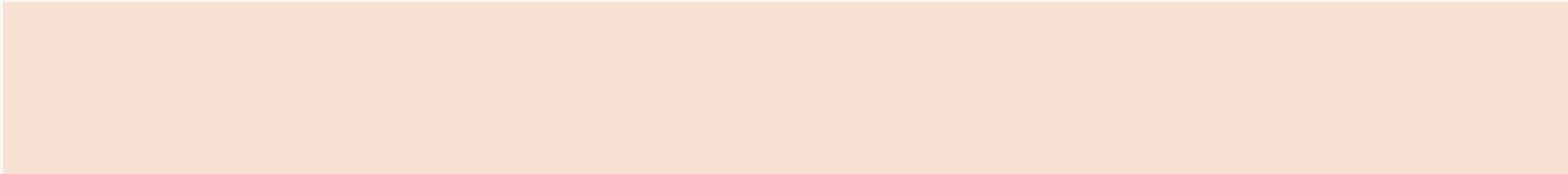
5. **Bonding Time:** Spend time holding and cuddling your baby to strengthen your connection and support their emotional development.



6. **Keep Essentials Handy:** Have diapers, wipes, swaddles, and other essentials organized and within easy reach to reduce stress during diaper changes and feeding.

7. **Trust Your Instincts:** It's normal to feel uncertain; trust your instincts as a parent and don't second-guess yourself too much.

8. **Embrace the Chaos:** The first week can be overwhelming; embrace the imperfections and enjoy the small moments as you adjust to this new phase of life.



21 Journal Prompts

1. If my baby had a superpower, what would it be and what mischievous deeds would they get into?


2. Describe the most bizarre food craving you've had so far. Did you actually eat it, or was it a culinary bridge too far?

3. Write a letter to your pre-pregnancy self, giving her some hilarious updates about what's to come. Try not to giggle!

4. What's the funniest thing you've said during a late-night feeding session? Extra points for outlandish song lyrics!

5. If my body were a sitcom character, what ridiculous storylines would it be involved in during pregnancy?

6. Create a dialogue between your baby and your belly. What do they chat about during those quiet moments?



7. What's your go-to plan for handling a tantrum? Include the worst-case scenario and your future Oscar-winning performance!

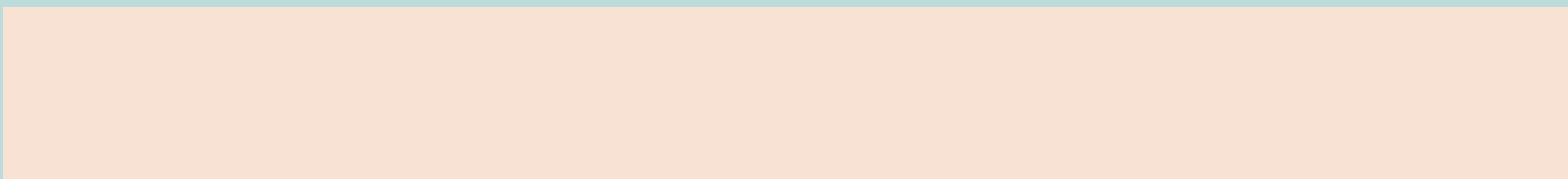
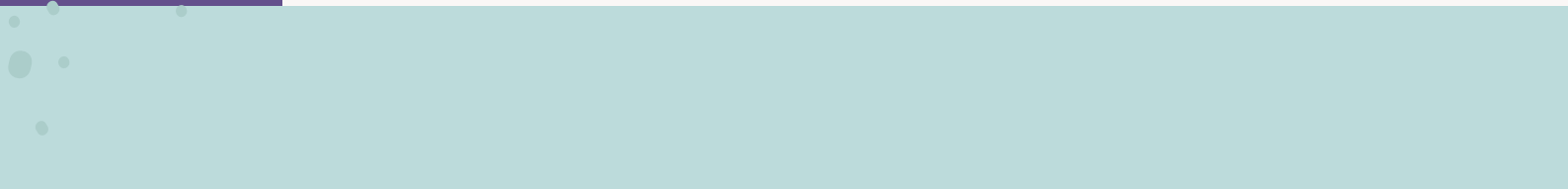
8. If there were awards for the best 'Mom Fails,' what would your nominee be? Be honest add a twist that makes you champion the "Fail.- the world deserves to laugh!


9. Make a list of baby names based on breakfast foods. Which is the weirdest, and why would you reconsider using it?

10. Imagine your baby is a tiny life coach. What ridiculous advice do they give you on those sleepless nights?

11. What's the weirdest thing you've Googled since becoming pregnant? Was it an existential crisis or just the need for chocolate?

12. Describe your superhero alter ego based on your new mom skills. What are your powers and your kryptonite?"



A decorative graphic on the left side of the page. It features a vertical orange bar. To the left of the bar, there are two yellow stars and three pink hearts of different sizes. To the right of the bar, there are two more pink hearts of different sizes. The background is split into three vertical sections: white on the left, orange in the middle, and teal on the right.

13. If your parenting journey were a reality TV show, what would the title be, and what mind-boggling challenges would you face?

14. Write a haiku about the intriguing plight of trying to find a comfortable position while sleeping these days.

15. What skill do you think qualifies you for a gold medal in motherhood (e.g., diaper changing, interpretation of baby cries)?

16. Invent a new sport that incorporates all the daily tasks of caring for a baby. What are the rules, and who would win?

17. Think of your baby being the judge of a talent show. What silly tricks would you perform to earn their laughter?

18. Write a poem about how your wardrobe has changed since becoming pregnant, featuring your favorite 'What was I thinking?' outfit.

19. What's an embarrassing moment you've had while bonding with your baby? Consider it comedy gold!

20. If mindfulness had a wacky theme, what would the theme be, and how would you practice being present while juggling baby tasks?

21. What silly questions do you want to ask your future child when they're grown, and why will they be utterly perplexed?

These prompts aim to provoke laughter while simultaneously encouraging reflection on the unique experience of motherhood! Enjoy writing!

***Journal because It's a transformative
practice for clarity, emotional
processing, and creativity.***

No age or gender wars here.

***Students, professionals, children and
anyone seeking personal growth.***

***Anytime is the Right time! Morning
gratitude, post-stress reflection, or
nightly reviews. Journal Anywhere you
feel comfy—your favorite spot at home,
a park, or a café. Write whatever you
Want! Daily experiences, dreams, or
creative ideas. Let your thoughts flow!***

***Start Simple! Start Now! Just a few
minutes a day is all it takes. Find your
style! Embrace self-exploration—
Journal Sweetly with Sweetts!***

My Why

Statistically-

Maternal mental health conditions — like depression and anxiety — are among the most common complications of childbirth, and perinatal mood disorders affect as many as 1 in 7 pregnant or postpartum women in the U.S.

Research published in 2023 found that between 29% and 44% of Black women report postpartum depressive symptoms (PDS) after giving birth.

Personally-

My family is expecting a newborn in January. Now that I think about it, I have been drawn to prenatal care, doula services, parenting and maternal health care this year. It all makes sense now. As a mother and soon to be grandmother who has had two sons, one abortion and four miscarriages. My 7 pregnancy's come along with so much experience,

I have so many reasons to be here with you. Hope this was helpful. Thank you for having me.

About Me

I am a self-published author passionate about the transformative power of journaling, storytelling, and community support. Through my writing, I aim to inspire others to discover the healing and strength that can be found in the pages of a journal.

My journey has been profoundly shaped by my family's experiences with my youngest son's health challenges. I share my story not just as a testament to resilience, but as a source of encouragement for others facing their own struggles.

Tier'a's Voyage is a space dedicated to education, empowerment, and fostering a sense of belonging. Together, we can cultivate a community where love and understanding thrive, helping each other navigate life's challenges through the art of writing and strength of love.

-SweettsWrites



Sweetts

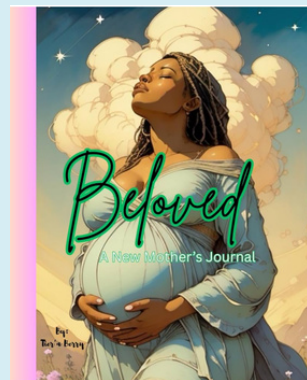
More...

You can always visit my website and find out more about journaling. My website gives you access to my Facebook group for daily journaling prompts. You can see where I am hosting free in person journaling workshops. Find out how I can host a workshop for you and so much more.



Order a journaling notebook to start your voyage today!

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DECEMBER 6, 2025

MOTHERING
YOURSELF WHILE
MOTHERING YOUR
NEWBORN



By: Tier'a Berry