

COUNSELING: ADVANCED COUNSELING

**LEVEL 3** HANDOUT: SAMPLE AFFIRMATIONS

<b>Participant Affirmations</b>	<b>Colleague Affirmations</b>
It is obvious how much you love your baby!	I can definitely relate to what you are feeling today!
Your baby is so lucky to have you as the mom.	It must be hard to have to deal with that.
Being a mom can definitely be a struggle some days.	I remember having a client like that one time, too. It was tough.
I remember feeling that way with my own children, too.	That WIC mom was fortunate you were her CPA today!
It sounds as though you really care about your baby.	I appreciate you helping me with that paperwork. You are amazing!
Wow! Most moms would have given up by now.	We are so lucky to have you as part of our WIC team.
It is great you are making your child's health a priority.	I really love the way you talk to moms. You make them feel so welcomed.
I've heard a lot of moms say they worry about some of those same concerns.	We all have days like that. You are not alone.
You should be so proud! You are really making a difference in your child's life.	I can see why you would be concerned.
You sound exhausted!	Thank you! We couldn't do this without you.
Breastfeeding can be challenging when you are first learning.	You have some great ideas for how we can do this.