

DAILY MOM TIPS



Helping you be the best you

VALIDATE YOUR FEELINGS

PUT UP BOUNDARIES, USE THE "NO"

ASK FOR HELP

LIMIT TIME ONLINE (NO COMPARISON)

MAKE REST GOOD, DO IT

GET OUTSIDE AND EXERCISE

FOCUS ON WHOLE, NUTRITIOUS FOODS

DRINK WATER, MAKE IT A PRIORITY

FOCUS ON STRESS AND IMMUNE SUPPORT

LOVE YOUR BABIES AND ENJOY THEM

