

*Stronger Each Day*

# PREEMIE PARENTS POWER WORDS



**Daily Affirmations to Ground and Guide  
You Through the NICU Journey**



In the intense world of the NICU, your emotions can feel overwhelming. Affirmations can provide a moment of peace and strength during difficult times. Each day, choose just one affirmation that resonates with how you're feeling. Let it be your anchor for that day - something to return to when things feel uncertain or when you need a reminder of your strength. Simply pick the one that speaks to your heart today, and let it support you through whatever the day brings.

1. My love reaches my baby even when we're not together. The nurses can see it, my baby can feel it, and our connection grows stronger every day.
2. I am my baby's greatest advocate. My instincts matter, my questions are important, and my involvement in my baby's care makes a difference.
3. I deserve grace and compassion during this journey. It's okay to step away to breathe, to cry, to rest when I need to - this makes me a better parent, not a worse one.
4. Each moment I spend with my baby is precious, whether I'm touching, talking, or simply watching them breathe. There is no 'right' way to be a NICU parent.
5. I release the guilt about not being the parent I imagined I would be. I am enough. I am exactly the parent my baby needs right now, in this moment.
6. I am stronger than I ever knew possible. Each day in the NICU teaches me new levels of resilience, patience, and love.
7. My baby is fighting hard, and so am I. Together, we face each challenge as it comes, celebrating every tiny victory along the way.
8. I trust myself to make difficult decisions for my baby. With the support of our medical team, I have the wisdom to know what's best for our family.
9. This time in the NICU does not define our entire journey as parent and child. Our story is so much bigger than these hospital walls.
10. I am not alone in this experience. I can lean on others - whether it's nurses, doctors, family, friends, or other NICU parents - when I need support.

Parenting in the NICU has depth layered in love, worry, strength, and hope. Choose the affirmation that matches what you need most today. Let these words be a source of comfort and strength as you navigate this challenging time.