

REALISTIC EXPECTATIONS
for Motherhood

MOTHERHOOD IS HARD
& that doesn't mean you are doing it wrong.

YOU WILL MAKE MISTAKES
& that is okay.

**YOU WILL HAVE GOOD DAYS
& BAD DAYS**
make the most of both kinds

**YOUR KIDS WILL FAIL, MESS
THINGS UP AND EMBARRASS YOU**
have patience with the process

**YOU WILL NOT HAVE ALL OF
THE ANSWERS** & neither will your friends

**YOU NEED MORE TIME
THAN YOU THINK YOU DO**
margin baby

YOU ARE A ROCKSTAR!
you've got this!