







52 WEEKS of new mom texts

(in no particular order)



While most of this packet is meant for you, this section is designed for you to pass on to someone special. Becoming a mother is a wondrous blessing, but it also comes with significant changes and challenges. This new role can be isolating and difficult to navigate. The goal of this section is to provide a weekly text list for your loved one to send you, which will help you connect, feel seen, integrate this new journey into your existing relationships, and remind you that you're surrounded by love and support.



1. Congrats on the new addition to your family!

OR

You shared your body for 9 months! You survived nausea, back pain, and running to the bathroom every 10 minutes. You quit eating some of the delicious things you love, and you grew the most precious tiny human! You are amazing!

2. This was your actual due date! So exciting that your family has already grown! I know you're going to own motherhood in the perfect way for your family!

OR

You pushed a baby out/ got your stomach cut open/ navigated the adoption process, and now you're here!! You did it!

3. How are you guys doing settling into your family routine?

4. How did things go at your 4 week check up?

5. One month developmental statistic- When baby has tight fist it can mean they're hungry, and their fists tend to loosen up when they're full. I thought this little tidbit might be helpful/interesting for you.

6. If they have twins: Do you know about the Weego baby carrier (they probably do)

OR

Have you gotten a chance to use your baby carrier yet? I'm curious whether it's been helpful for you.

7. You look beautiful. I know you're tired, your body is different, and doing all kinds of crazy things, but motherhood looks perfect on you.

8. Sleep deprivation is no joke, but you're still doing wonderful. You are every bit of the mother this/these children were meant to have.

9. What are you dressing the kids up as for Halloween?

10. I was thinking about how wonderful it is that you got your rainbow baby. I could use some cuteness today, would you like to share a baby picture?

OR

If the mother experiences loss of a twin/triplet you can say something like, "I know you're loving the baby in your arms, but I want to check in on how you're doing with the twin loss?"



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11. I remember when our baby cried and cried and scream and cried. It was horrible! I know you guys worked hard to get this baby here with you, but I wanted to let you know that even though you prayed and fought to be in this place with your sweet child/children, it's still ok to get overwhelmed. It's ok to wish the baby would just stop screaming. It's ok to need to plug your ears and walk away for just a min to calm down, and not have a tiny human (or two or three) screaming at you.

12. How is the baby doing with their feeding?

13. Are you ready to go back to work tomorrow?

14. How was the baby's first thanksgiving?

15. A three month sleep regression is pretty normal, I know things may feel difficult right now, but I promise you this will get easier.

16. How do you feel about your maternity leave?

17. How are you holding up being back at work?

18. I keep my phone on silent/charge it in another room at night, so when you're up late with feedings, please feel free to send me baby pictures/things you think are funny or interesting.

OR

I don't sleep well at night, so when you're up in the middle of the night please feel free to text me. We can be night owls together.

19. A reasonable question about shots. Are you doing vaccines on a regular schedule? How they're reacting? Sympathize with her about how tough it was when your baby cried during their shots.

20. Happy Mother's Day!

21. Are you planning to do baby led weaning?

OR

Are you thinking about solid food? I always love the face babies make when they eat green beans for the first time.

22. When is your birthday? Anniversary? Other important date? Favorite holiday?

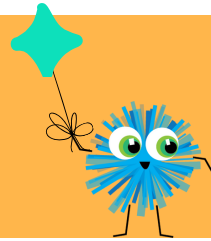
23. Happy birthday/anniversary/special day!!

24. Who has been the biggest help since having the baby?

25. Happy 6 month birthday!!

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26. I booked you a massage/pedicure/girls lunch.

OR

Here's a gift card for a massage/pedicure/girls lunch, would you mind if I booked it for you so I'm not adding something to your to do list?

OR

You can also offer to go with her to help with the baby, or pay for childcare during her outing if she needs it.

27. When you take out twins people ask "are they twins?" I used to tell people, "No they're triplets. I left the ugly one at home."

OR

How are things going with your new routine needing to get yourself and your baby ready and out the door?

28. Now that the baby/babies have been around for a while, how is big sibling adjusting to them?

OR

Now that you're settling in with the baby/babies, what has been the most enjoyable part?

29. Things change so much when you have a baby, and honestly, I'm really looking forward to going on this part of your adventure with you.

30. How are you adjusting to staying at home with 1/2/3 tiny humans demanding your attention?

OR

How are you adjusting to having a tiny human demanding your attention during the time you're used to doing other things at home?

31. Have you taken many opportunities to get out with the baby/babies?

32. Are they/is the baby on the move yet?

33. What has been the biggest adjustment since adding to your family?

34. Could you help me with _____? Ask them a question of something they are knowledgeable about and enjoy. Remind them of their value.

35. What has been your favorite piece of baby gear?

36. Are you planning a theme for the baby's first birthday?

37. How often does everyone end up snuggling in your bed? Alternate: when do you get to soak up the most baby snuggles?

38. What was baby's first word?

39. What do you wish someone would have told you before the baby was born?



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40. What couldn't you live without?

41. Can you send me a picture of that sweet baby of yours?

42. Is baby jabbering to you? (Twins: have they started talking to each other with their own jabber language?)

43. What is baby's current favorite food?

44. I am here to help you. I know sometimes it can be hard to know what exactly you need help with, so can I cook/UberEats dinner/do dishes/hold the baby so you can shower?

45. Do you have cute little outfits for the baby to wear for Christmas/Hanukkah/Diwali?

46. How was the baby's first Christmas/Hanukkah/Diwali?

47. There are some really tough phases during the first year. Try not to feel like you're doing something wrong, or you need to "fix" something. All you can do is wait it out, because this too shall pass.

48. What do you wish someone would have told you?

49. (Funny mom meme)

50. Can you believe you almost have a one year old?!

51. When was the last time you took a little momma time for yourself?

52. Happy birthday to the big one year old!!

BONUS: mail her a card with a sweet note. "Being a mom changes you. It makes you grow, and feels like you're holding your heart outside of your body. You're doing an amazing job taking all these shifts with grace. You are truly an incredible woman."



Note: For the ultimate experience with this resource, it's best to snag the editable version. To make things super simple, just shoot me an email at coachamy@wedontsaycant.com and I'll send you a plain text version! Then presto! You can copy-paste like a busy momma in your messaging app.