



FLOURISH  
*Letters of Love*



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*Congratulations from Flourish St. Louis on your journey into motherhood! Being a mom can be exciting and scary. We want you to know that the St. Louis community supports you and your family. Here is a letter from someone who is rooting for you and wishing you the best.*

Dear Mama,

You're about to begin an amazing journey. One that leaves you feeling a million different emotions a day.

Motherhood is hard, and I'm not going to lie, often can feel lonely. I admit to feeling overwhelmed, inadequate, like I made a huge mistake, and at times so exhausted I couldn't do anything but cry.

But those hard times become shorter, fewer and the joy of being a mother shines through. When your little one grabs your face with their chubby little fingers and says mama you'll forget the long nights, the tears, the sheer terror that is motherhood.

Whatever you do, remember to take care of yourself too. Maybe that means an extra few minutes in the bathroom, hiding chocolate and not sharing, or grabbing a coffee with friends for an afternoon, a happy mama, leads to happy babies.

Take advice with a grain of salt. Listen to what you want and forget the rest. Do what works for your family. All that matters is a happy healthy mama and baby.

You got this girl!



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*Flourish St. Louis is bringing the community together in new ways to improve the health of our region's babies and families. Together, we'll help every baby born in St. Louis celebrate a happy and healthy first birthday. Visit [flourishstlouis.org](http://flourishstlouis.org) for more information.*

