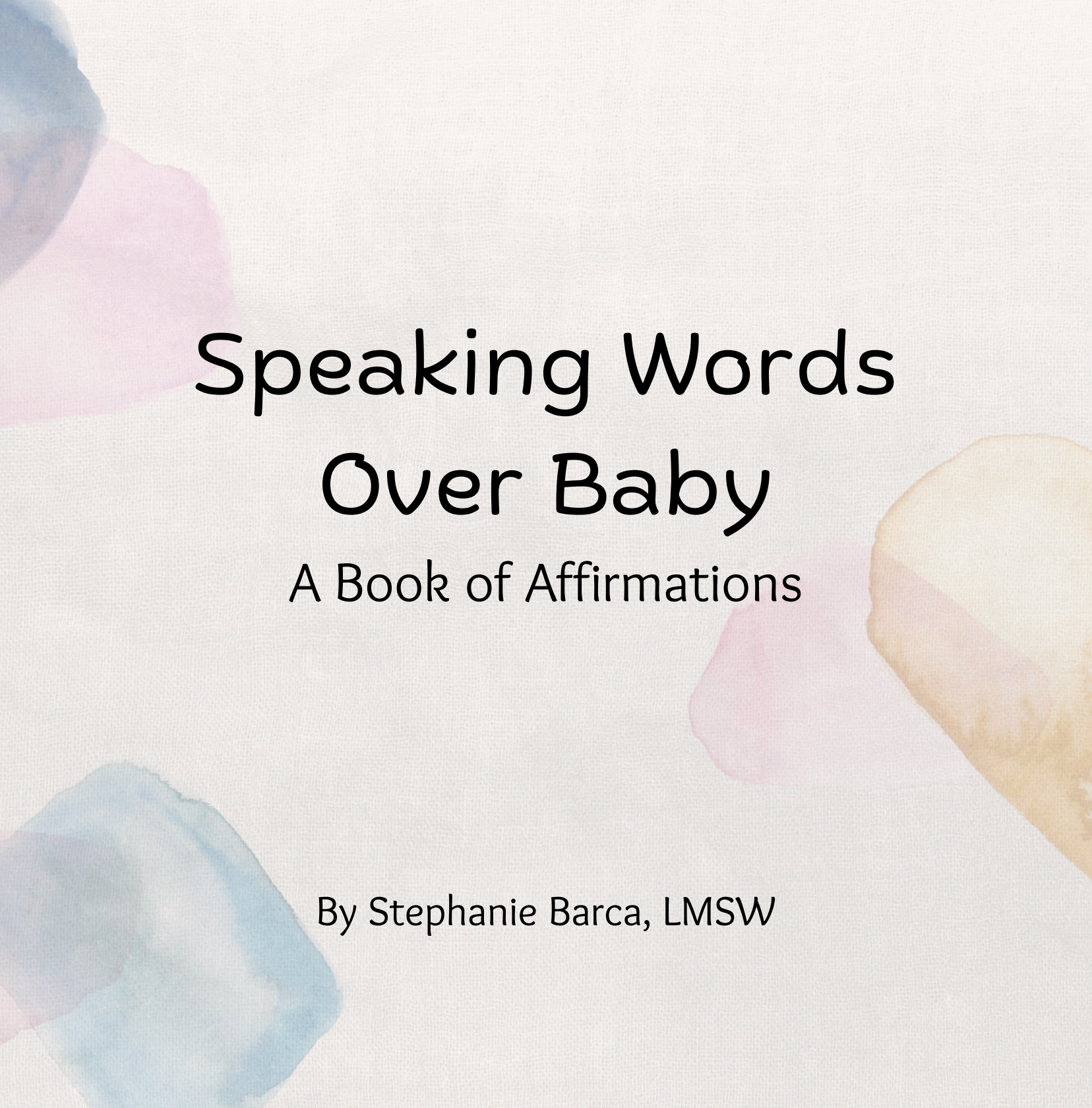
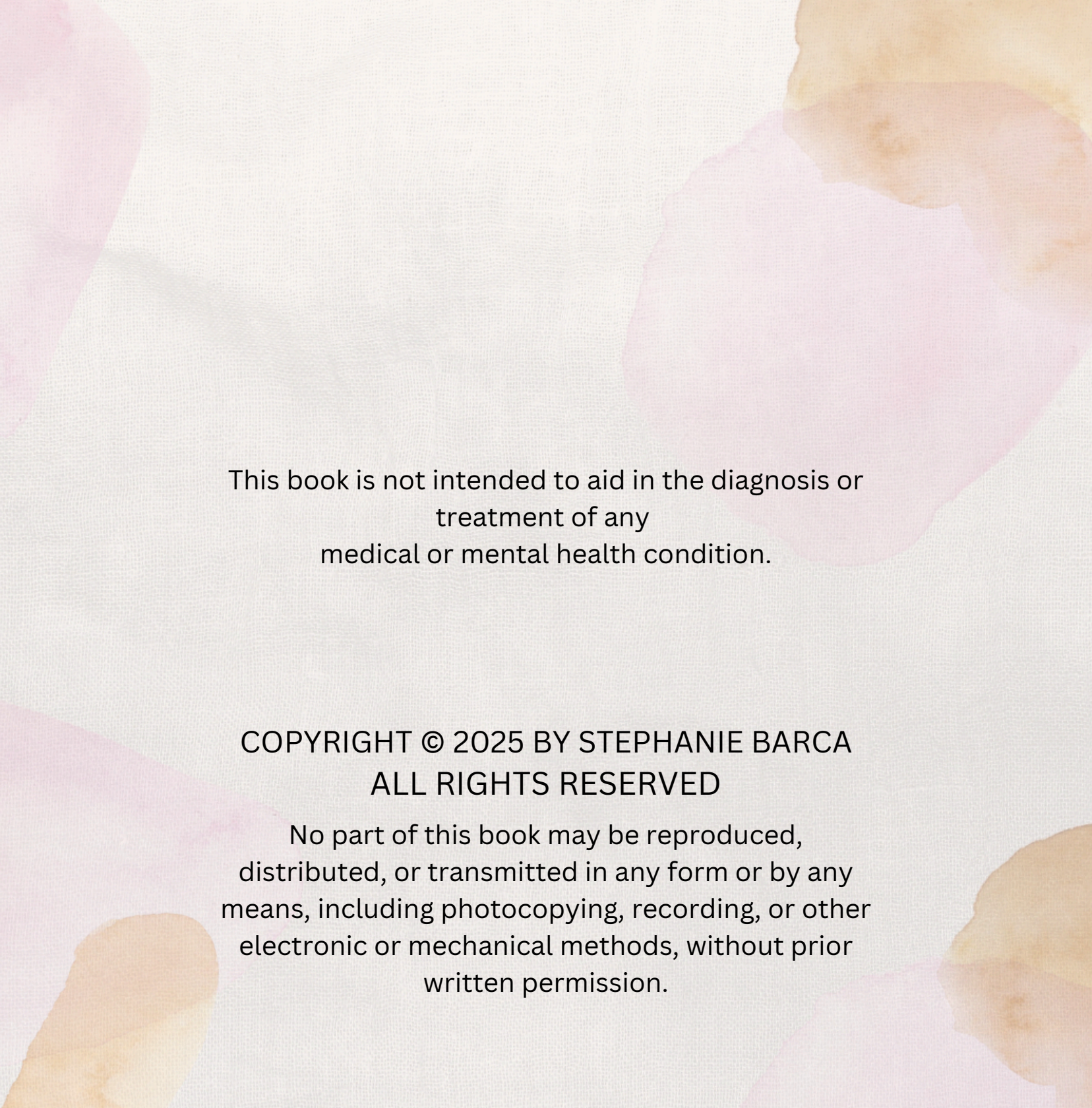




Speaking Words Over Baby

A Book of Affirmations

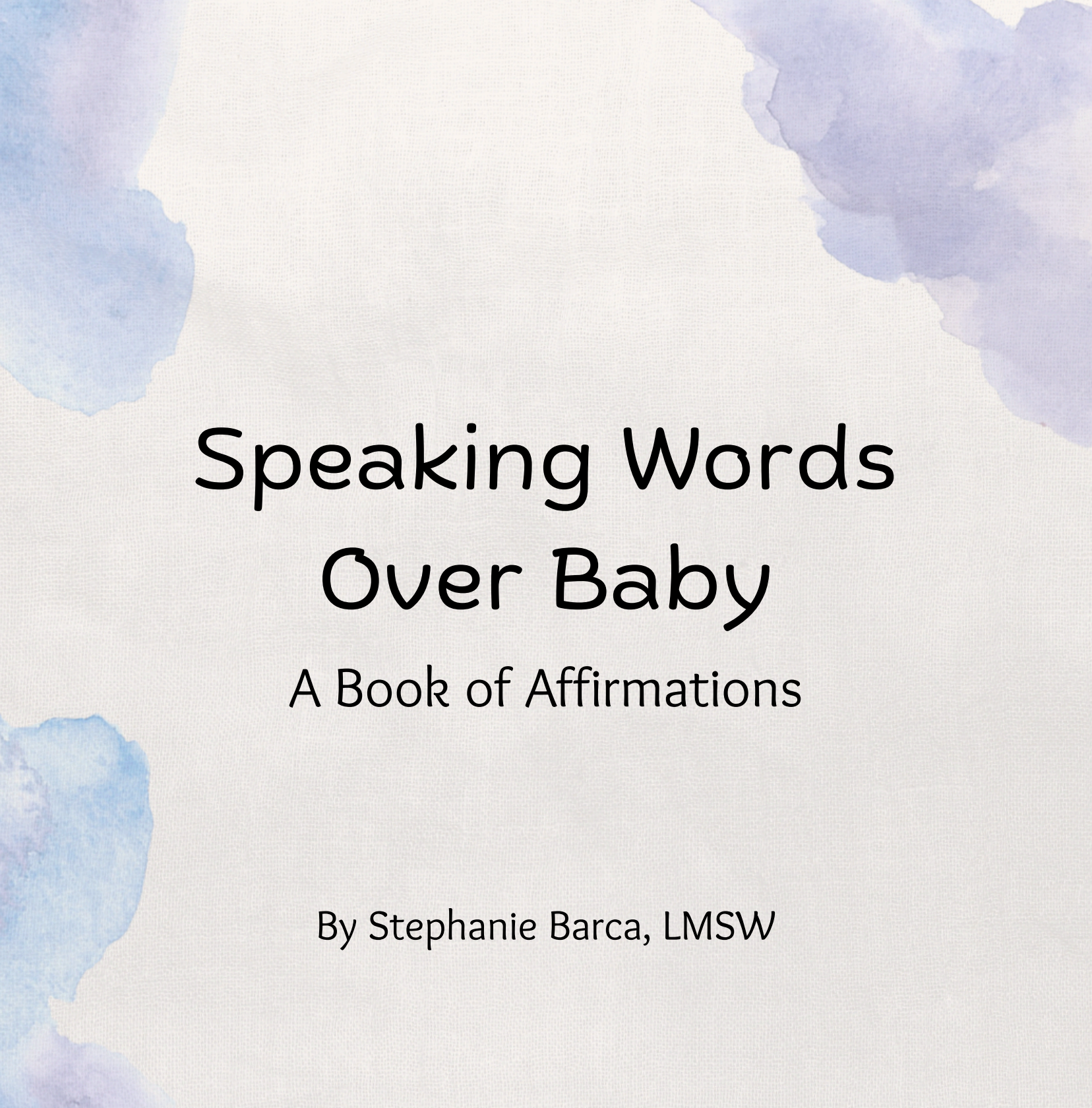
By Stephanie Barca, LMSW



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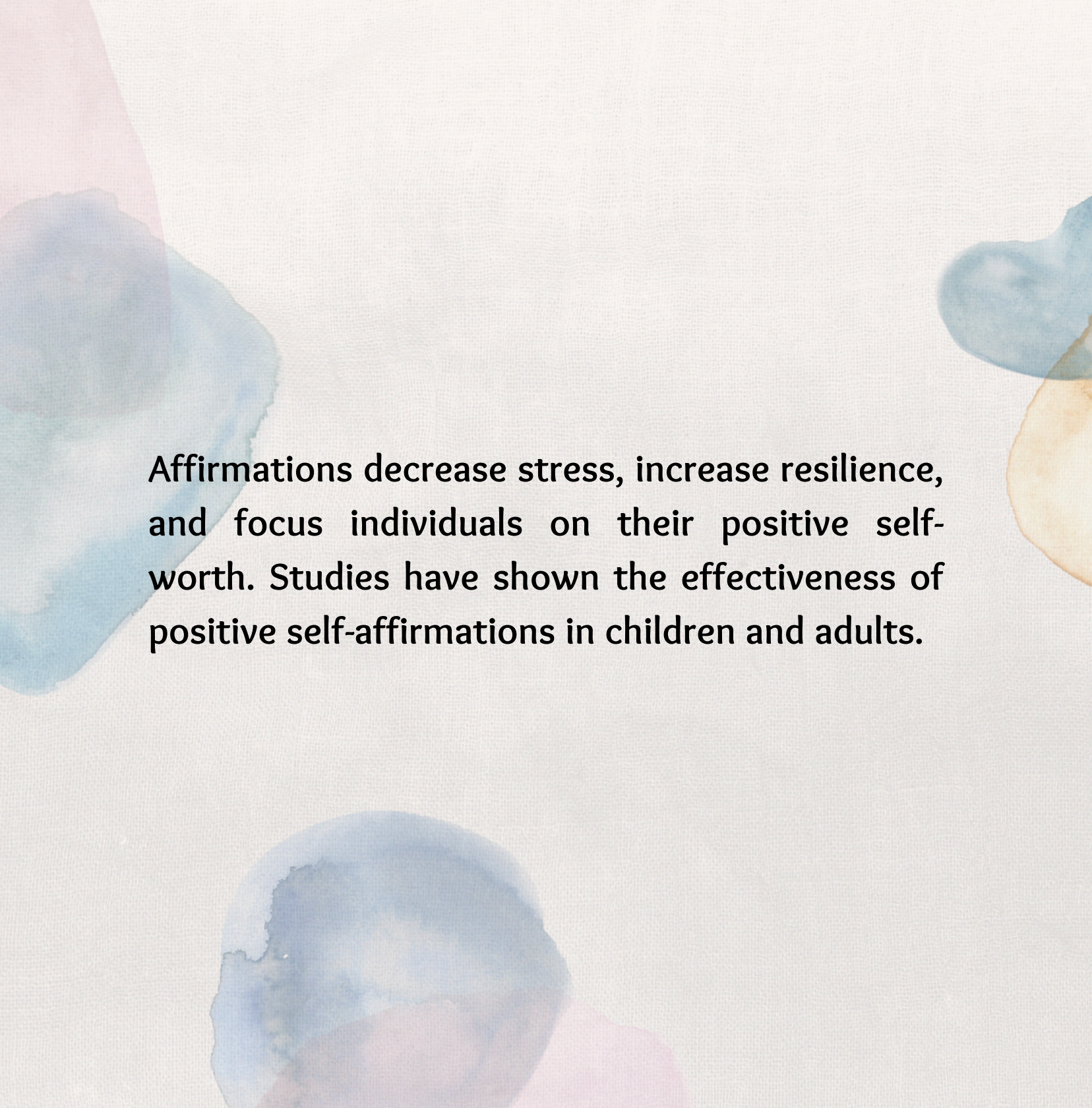
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Speaking Words Over Baby

A Book of Affirmations

By Stephanie Barca, LMSW



Affirmations decrease stress, increase resilience, and focus individuals on their positive self-worth. Studies have shown the effectiveness of positive self-affirmations in children and adults.

You make people
happy just by being
you.



Babies smile to get a
smile from others.

You are strong.



A baby's brain is ten percent of
his/her total weight.

You are clever.



Babies learn
object
permanence
through
“peekaboo.”

You are a problem solver.



Babies begin looking at life in
imaginative and creative ways
through free play.

You are kind.



One study suggests that babies understand fairness before age two.