

The Brave Mama Guide



A BOUNDARY WORKBOOK FOR
NEW MOTHERS

[HTTP://ANGIESCHILATY.COM](http://angieschilaty.com)

dear mama,

Setting boundaries is an act of love for both you and your baby. While loved ones want to help, they need your guidance to support you effectively without adding stress.

This guide is your permission to prioritize your new family and trust your intuition. Setting limits isn't about being bossy; it's about sharing your heart so you can remain a present, healthy mother. Think of these boundaries as "rules of engagement" that protect your peace. By being honest about your needs, you teach your village how to show up for you in the most meaningful ways.

Thank you for being here and for prioritizing your well-being alongside your little one's.

With care,

Angie Schilaty

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Hi, I'm Angie, and I'm passionate about helping new moms build a foundation of healthy communication for their families.

This guide is a starting point to help you protect your well-being, though you'll likely find your needs and boundaries continue to evolve as your baby grows.

I provide mental health support to individuals in Florida. Please reach out if you'd like to connect.

COMMUNICATION GUIDE

for visits with baby

The Purpose of This Guide

The goal of this workbook isn't to tell you exactly which boundaries to set for your child. Instead, it is designed to help you consider which boundaries truly matter to you as a mom and provide practical tips on how to communicate those needs clearly and kindly to others.

Protecting Your Peace

Protecting your peace is your new superpower. While it's wonderful to have a supportive village, setting boundaries is a vital way to care for your new family. You cannot control how others react, but you can control your own voice with kindness and heart.

By staying clear and consistent, you create a calm, safe, and loving space for your little one to grow.

Create Your Bubble

As a mom, you are the official bodyguard for your little one's environment. You get to decide who enters that space and the rules they follow once they are inside.

Set clear expectations by asking guests to:

- Wash their hands before holding the baby.
- Stay home if they feel even slightly unwell.
- Check with you before offering the baby any food.

ABOUT ME

Set the Vibe

Maintaining your "bubble" ensures a healthy environment for both you and your baby. When you communicate these needs clearly, you aren't being difficult - you are ensuring your space remains a sanctuary.

Draw the Line

"No" is a complete sentence.

You do not owe anyone an explanation if something doesn't feel right. Trust your intuition; it is there to help you protect your mental health and your baby's well-being.

JOURNALING PROMPTS: PROTECT YOUR PEACE

Which specific interactions leave you feeling recharged, and which ones leave you feeling drained?

How does your body feel when your personal space is being respected?

What is one need you can express to someone today to support you and your baby?

JOURNALING PROMPTS: CREATING YOUR BUBBLE

How do you feel about people holding the baby without washing their hands first, and what is your "must-follow" rule for them?

If you knew no one would take it personally, what boundaries would you set right now?

Is there a certain way you want people to hold or support the baby that makes you feel they are safe and secure?

JOURNALING PROMPTS: SET THE VIBE

Do you want a text before people head over, or are you okay with surprise visits?

Do you need guests to be quiet while the baby sleeps, or is your little one okay with more noise?

How do you feel about people putting a phone or TV in front of the baby, and what is your limit on screen time?

SAMPLE SCRIPTS

for visits with baby

The "Heads Up" (Visitors)

"I'm so happy you want to see the baby! We're keeping things very low-key right now, so can you text me a few hours before you want to come over? I want to make sure the baby is settled and not in the middle of a nap when you get here."

The "Wash Your Hands" (Germs)

"We're being extra careful with germs. Would you mind washing your hands really quick before you hold the baby? Thanks for helping me keep them safe!"

The "Ask First" (Holding the Baby)

"The baby is finally settled right now. I'd love for you to hold them in a little bit, but for now, let's let them stay put so they don't get fussy or overstimulated."

The "No Snacks" (Food)

"I know you want to give them a little taste, but we are only doing [milk/formula/specific foods] right now. Please check with me before you give the baby anything to eat or drink - I'm being really strict about it!"

The "Time to Go" (Ending the Visit)

"It was so good catching up! We actually need to wrap this up now so the baby can stay settled and we can both get some rest. Let's do this again soon!"

The "Lower the Volume" (Noise)

"Hey, can we keep it a little quieter? The baby is a super light sleeper, and I'm trying to keep everything peaceful so they stay settled and don't wake up cranky."

Quick Tips for Your Peace of Mind:

- Use "I" Statements: Starting with "I feel" or "I need" helps people actually listen instead of getting defensive.
- The "Broken Record": If someone tries to push your boundaries, it's okay to just say it again: "I hear you, but this is what I've decided is best for my baby right now."

COMMUNICATION TIPS

for visits with baby

Speaking up for yourself and your baby can feel like learning a new language. These tools from Dialectical Behavior Therapy (DBT) act like a GPS for tough conversations, helping you stay on track while keeping your self-respect.

DEAR MAN: How to Ask for What You Need

Use this step-by-step guide to make a clear request without feeling like a "bother."

- **D** – Describe the facts: "The baby naps from 2:00 to 4:00 and needs a quiet house."
- **E** – Express your feelings: "I feel overwhelmed when her routine is interrupted."
- **A** – Assert your needs: "I'm asking that we don't have visitors during that time."
- **R** – Reinforce the benefit: "If she sleeps well, she'll be much more playful later!"
- **M** – Stay Mindful: Don't get pulled into other arguments; stay focused on the nap.
- **A** – Appear Confident: Use a steady tone and keep eye contact.
- **N** – Negotiate: Be open to a compromise - like visitors arriving at 4:15 - as long as your main boundary stays firm.

FAST: How to Keep Your Self-Respect

Use this when you feel pressured to "give in" just to keep the peace.

- **F** – Fair: Be fair to the other person, but be fair to yourself and your baby, too.
- **A** – No Unnecessary Apologies: You don't need to apologize for having a boundary.
- **S** – Stick to Values: Don't compromise what you know is right just to avoid tension.
- **T** – Truthful: Be direct. You don't need to make up excuses to justify your choices.

Being clear is a form of kindness that provides others with a roadmap to care for you and your baby. It removes the guesswork, helping your village show up in the ways you need most.



Setting boundaries might feel awkward at first, but you can trust your gut when you feel pressured. With consistent practice, self-compassion, and clear communication, these moments become easier over time. Ultimately, these conversations are meant to build safer, more compassionate relationships with your village.



If you would like support in learning to communicate boundaries, navigating postpartum feelings, or adjusting to the transition of parenthood - please reach out.

Whether you need specific guidance or just a safe space to talk, I am here to support you.

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