



The Brave Mama Guide

A BOUNDARY WORKBOOK FOR NEW MOTHERS

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



dear mama,

Setting boundaries is one of the greatest acts of love you can offer - both to yourself and your baby. While your loved ones are often eager to jump in and help, they don't always know exactly what kind of support you need most. By communicating your needs clearly, you aren't pushing people away; you're actually teaching them how to love you in ways that feel like a warm hug rather than added stress.

This guide is an invitation to slow down and listen to your intuition. Right now, your world has shifted, and it is 100% okay to put your new family's needs first. If you've ever struggled with saying "no" to well-meaning family or friends, know that this was created specifically for you. It's not about being bossy or in charge; it's about sharing your heart so you can be the most present, healthy mom possible.

Think of these boundaries as the rules of engagement that keep your space calm and your mental health protected. Once you've moved through these reflections, I encourage you to share your thoughts with your village. Being honest about what feels right for you allows the people who care about you to show up for you in the most meaningful ways, keeping both you and your little one happy and healthy.

With care,

Angela Schilaty

Angela Schilaty
Registered Mental Health Counselor Intern
Supervised by Danielle Proch (LMHC MH16044)



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



COMMUNICATION GUIDE FOR *visits with baby*

Protecting Your Peace

Protecting your peace is your new superpower. While it's wonderful to have people who love your baby, setting boundaries is a vital way to care for your new family while still showing gratitude for your village. You can't control how others react, but you can control your own voice with kindness and heart. By staying clear and consistent, you're creating a calm, safe, and loving space for your little one to grow.

Creating Your Bubble

Being a mom means you are the official bodyguard for your little one's bubble. You get to decide who enters that space and what the rules are once they're inside.

By setting clear expectations - like asking guests to wash their hands, stay home if they feel sick, or checking with you before offering the baby food - you're making sure that bubble stays a safe and healthy place for both of you.

Set the Vibe

As the protector of your space and your baby, you have the final say in how visits and help should look to ensure you feel truly comfortable. While others may offer advice based on their own experiences, remember that your intuition is your best guide. It is perfectly okay to listen with gratitude but ultimately choose the path that feels right for your unique journey. By honoring your own needs, you are creating the most supportive environment for both you and your little one.

Draw the Line

"No" is a complete sentence. You don't owe anyone an explanation if something doesn't feel right.

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





JOURNAL *Protecting 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?

How can you kindly communicate your needs so others know exactly how to love you best?

When was the last time you had a drink of water?





JOURNAL

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 health 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?

Should people check with you every single time before they pick up the baby?





JOURNAL

Set the Vibe

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

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

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

How long do you want people to hold your baby or visit?





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."





SELF CARE TIPS FOR COMMUNICATING *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.

The Takeaway: Being clear is a form of kindness. When you are open about your needs, you give others a roadmap on how to better care for you and your baby. It takes the guesswork out of support and helps everyone show up for you in the way you actually need.





dear mama

I am so proud of you.

Learning how to set boundaries is a huge part of being the best parent you can be, but that doesn't mean it's going to feel easy. Honestly, it might feel a little awkward or uncomfortable at first. If you ever start second-guessing yourself or feel like people are pushing you to change your mind, take a deep breath and come back to what feels right for you and your baby. Trust your gut.

It's okay - and totally normal - for your boundaries to change as your baby hits new milestones and as you grow, too.

You're navigating a lot of big shifts all at once, and you're doing an incredible job finding your way.

You don't have to do this alone. I provide mental health counseling services and accept insurance, and I also have a sliding scale fee structure to ensure that those who need support are able to access it. If you ever feel like you need a little extra support navigating these shifts, please reach out via the QR code below.

I'm cheering for you every step of the way

With Care,

Angela Schilaty

Angela Schilaty
Registered Mental Health Counselor Intern
Supervised by Danielle Proch (LMHC MH16044)

