

This isn't forever.  
But right now  
it's your everything.  
And that's okay.

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para las 3am

You're not failing.  
You're learning  
with your eyes closed  
— literally.

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para las 3am

Your baby doesn't need  
a perfect mom.  
She needs the one she has.  
You.

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para las 3am

Crying doesn't mean  
you're doing it wrong.  
Sometimes it's all  
you both need.

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para las 3am

Tomorrow you won't  
remember this hour.  
But your baby will remember  
you were there.

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para las 3am

If today all you did  
was keep her alive, fed  
and sort of clean  
— it was a perfect day.

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para las 3am

You don't need  
to have the answers.  
You just need  
to keep showing up..

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para las 3am

The coffee went cold.  
The baby fell asleep.  
You're still here.  
That's enough.

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para las 3am

There are thousands of moms  
awake right now.  
You can't see them,  
but they're there.  
Just like you.

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para las 3am

This will pass.  
And when it does,  
you'll miss  
this weight in your arms.

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para las 3am