



Parenting is hard.

You are not doing it wrong.

You are not alone.

You are not screwing up your kids.

It's okay to ask for help.

It's okay to give yourself a time out.

No one is against you.

No one has perfect kids.

No one is a perfect parent.

We're all trying to do the best we can.

Don't beat yourself up about mistakes.

Your children are yours for a reason.

You can start new at any time -
each day, each hour, each minute.

It's okay to admit it when you don't like your kids,
you still love them and that's what matters.

Give yourself the same amount of grace
you'd extend to anyone else.

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