



Solly Baby Bookclub

YOU'VE GOT THIS MAMA

BY ANDREA FAULKNER WILLIAMS

"You already have everything your children need within you."

ANDREA FAULKNER WILLIAMS

DISCUSSION QUESTIONS

- 1 What part of *You've Got This Mama* most resonated with you?
- 2 How did the book affect the way you think about self-care?
- 3 When you took the self-analysis quizzes, did any of your answers surprise you?
- 4 "The best gift you can give your family is your own happiness." Discuss.
- 5 What are some traditions your family already enjoys? What would you like to add to that list?
- 6 What's a small or big change you can implement in your life to take better care of you?



"The key is to do what you can, when you can, and give yourself props for it all."

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FOR FURTHER DISCUSSION

"Give yourself space to listen to your own intuition."

Describe a time when you tuned out the noise of the parenting books, the social media feeds and the old man at the grocery store and went with your gut instead. How did it feel?

"We build our villages one person at a time."

Do you feel like you have a strong support system in place? What are some ways you might add to your "village"? Is there a budding friendship you could nurture? Where could you meet potential mama friends?