

KNOW THERE IS NO 'ONE' WAY OR 'RIGHT' WAY TO PARENT
Don't be afraid or too proud to ask for help

DON'T LET GO OF YOUR SELF CARE ROUTINES, THEY
MATTER EVEN MORE NOW • LISTEN TO YOUR GUT

PERFECTIONISM AND CONTROL NEED TO GO OUT THE WINDOW
YOUR LIFE IS FOREVER CHANGED

Your heart is much bigger

Sometimes you need to join in with the throwing of food on the floor

LAUGH AT YOURSELF AND
WITH YOUR CHILDREN DAILY

ON HARD DAYS, REMIND YOURSELF THAT THIS TOO SHALL PASS

On easy days, celebrate!

EAT WELL AND MOVE YOUR BODY EVERY DAY

DON'T FORGET ABOUT **YOUR** MUSIC AND DANCE WHEN YOU CAN

Cry when you have to

DON'T PRETEND TO BE ANYTHING YOU'RE NOT

BE GENTLE WITH YOURSELF

Most of all remember that YOU MATTER TOO and

you are doing a wonderful job

REMEMBER YOU ARE THE CENTRE

OF SOMEONE'S UNIVERSE