



# Dear Mom or Dad,

It's hard. Parenting is hard. There is doubt and guilt and lots of sleepless nights. But you know what, you keep showing up. And that's what matters.

This is your permission slip to take 15 minutes for yourself today. Lock yourself in the bathroom, turn on a show, whatever it takes.

You are allowed to prioritize yourself over your children. I promise.

You deserve it.

You are not alone in this and you are so very loved.

XOXO,

#takenote



# Dear Parent,

Having kids is messy.

You're tired.

You're wondering if you're doing things right or if you're totally messing up your kids

You're not.

You are a wonderful parent and I am proud of you. We are all just doing the best we can. And even though you might not look like the parent on this box (impossibly happy), you are doing great.

Good parents have bad days. Breathe. And know you are so very loved and supported.

XOXO,



# Dear Parent of a little one,

Some days are crazy. Some days you feel like just falling apart. Or sleeping for thirty hours straight.

I know. I'm a parent too.

If one more person tells you the time goes by so quickly you just might strangle them.

I'm writing this to you to encourage you to give yourself some credit for how far you've already come. You are doing a great job.

Don't let the mom on this box make you feel otherwise.

You are going to be okay and you are not alone.

You are so very loved.

XOXO,