

*I can
only
control
myself*

I BRING THE
calm
TO MY HOME AND
MY FAMILY

**IT'S OK
TO ASK
FOR HELP**

**I speak
with
patience
and
empathy.**

I am
STRONG

**I LET MY KIDS
EXPRESS
THEIR
FEELINGS**

**I am trying
my best.**

**I will
connect
before I
correct.**

**I WILL
pause
BEFORE I
REACT**

**I deserve
respect.
So does my
child.**

**my child's
behavior
is not my
report
card.**

**I AM THE
RIGHT
PARENT FOR
MY CHILD.**

**I GIVE MYSELF
PERMISSION
TO LET GO OF
THINGS THAT
AREN'T
WORKING.**

***I am allowed to
set boundaries,
and my child is
allowed to feel
their feelings
about them.***

***I take
care of
myself.***

**I can do
HARD
THINGS!**

**I am
ENOUGH.**

**I BELIEVE
IN MYSELF**