

**IF YOU ARE FINDING PARENTING  
OR CARING HARD RIGHT NOW**



**YOU ARE NOT BROKEN**

**YOU ARE NOT WEAK**



**YOU ARE RESPONDING  
TO PRESSURE**



**YOU ARE ALLOWED  
TO SLOW DOWN**



**YOU ARE ALLOWED TO  
ASK FOR SUPPORT**



**YOU DO NOT HAVE TO  
HAVE ALL THE ANSWERS**



**THIS STAGE WILL NOT LAST FOREVER.  
HARD MOMENTS DO NOT define YOU.**

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