

We All Need Reminding Sometimes

20 Daily Reminders To Help You Stay Confident In Your Parenting

1. You are not alone. Don't be afraid to reach out to others.
2. Focus on positive thoughts. Consciously push the negative thoughts and ideas out of your mind.
3. Take time for yourself. Find something you enjoy doing like exercise, meditation, or any type of self-care. Time for yourself will help change your mood and make you a better parent.
4. Allow yourself a designated time to grieve and then move on. (Give yourself 15 minutes a day just to cry or feel bad-then move on). Eventually, this time will become shorter and shorter.
5. You are not perfect. Give yourself grace. We are human and we all make mistakes. Often the biggest mess will transform into the biggest success.
6. Be authentic. Do not associate with people who are negative, that bring you down, or whom you feel like you cannot be yourself. You do not ever need to feel inadequate around others.
7. You are an angel on earth. In your child's eyes, you are a real-life superhero.
8. Erase all expectations from your mind of what you thought, what others are thinking and doing, and what is "normal." There is no such thing as normal.
9. Every day commit to finding the joy and beauty in your kids. Commit to saying something positive about yourself and about your children. There are no mistakes in our creation, and we all have a purpose.
10. The decisions you will need to make are going to be hard, surround yourself with good friends and family.
11. Focus on today, not tomorrow or the future. Be the parent your child needs at that moment.
12. Every stage comes with its own set of triumphs and difficulties. Adjust. Nothing is black or white. Parenting is a marathon, not a 50-meter race.
13. Celebrate the small victories with big celebrations.
14. Being a parent is hard. When you have a child with extra needs, being that parent becomes

extra hard. God put you in this position because you can handle it.

15. Do not be afraid to laugh.

16. Do not take offense to every comment a teacher, therapist, parent, waitress, or even stranger says about you or your child. Their opinion is only one opinion-it is not the gospel.

17. Decide what to share. Not everything about your child is everyone's business. Let your child define themselves.

18. Be ready for unsolicited advice. Don't overthink it-just say, "wow thanks, I will look into that."

19. Make time for your marriage.

20. Make time for God.