



GENTLE PARENTING

Affirmations



I trust myself to make the right decisions for my children.

My home is filled with love and respect.

I give myself permission to take breaks and care for my mental health.

We treat each other with kindness every day.

I validate my children's feelings and show them that their emotions matter.

We are a team and learn as we go.

I am building a positive and supportive home environment for my children.

My needs are important and worthy of attention.