



Dear Guests,

Welcome! I'm doing the best I can and practice acceptance that everyday is not perfect nor the same. I know I am enough. These statements help me feel supported and like we're a team:

“I can see how hard you're working, thank you.”

“What can I do to support you right now?”

“When is a good time for me to give you a break?”

“You are doing such a great job with these/this kid(s)!”

“I really admire how you...”

“It's a joy to watch you as a parent.”

“I'm thankful to be here today.”

“I'm so proud of you.”

“I love you.”

Despite my best efforts I'm not impenetrable and have moments of self-doubt. To support me on me on my journey please avoid:

Offering unsolicited advice.

Offering alternative ways of doing things.

Questioning my choices.

Making comments about anyone's body.

Defying or breaking my rules/ routines .

With grace and gratitude,



Hannah Rudnick, MSW
Coaching and Parent Empowerment





Welcome!

All the Things to Say to the Mom of the House

“I can see how hard you’re working, thank you.”

“What can I do to support you right now?”

“When is a good time for me to give you a break?”

“You are doing such a great job with these/this kid(s)!”

“I really admire how you...”

“It’s a joy to watch you as a parent.”

“I’m thankful to be here today.”

“I’m so proud of you.”

“I love you.”

And Please Don’t...

Offer unsolicited advice.

Offer alternative ways of doing things.

Question their choices.

Make comments about anyone’s body.

Defy or break their rules/ routines .