

A woman with long blonde hair, wearing a pink t-shirt and blue jeans, stands in a kitchen. She is looking upwards and to the right with a thoughtful expression. Her hands are resting on a wooden countertop. In the background, there are kitchen cabinets, a box of 'MAGICAL' cereal, a bottle of olive oil, and a small potted plant. A speech bubble in the top right corner contains the text 'SOMETHING WE AGREE ON'.

SOMETHING WE
AGREE ON

PARENTING IS TOUGH

But, remember...



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SOMETHING WE
AGREE ON

SO IS BEING A KID

- **Accidents will happen.** Progress isn't always a straight line.
- **Children WILL test boundaries.** It's how they learn.
- Sometimes, **we over-estimate what little ones can understand.**
- **We'll never have all the answers.** Just be there and listen.
- What feels **trivial** to us might **mean the world** to our children.
- **Behaviors that feel challenging to us are a kid's way of saying they're tired, hungry, scared, over-stimulated, uncomfortable or, even, excited!**

Learn strategies that could work for you at
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