

Encouragement for Parents & Caregivers

I am not
defined by the
difficult days.

I am learning
and growing
alongside my
child.

It's okay to ask
for help when I
need it.

I am not alone in
this journey.

Patience is a skill
I can develop
every day.

I am allowed to
take breaks and
care for myself.

Small steps
forward count as
big progress.

My child's
challenges do not
define our family.

I can celebrate
the wins, even
the tiny ones.

It's okay to
feel frustrated
—I'm human.

I'm teaching my
child resilience
by modeling it
myself.

Compassion starts
with me—for my
child and myself.

I am a voice for my
child's needs and
strengths.

Progress can be
slow, but it is
still progress.

I am learning
what works best
for my child.

It's okay to set
boundaries to
protect my energy.

I trust myself to
make good choices
for my family.

I can be kind
to myself on
hard days.

Every day is a new
chance to try again.

I am patient
with my child
and with myself.

I am proud of how
far we've come.

It's okay to feel
overwhelmed
sometimes.

I am allowed to
celebrate my
own victories.

I am doing
important work by
loving my child.

I am more than my
child's diagnosis.

I can focus on
what I can control.

I am teaching my
child how to face
challenges.

I am worthy of
support and
understanding.

I am learning to
recognize my
own needs.

It's okay to ask
for a break when I
need one.

I am grateful for
the small
moments of joy.

I am learning to
be flexible and
open-minded.

I can find calm
in the chaos.

I am teaching my
child to believe in
themselves.

I have the
strength to
handle today's
challenges.

I am proud of
my child's
unique qualities.

I am growing as a
parent every day.

I can forgive myself
when things don't
go as planned.

I am creating a
safe space for my
child to grow.

I am learning new
strategies to help
my family thrive.

I am resilient, even
when it's tough.

I am doing my best,
and that is enough.

I am a source of
love and stability
for my child.

I am doing my
best, and that
makes a
difference.

I am learning to
trust my instincts
as a parent.

I am teaching my
child how to
handle big feelings.

I am finding joy
in our journey
together.

I don't need to
have all the
answers to be
a good parent.

My child's
success doesn't
have to look like
anyone else's.

I can pause,
breathe, and
choose how to
respond.

I give myself
permission to
grow and
change, too.

I am not failing
—I am figuring it out.

I am allowed to
rest without guilt.