



The Mum's Sanity Survival Kit

One page. Print it. Stick it on the fridge or inside the kitchen cupboard. Read it on the days that need reading.

30 affirmations for the bracing-mum

1. The bumps are how she learns. The cuddles are how she heals.
2. You don't have to be calm. You just have to be present.
3. Bracing is love working overtime. It will ease.
4. Today's small win counts. Even if no one saw it.
5. You are not behind. There is no schedule.
6. Mess is the receipt of a day well-lived.
7. You are exactly the parent she needs. Not the parent the internet says you should be.
8. Crying it out is sometimes you, in the kitchen, with the kettle on.
9. Other parents are just better at hiding the chaos. Same chaos.
10. Asking for help is parenting. It's not a failure of it.
11. A bad nap is not a bad day.
12. Your body did the most miraculous thing it will ever do. Be kind to it.
13. The way her hand fits in yours is not something you'll get back. Notice it now.
14. You're allowed to miss who you were before. Both can be true.
15. Tomorrow is a clean slate. Tonight will be over.
16. She is not testing you. She's a baby.
17. You don't have to enjoy every moment. Just be here for them.
18. The phone-scroll on the floor while she plays is not a moral failing. It's a rest.
19. Sleep deprivation is not a personality flaw.
20. Comparison is a choice. Look at her, not at the other.
21. The expert is the parent paying attention. That's you.
22. Soft food, takeaways, and granola bars all count as feeding the family.



- 23. Showers count. Even the 4-minute ones. *Especially* the 4-minute ones.
- 24. You have permission to sit down.
- 25. The state of your house is not the state of your parenting.
- 26. Two cups of coffee is a personality trait, not a problem.
- 27. She'd rather have a tired, present you than a perfect, exhausted you.
- 28. The hardest days are the ones the photos don't show. You're surviving them.
- 29. You will have a long shower again. Not today. But again.
- 30. You're doing the most important job there is. Even when it doesn't feel like it.

6 permission slips, ready when you need them

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PERMISSION SLIP This counts as a shower. *Granted. ✓*

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PERMISSION SLIP This counts as exercise. *Granted. ✓*

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PERMISSION SLIP You can put the phone down without being a bad mum. *Granted. ✓*

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PERMISSION SLIP Today, ordering food in is a parenting decision, not a failure. *Granted. ✓*

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PERMISSION SLIP You are allowed to lie on the floor while she plays. The floor is also rest. *Granted. ✓*

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PERMISSION SLIP Crying counts as cardio. *Granted. ✓*

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5 quick wins for the tough days

When the day is *that* day:

1. **Open the front door for 30 seconds.** Cold air resets a tantrum (yours or hers).
 2. **Eat the protein-y thing.** A boiled egg, a bit of cheese, some peanut butter on bread. Sugar will betray you in 20 minutes.
 3. **Put on one upbeat song. Just one.** Sing it loud. She'll either join in or stop crying out of confusion.
 4. **The 90-second cuddle.** Not 30. Not "while you check your phone". 90 full seconds of holding her against your chest. It resets you both.
 5. **Send one voice note** to a friend who gets it. Not a text. A voice note. The act of saying it out loud helps.
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You're doing it.

You're not just surviving. You're *doing* it.

Some days, the bar is "everyone fed, no one bleeding". That's a perfect bar.

— *NoBooBoos*