

A note to you, Mama:



You are enough for
your child.

Research shows that in order for a child to become resilient to adverse experiences in their life, they need ONE healthy, consistent, and reliable Adult relationship. And this is YOU. Sure, co-parenting with someone on board is always great, but not always feasible, and not even necessary to assure your child's wellbeing.

Now, reducing high conflict and tension should be a priority, although we know this is not always in your control. But I'll tell you what IS IN YOUR CONTROL:

- Setting + maintaining healthy boundaries around your child (yes that means no trash-talking Dad)
- Providing consistency and structure in your own home (regardless of the rules, or lack thereof in Dad's home)



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confident parents. happier littles.

- Creating a commitment to behave in your child's best interest, and doing the internal work of leaving your own pain and personal feelings aside
- Keeping open dialogue and communication—both with your child, and with your co-parent (if available)
- Accepting all of your child's feelings: the good, the bad, and the ugly (this doesn't mean you accept all BEHAVIORS). It is important to distinguish between feelings + behaviors...and to allow your child the space to feel, to process, and to recover from their daily experiences. This is how they will trust you. This is how they will thrive.

You've got this.

-Evelyn Mendal, LMHC