



Dear Caregiver,

- 1) Some days are easier than others and some days need a redo. Don't keep score.
- 2) Anyone who tells you parenting isn't scary has never experienced a sensory meltdown at Target. Parenting is scary, y'all. And you are brave!
- 3) If you're doing the best you can at times, that's enough. If you're doing the okay-est you can at other times, that's enough too.
- 4) You don't have to be perfect. You don't even have to look perfect. Your children (and your Instagram) can handle it.
- 5) Give yourself (and your kids) grace. No one gets it right 100% of the time.
- 6) You're not alone! Unless you're hiding in your closet from your kids. When you come out, the [Caregiver Support Team](#) is here for you.

Love,

The Foster Village Family

PS

You can always connect with us! We've seen it all and still come to work everyday. We can help!