



## PARENT AND CAREGIVER *Bill of Rights*

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*I have the right to enjoy my life as intensely as possible.*

*I have the right to play and be silly without feeling guilty.*

*I have the right to ask for help.*

*I have the right to grieve.*

*I have the right to laugh or cry, whichever I need at the moment.*

*I have the right to step away and just breathe.*

*I have the right to have 5 minutes to myself.*

*I have the right to just be in the moment.*

*I have the right to be gentle with myself and know that I don't have to be everything to everyone all the time.*

*I have the right to respectfully disagree.*

*I have the right to not be judged by myself or others.*

*I have the right to say "no."*

*I have the right to take time away for myself.*

*I have the right to feel my feelings and to validate them within myself.*

*I have the right to share or not share my feelings all the time.*

*I have the right to say that today I did the best I could do.*

*I have the right to keep things in my life that are special and only for me.*

*I have the right to take care of myself.*