



**PARENT  
COMPANION**  
FIRST FIVE YEARS

WWW.PARENTCOMPANION.ORG

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

- PARENT COMPANION RIGHTS

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*I have the right to ask for help.*

- PARENT COMPANION RIGHTS

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

- PARENT COMPANION RIGHTS

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*I have the right to say “no.”*

- PARENT COMPANION RIGHTS

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

- PARENT COMPANION RIGHTS

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