



Parenting
can be tough.



You've got this!



Maybe I know you, or maybe I am
a stranger. I know parenting can be
tough, and I am rooting for you!

Keep this note, or “pay it forward”
the next time you see a parent
who needs encouragement.

Find parenting resources at
parentingcanbetough.org

Remember, you don't have to do it all alone.