FREE PRINTABLE

Affirmations for tired parents who feel like they're failing

1. I raised my voice, and I can still be the one who makes it right.
2. One hard moment doesn't cancel out a thousand gentle ones.
3. Saying sorry to my child is part of good parenting, not proof that I've failed.
4. I'm allowed to be tired and try again at bedtime.
5. I've had very little sleep, so of course today feels heavy.
6. Tired isn't the same as failing.
7. Today I only need to do the next thing, then the one after that.
8. Rest is part of looking after my family, not time taken from them.
9. My child can miss me and still be well looked after.
10. Ten minutes for me isn't ten minutes stolen from them.
11. Working, resting and caring are all ways of looking after my family.
12. I'm allowed to be a person as well as a parent.
13. I'm comparing my messy kitchen with someone else's best photo.
14. There's no prize for the tidiest family.
15. My child needs me, not a better version of someone else.
16. Different families, different days, different ways of doing it well.
17. Everyone was fed and cared for today, and that's a full day's work.
18. Some days the job is just getting through, and I did.
19. I did more today than anyone saw.
20. Tomorrow is a fresh start for both of us.