

ON DAYS SPECIAL TIME OR  
STAYLISTENING FEELS HARD,  
REMEMBER TO FLIP THE SCRIPT  
AND ASK YOURSELF :

**"Mama, do you  
want to do  
this the easy  
way, or the  
hard way?"**

BREATHE, CHOOSE LOVE AND CONNECTION (AND  
WHO CARES IF YOU'RE LATE!

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[www.handinhandparenting.org/podcast](http://www.handinhandparenting.org/podcast)