

bounceback parenting

We build resilient, connected families by having a growth mindset in parenting.



**WE BELIEVE EVERYONE CAN
LEARN AND GROW**

STARTING RIGHT FROM WHERE THEY ARE

Choosing to look at past mistakes and current challenges not as indications of failure, but as the foundation for growth and resilience.



**WE SEEK OUT
EVERYDAY
CONNECTIONS**

Finding joy in the ordinary, nurturing open communication, and looking for unexpected moments to connect.

**WE PRACTICE
COMPASSIONATE
SELF-CARE**

Getting to know and accept ourselves, learning to notice our own needs and taking steps to tend to those needs.



WE EMPOWER OTHERS

Building on strengths, allowing for growth, and expecting the best from the people around us.



WE GIVE OURSELVES PERMISSION TO PAUSE

Reflecting on what we've learned, celebrating wins and honoring losses; creating space to be intentional.



Connection, not perfection!

