

BECOMING A YES MOM

Saying yes to the moments that matter – even when the answer has to be no.

A Love Letter to the Yes Moms

You don't have to give them everything to give them a beautiful childhood.

You only have to show up with love, presence, and creativity.

You are not a bad mom when you say no – you're being resourceful.

You are modeling joy, not just survival.

You. Are. Enough.

Alternatives for the No Mom Moments

When They ask for:	Be A Yes Mom With:
A treat at the store?	Making cookies together at home
A pool day?	A splash pad or park picnic
A new toy?	Blanket fort & movie night
More iPad time?	Board game or "teacher" play
Eating out?	Candlelit dinner with paper menus
Go Somewhere? (Zoo, Aquarium etc.)	A scenic drive or hike – get "lost" in your own town
Buy something new?	A scavenger hunt for "hidden treasures"

Daily Yes Mom Practices

(Even on Tight Days)

- I said yes to play, not purchase
- I swapped a pricey activity for an adventure.
- I created a memory not a receipt
- I reminded myself that my love is enough

Becoming Her

- I imagined the version of me who feels calm, present, and proud
- I made a memory that costs nothing but gave everything
- I did something today that felt like me
- I believed – even just for a moment – that I'm doing a beautiful job