

# Well & Ready<sup>©</sup> Manifesto

*We Believe our kids are the future. How we raise them matters.*

We Believe the world is changing fast. Our kids can thrive if they're Well & Ready.

We Believe you are the steward of your child's possibility. Find their super power.

We Believe lasting happiness & well-being can be cultivated.

We Believe parenting is an imperfect, personal, contact sport. Keep Training.

We Believe self-knowledge is the first step toward parenting with intention.

We Believe self-care is the fertilizer for parenting mojo.

We Believe sleep is better than ice cream.

We Believe empathy and kindness can change the world - start with your home.

We Believe every child deserves unconditional love & acceptance.

We Believe spilled milk is a learning opportunity.

We Believe how we respond either builds or erodes trust and connection.

We Believe laughter is the best medicine.

We Believe kids' needs evolve as they grow. Prepare for & meet each stage.

We Believe focus + preparation = the best antidote to overwhelm.

We Believe in the order of operations: understand first, correct second.

We Believe mindfulness powers intention. Breathe.

We Believe we all feel loved in different ways. Learn how your child receives it.

We Believe in showing up & being present.

We Believe family traditions help create identity and belonging.

We Believe social/emotional health is the secret sauce to thriving.

We Believe connection is The Holy Grail.

We Believe hope is learned.

We Believe in falling down AND getting up. Often.

We Believe boredom with boundaries leads to creativity.

We Believe play matters -- for everyone.

We Believe in the power of a supportive tribe.

We Believe a bright future depends on a new generation of thriving adults.

**We Believe in Being Well & Ready<sup>©</sup>**