

# A MANIFESTO FOR MUMS

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THE NEEDS OF OUR KIDS ARE VERY SIMPLE

CLEAN BUMS ~ FULL TUMMIES ~ WARM BEDS

## LOTS OF LOVE

*everything else is a bonus*

# TRUST EVERYONE

YOUR INSTINCTS feels like they're making it up as they go

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THE **RIGHT** WAY IS THE ONE THAT **WORKS!**

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PERFECTION IS NOT **PRACTICAL** **MISTAKES**  
or possible ARE THERE TO BE MADE  
and to be learnt from

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**STOP, TAKE STOCK, AND BREATHE**

this is really important!

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*savour each moment*

laugh, tickle, kiss, cuddle

# LOVE

**BEING A**  
MUM. IT'S THE  
**COOLEST**  
THING EVER

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