

Rooted in What Matters

A Mother's Guide to Clarifying Your Values and Building Your Circle

✧ Introduction

You are not “too picky.” You are not unrealistic. You are simply someone who deeply cares — about your child, your values, and your peace of mind. In a world that often asks mothers to bend until they break, choosing to *stand firm* in what matters to you is an act of quiet rebellion — and deep self-trust.

This guide is here to support you in two essential ways:

1. Getting crystal clear on your parenting values — what truly matters to you and your child's wellbeing.
2. Taking small, meaningful steps to build a support network that **honors your values** instead of compromising them.

Part 1: Clarifying Your Parenting Values

Use the following prompts to reflect on your current priorities. There are no right or wrong answers — just what feels true to you.

Food and Nourishment

- What kinds of foods do I want my child to grow up eating regularly?
- Are there any non-negotiables for me (e.g., avoiding refined sugar, prioritizing whole foods, avoiding meat...)?
- What do I believe about food and emotional regulation (e.g., using treats as rewards)?

Screens and Technology

- What limits do I want to place around screen time, if any?
- What kinds of content feel okay — and what doesn't?
- Does my toddler need any amount of online content?
- How do I feel after letting screens “babysit” during tough moments?

Language and Communication

- How do I want others to speak *to* and *about* my child?
- What role do respect, honesty, and tone of voice play for me?
- Am I okay with teasing, nicknaming, or joking that dismisses feelings?

🧠 Autonomy and Boundaries

- What do I believe about bodily autonomy and consent?
- How do I support my child saying no or expressing preferences?
- Are others around us able to respect this?

Daily Rhythm and Pace

- Do I want a slow, peaceful pace — or do I thrive on movement and activity?
- How do I feel about overstimulation, noise, rushing?
- What helps me and my child feel grounded?

Use this space to jot down the 3–5 values that feel **most important** to you right now:

- _____
- _____
- _____
- _____
- _____

Part 2: Knowing What Safety Feels Like

Before we build a circle, we need to understand what *trust* means for you.

What qualities do you need to feel emotionally safe with another adult?

(Examples: honesty, curiosity, follow-through, emotional availability)

What *crosses the line* for you in your parenting relationships?

(Examples: force-feeding, ignoring child's no, invalidating feelings, shaming)

What does it feel like when someone is a “maybe,” not a “no,” but you’re unsure?

How can you give yourself permission to take it slow?

✧ **Part 3: Starting Small — Building Your Circle One Step at a Time**

Your “village” doesn’t have to be huge. A circle of 2–3 aligned adults can transform your life.

Step 1: Map Your Current Network

Write down people who:

- Make you feel at ease
- Respect your time and choices
- Might be open to deeper connection

Leave out the “shoulds” — focus on those who energize you.

Step 2: Try a Low-Stakes Invitation

You don’t need to open with childcare. Start with:

- A walk together while your toddler rides a scooter
- A shared lunch where your values are gently modeled
- A short errand together, or a visit at home

Pay attention to how it *fee/s* — not just how it looks.

Step 3: Talk About Values Early

It’s okay to say:

“I know I’m particular, but I try to avoid for now. It’s what works for us.”

“I really care about letting my child say no. It might seem small, but it matters a lot to me.”

The right people will respect it. Some will even feel relief.

✧ **Part 4: When It's Hard — And You Feel Alone Again**

- Making friends as an adult is hard.
- Finding people who *get it* can take time.
- You might feel disappointed, rejected, or misunderstood.

None of that means your values are “too much.”

None of it means you should give up.

You deserve support. Your child deserves a mother who's resourced and rested.

And that begins with one truth: **Your needs matter, too.**