

## THE SIXTH CHAPTER

### LOOKING AFTER YOUR CHILD

Not about being selfish, BUT!  
(U need to know/ understand URself!)

Being aware of your own personal needs, your child's father's needs, and your child's needs could help you better cope with situations where required.

U need awareness and constant adjustment to reach equilibrium of the forces

U keep learning and is a lifetime journey

What's so enriching about the journey is your laughter, your cries, hugging each other, making up from the storms... Essentially Love - which is why we r here & have each other

Little frustrations,... there will always be

Things have to be done a certain way, your way, the way that is most suitable and familiar... hmm, we are all a bit aversive to change sometimes, somewhere... realization firstly helps - Being aware of your own expectations, self-talk, justifications

That's how we look after each other