



# Pledge of Independence

Your little one is more capable than you know. Encourage them by asking them to take a pledge of their goal and help them achieve it.

(For Kid)

I want to be

\_\_\_\_\_

To do this, I need to

\_\_\_\_\_

(Describe the steps)

I want my parents to help me in

\_\_\_\_\_

(How can my parents help?)



(For Kid)

I pledge to...

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(For Parents)

We will support you by...

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Inspire and share your belief in growing up together naturally with fellow mums!  
Share your journey on **Facebook** or **Instagram** with the hashtags **#inspiredbyfrisogold** **#pledgeofindependence** **#mumsgrowtoo**