



Mama's Comfort Camp  
the refueling station for moms

Gopee the guppy says:

GO PEE,  
SWEETIE!



**Mamas don't need more advice, we need more support!**

Sometimes this support comes in the form of a coloring page reminder (and permission slip) to pause, and attend to your own needs. Because mama's needs matter. Mama's Comfort Camp is a free international support network for moms. A safe space to talk about the hard parts of mothering, with zero judgment, no unsolicited advice, just a lot of respect and love. You can ask to join our group at [www.facebook.com/mamas.comfort.camp](http://www.facebook.com/mamas.comfort.camp). If you are in the Ithaca, NY area, come to our lovely gatherings.

This coloring page and other goodies can be found at [www.mamascomfortcamp.com/goodies](http://www.mamascomfortcamp.com/goodies). You rock. You are a good mom. Now go pee, sweetie.