



Little Oaks
CHILD & FAMILY COLLECTIVE

Maternal & Family Wellness
+ Early Childhood Consulting

*Rooted Beginnings.
Brighter Tomorrows.*

Family Wellness Map

SUPPORTING THE ROOTS.
NURTURING THE WHOLE FAMILY.

When the roots are supported,
the whole family has room to grow.

STRONGER
FAMILIES
BRIGHTER
TOMORROWS



*Support
Educate
Empower
Connect*

*A rested
caregiver
nurtures
brighter
tomorrows.*



REST

A MORE RESILIENT YOU

- ☐ Quality sleep
- ☐ Time to recharge
- ☐ Nourishment
- ☐ Asking for help
- ☐ Grace over perfection



CONNECTION

STRONGER BONDS

- ☐ Quality time
- ☐ Play and presence
- ☐ Open communication
- ☐ Emotional support
- ☐ Celebrating the little moments

*Connection
today
builds
confidence
tomorrow.*



ROUTINES

MORE PEACEFUL DAYS

- ☐ Consistent rhythms
- ☐ Meals and nutrition
- ☐ Sleep routines
- ☐ Smoother transitions
- ☐ Flexibility for real life

*Small
routines
create
big
stability.*

THE FAMILY



Supported Parents
Confident Children
Connected Families
Brighter Futures



SUPPORT

YOU DON'T HAVE TO DO IT ALONE

- ☐ Trusted professionals
- ☐ Family and friends
- ☐ Community resources
- ☐ Parent education
- ☐ A safe space to ask questions

*A stronger
village helps
every family
thrive.*

What Does Your Family Need More of Right Now?

- ☐ Rest ☐ Connection ☐ Routines ☐ Support ☐ Growth ☐ Community ☐ Time for Myself
- ☐ Something Else: _____

One Small Step I Can Take This Week: _____

*Healthy
Families
Stronger
Communities*



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PREGNANCY • POSTPARTUM • INFANCY • EARLY CHILDHOOD

HELPING LITTLE ROOTS GROW INTO MIGHTY OAKS