

## Thinks to say often to children

1. You matter.
2. Today is your day.
3. I'm grateful you're in my life.
4. I love being your parent.
5. You can always come to me, no matter what.
6. I'm never too busy for you.
7. I love spending time with you.
8. You're becoming more confident.
9. I love watching you play.
10. Your best efforts are enough.
11. You are important.
12. I love watching you grow.
13. Thank you for being patient.
14. I'll support you no matter what.
15. You belong here.
16. You make the world a better place.
17. I appreciate you.
18. I see you.
19. I hear you.
20. You spread kindness everywhere.
21. You can do anything you dream of.
22. I like you just the way you are.
23. I believe in you.
24. Just be you. That's enough.
25. Thank you for your help.
26. I love listening to your stories.
27. I'm lucky to have you in my life.
28. You could never disappoint me.
29. Would you like to join us?
30. Your smile brightens our day.
31. How are you feeling?
32. Let me know if I can support you.
33. I'm sorry. I was wrong.
34. You are loved
35. I'm here for you.
36. You didn't make me mad. These are my feelings.
37. I'm always on your side.
38. I'm proud of the person you are becoming.
39. I love you more than all the hairs on all the bears.
40. You're beautiful to me, inside and out.
41. You can always talk to me.
42. You're one of a kind.
43. You make a difference in my life.
44. You don't need to choose you can have both your parents
45. I care about you more than you can imagine.
46. I'm here for you no matter what happens.
47. I love seeing the world through your eyes.
48. What would you like to do together?
49. I notice how well you handled that.
50. I respect you and your opinion.
51. We're a team, you and me.
52. You'll never be in trouble for telling me the truth.
53. There's only one of you in the world.
54. I love your imagination.
55. I love every part of you.
56. You're an important part of this family.
57. I'm excited to watch you grow up.
58. Being your parent is my favourite part of life.
59. You're special to me.
60. What does your heart say?
61. It's okay to feel sad.
62. We all feel sad sometimes.
63. I know this is hard.
64. I'm here.
65. Nothing you do or say will make me love you less.
66. Your voice and opinion matter.
67. I love how kind you are.
68. You are safe with me.
69. I'm so glad you're you.
70. It is ok to feel all your feelings