



Affirmations for Parents

BROWN

Counseling & Psychological Services

Listening, believing, and staying connected are powerful forms of care.

It is okay that I cannot fix this; I can still support my child.

My presence, love, and consistency matter more than having the right words.

I am allowed to seek support for myself while supporting my child.

I am doing the best I can in an unimaginable situation.

I validate my children's feelings and show them that their emotions matter.

My fear is a natural response to wanting to protect my child.

My calm, when I can access it, helps my child feel less alone.

I do not have to be strong all the time to be supportive.