



BROWN

# Affirmations for Parents

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.**