

LETTER TO YOUR CHILDREN

1. Start with the first time you held them in your arms. Describe the day they were born and your feelings in detail.
2. Tell them the things you appreciate about them.
3. Describe your favourite memories with them.
4. Apologize for the things you shouldn't have said. Words can hurt and heal.
5. What do you wish you heard from your parents? There were many things left unsaid and you longed to hear them. Don't let your children suffer that same void. Express your love, tell them that you're proud of them.

Make a promise that you'll love them unconditionally.
Build daily a special bonding with them. This helps
to overcome every hard situation.
Have a beautiful day with your children.

MAKE YOUR DAY JOYFUL

