

A LETTER FROM YOUR CHILD

Dear Mommy, Daddy, Auntie, Granny, and any or all who are in charge of me:



When I am with you, every breath you take affects me. The tone of your voice tells me if you are feeling positive or negative. I know when you are joyful and I know when you are sad or angry. Without words, you let me know if all is right in your world at any moment, by the way you move, by the tone of your voice, and by the way you breathe.



All I ever need is to know that I am safe. You may have troubles that make you sad or angry and you need to express those things, but when I am with you, I need to know that those things will not make my world come crashing down. When you are stretched to your limit, take a few moments to catch your breath, to talk to someone, to get help in caring for me. When you feel better, I will feel better, and together we can be happy.



I need to be held. I need you to look into my eyes. Sometimes if I am uncomfortable, like when I have a dirty nappy or I'm hungry or someone teased me and hurt my feelings, I might act out and scream or cry, or run away from you. I am still learning to control my emotions. I need you to guide me. I need you to model for me those things that God refers to as virtues: Kindness. Patience. Diligence.



I don't expect that you will be perfect. I only ask that you recognize that I am always watching you and the way you are in this world is largely the way I will become. I want you to be proud of me as I copy you.



Let's do this one step at a time. When I grow up, I'll be there for you in the way you are there for me now.



Love,
Your Child

Published by Reachwithin
in partnership with the
Child Protection Authority

REACH
WITHIN
Getting to the root of
childhood trauma, simply.

