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Dear Mom and Dad,

I know that you are really busy, and don't have a lot of free time. But there are some things that I really need from you. Here are some things that you can do that don't take much, but really let me know that you love me.

- When you come home, hug and kiss me. It lets me know that you missed me and are happy to see me.
- I will look to you for guidance. Please make a decision and stand by it. If you are inconsistent I will be confused and lose faith in you.
- Let me help you with chores around the house, like cooking dinner or folding laundry. It makes me feel needed and important, plus I'll be spending time with you.
- I learn by playing and making mistakes. I get really frustrated when I can't do something, but I get just as excited when I finally get it right. When you are in a hurry and don't let me do things for myself, you take away my feelings of pride, excitement, and accomplishments and I will never learn to be responsible.
- I know that I will not always listen. Please don't repeat your requests or I will never learn to pay attention.
- I will ask for things that I really don't need. Please don't give them to me or I will never learn to do without.
- I will not be perfect. Please love me for myself and not for who you would like me to be.
- I have feelings. Please don't ignore them as they are very real to me.
- I need you. Please love me always.



Love,

Your Child