Dear [Child's Name],

I hope this letter finds you well. I wanted to take a moment to apologize for not spending as much time with you lately. I've been caught up with so many things and I realize that I haven't been there for you as much as I should be.

You are very important to me, and it hurts to think that I might have let you down. I miss our time together and the fun we have. I promise to make a better effort to balance my time and be more present with you.

Let's plan a special day just for us soon. I can't wait to hear about everything you've been doing!

With all my love,

[Your Name]