

Dear [Child's Name],

I hope this letter finds you well. I want to take a moment to sincerely apologize for not listening to you attentively the other day. I realize how important it is for you to feel heard and understood.

I am truly sorry for not giving you my full attention. You deserve to be listened to, and I regret that I made you feel overlooked. Your thoughts and feelings matter to me, and I promise to be more present in our conversations.

Thank you for being patient with me. I am learning and growing, and I want to do better for you. Let's sit down and talk soon - I want to hear everything you have to say!

With all my love,

[Your Name]