

Dear [Child's Name],

I hope this letter finds you well. I wanted to take a moment to apologize for raising my voice the other day. It was not my intention to upset you, and I regret that my words may have made you feel scared or hurt.

Your feelings are very important to me, and I want you to know that I am working on being more patient and understanding. We all have moments we wish we could change, and I am sorry for any discomfort my actions caused you.

Thank you for being such a wonderful [son/daughter]. I love you very much, and I appreciate your understanding. Let's talk more about it when you're ready.

With all my love,

[Your Name]