Dear [Child's Name],

I hope you are having a good day. I wanted to take a moment to talk to you about something important.

Do you remember when I promised we would go to the park this weekend? I was really looking forward to it, and I know you were too. However, something unexpected came up, and I couldn't keep that promise. I'm really sorry about that.

I want you to know that breaking a promise is never easy for me, and it makes me sad when it happens. Sometimes, things don't go as we plan, and we have to adjust our schedules.

Let's make a plan to go to the park next weekend instead. I really want to spend that time with you and make it special.

Thank you for being so understanding. I love you very much!

With all my love,

[Your Name]