

Dear [Child's Name],

I just wanted to take a moment to tell you how amazing you are! Sometimes, life can feel a little tough, and that's okay. Remember, it's perfectly normal to have ups and downs.

Whenever you feel sad or overwhelmed, just know that I am here for you. You are stronger than you think, and I believe in you! Don't forget to take time for yourself, do things you love, and talk to someone if you ever need to.

Always remember, it's okay to ask for help and share your feelings. You are loved and cherished every day. Keep shining bright!

With all my love,

[Your Name]