

Ideas for Parents to Show Love & Support

Share messages of love openly and often. It may be corny, but anything parents can do to practice communicating and reaching out frequently is good.

Texts are something kids will always read whether they admit it or not.

Letting you know I love you! 🥰

Thank you for being you!

I know being a kid is hard, but you're pretty great at it.

You are unique.
You are spirited.
You are funny.
You are loved.

Today may not be your day, but maybe tomorrow will.

Whether it is for your child, or one of their friends, think about displaying these small squares somewhere in your home. Let them know your home is a safe one.

Remember, you can talk to me anytime, anywhere about anything...

I'm grateful to have a (funny, kind, smart, brave, creative, curious, humble) daughter/son like you.

Just sitting over here thinking about how brave you are... 💪

Fill their 'bucket' with a compliment via text...

I like how you...

- put together that outfit this morning.
- helped with the dog/younger sibling/etc last night.
- persevered through those math problems last night.
- treat your friends. They're lucky to have you.
- make every day an adventure.
- make others feel better about themselves.



Resources:

National Suicide Prevention Lifeline
1-800-273-TALK (8255)

Crisis Text Line
Text HOME to 741741

