



# Mom,

**P**rotect

Protect me from harm.  
Don't be the source of it.

**L**ove

Love me unconditionally  
with affectionate words,  
actions, and quality time.

**E**mpower

Empower me with opportunities  
to show you I really CAN do it.

**A**cknowledge

Acknowledge my good works  
and behavior with praise, and  
my presence with eye contact.

**S**ecure

Secure my sense of safety and  
self-worth by being dependable,  
firm yet gentle, and honest.

**E**ncourage

Encourage me with inspiring words,  
consolations, and applause.