

Mom & Dad,

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.