

10 THINGS

Your Child Needs to Hear From You

1. **NOTHING** stops my love for you!
2. Occasionally, I may need to take a break to think about why I am upset, hurt, or mad. I always, always **LOVE YOU!**
3. **YOUR** voice and feelings matter; I see and hear you!
4. **ALL** your **BIG** feelings are normal, and I hope you share them with me!
5. **YOU** are unique, strong, and worthy of love!
6. The **ONLY** person I want **YOU** to be is **YOU**!
7. **ALL** of your questions about your story are okay. I'm always here to listen.
8. **IT'S OKAY** to be sad, mad, hurt, scared, or overwhelmed about your story or by your feelings. I'm here for you.
9. **YOUR** heart is big enough to love your birth/first family **AND** your adopted family!
10. Sometimes, you might get uncomfortable messages about being adopted. I am the lucky one **to be YOUR parent!**

adapted from *The Seven Core Issues Workbook for Parents of Traumatized Children and Teens* by Allison Davis Maxon & Sharon Roszia