

Dear _____,
(name of teen)

It's me, your caring _____. I'm not always very good at _____, but
(relationship to teen) (listening/being patient, etc)

I want you to know that I _____ you and I want to _____.
(love/care/believe in) (see you succeed/see you happy)

I may not always show it, but I think that you are _____ and I'm proud to be
(awesome/attractive/wonderful)

your _____. I'm sorry I can be _____ sometimes.
(relationship to teen) (stupid/impatient/angry)

I've _____ some things I _____. I know you're _____,
(said/done/etc) (regret/feel bad for/etc) (mad/upset/confused)

but I'm still your _____ and I _____ you.
(relationship to teen) (love/care/believe in)

I never want you to lose sight of that fact.

I'm really hoping we can talk about _____. I wish I had all the
(thing you'd like to discuss)

answers for you or at least had the perfect words to say, but I don't. Still, I've found it helps to

_____.
(talk about it/ vent / get it out in the open)

Please talk to me. Or, if you want, write me a note and leave it _____, and I'll
(on my desk/ downstairs /in the family treasure chest)

write back to you. There's no shame in writing notes, or even using a fill-in-the- blank template to help you write one :) I would know. Anyway, I'm here for you. Thanks for reading this.

I can't wait to hear from you.

Love,

(relationship to teen)

