

Dear \_\_\_\_\_,

I heard someone say recently that the most important relationship I have in the entire world is my relationship with my parents. I thought about that for a while. It's true.

I also know that relationships are two way streets, and most of my friends and classmates talk about how they don't have very good communication with their parents.

### **I don't want that to be us.**

I also know that sometimes, it's easier to write things down than say them. Well, it's easier for me, anyway. So that's why I bought this notebook.

### **This is our notebook. To write to each other.**

Here's how it will work. I will write you a note in the notebook, and I will leave the notebook on your pillow. I might just talk about my day. Or I might tell you something I need to talk about. Or I might share with you something that's frustrating me, or is making me happy, or something I worry about.

At the end of the note, I will ask you a question. It can be something I want to know about you. Or something I need help with. Or just something I've always wondered about. For example, I might ask you:

- What is the one thing you worry most about right now?
- What was your favorite memory with your mom/dad?
- What was the toughest thing you went through when you were my age?
- What is your favorite movie? Why?

Then, you will write me back. You can share with me whatever you want. And at the end of YOUR note, you will ask ME a question. And then you'll put the notebook on my pillow. And we'll go back and forth.

I think this will help us communicate better.

**Also, I want you to know that I love you.**