

Being Strong

Parents know that life can be hard sometimes. Parents want their children to be able to take care of themselves in this world and be strong. There are a lot of ways you can help me be strong.

- **I will be stronger if I have at least one person in my life I can rely on to love me, keep me safe and help me grow.**
- **I will be stronger if you help me know the good things about life so I remember this when life is hard.**
- **I will be stronger if you teach me about the world so I can feel smart.** Help me know that school is important because learning about the world and the things I need to do well can never be taken away from me.
- **I will be stronger if you help me be a friend to others, even if I am a little shy.** People need each other to stay strong.
- **I will be stronger if you teach me how to behave so people know all that I have to offer the world.** Help me know that I might need different kinds of behavior in different places. If I don't learn this, people might take advantage of me in some places or think less of me in others. Helping me know the behaviors I need to do well in school is especially important.
- **I will be stronger if you protect me from grownup problems that can happen in my house and in my neighborhood.** I don't understand about grownup problems and they can scare me or teach the wrong things. I need you to help me feel safe.
- **I will be stronger if you let me spend time with people who care about me and who will help me learn the things I need to learn to do well in this world.**



- **I will be stronger if you let people help us.** This is a big world. There are lots of people to help us if we need it. Help us find people who will value us and guide us to the things that will be helpful to us.

The more these things are in place, the more chance I have of feeling strong and secure. With your help, I will be able to do well and cope at those times when things don't go as we had hoped.