

A Letter to the Parent Trying Their Best

Dear parent,

You may be replaying something you said or did, wondering whether you should have handled it differently. When your child is struggling, it is easy to measure yourself by the hardest moments: the argument, the shutdown, the tears, or the point in the day when everyone ran out of patience.

Those moments matter, but they are not the whole story of your relationship. Getting something wrong does not mean you cannot come back to it. A repair can be simple and honest: "That was hard for both of us. I'm sorry I shouted. I want to understand what was going on." You do not have to get every word perfect for the effort to matter.

You may not know what your child needs straight away. Sometimes the behaviour you can see is only one part of the picture. You are allowed to pause, listen, ask, and learn. You do not need a perfect instinct for every situation.

Your needs belong in this family's picture too. Being worried, tired or unsure does not make you a bad parent. You can love your child deeply and still need help carrying the strain. Asking another trusted person for support is not letting your child down.

Your child does not need you to be flawless. A relationship can hold difficult moments and still make room to reconnect, keep learning and try again. You are allowed that room too.

With care,