



How Would I Know My Child Will Be Okay?

A reflection for parents.

As parents, many of us spend years hoping our children will be okay.

We don't often stop to ask ourselves what "okay" actually means.

This reflection is an invitation to sit with that question.

There is no right answer. There is nothing to solve.

Choose whichever prompt feels more natural to you.

How would I know my child will be okay?

or

I'll know my child will be okay when...

If, as you reflect, you notice fears appearing, that's okay too.

Often our fears grow around the things we value most.

You don't need to push them away.

You don't need to follow them.

Simply notice that they're there, then gently return to your own picture of what "okay" means to you.

There is no need to arrive at an answer today.

Simply beginning the conversation is enough.

