

PART 4: EMOTIONALLY

*You don't need to fix their feelings.
You just need to be their safe place.* 

Emotional safety helps children heal, grow,
and build a strong sense of self.



1 SO IF YOU'RE THE SAFE PARENT, GIVE THEM SOMETHING DIFFERENT.

Break the cycle. Offer them what
they didn't get, safety, patience,
and emotional availability.



2 BE THE PLACE WHERE LOVE DOESN'T HAVE TO BE EARNED.

Let them know they are valued and
accepted, not for what they do,
but simply for who they are.



3 THE PLACE WHERE THEY CAN BE THEMSELVES.

Encourage their uniqueness, interests,
and true feelings without fear of
judgment or rejection.



4 AND KEEP REMINDING THEM:

- ♥ "You are loved."
- ♥ "You are allowed to have your own feelings."
- ♥ "And none of this is your fault."



*Your presence
can rewrite
their story.* 



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confidence, resilience, and **healthier relationships** for life.



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